THE EFFECT OF MUSIC INTERVENTION ON CAM SCORES OF HOSPITALIZED OLDER ADULTS EXPERIENCING DELIRIUM

Presented by Mae Lavente Dizon DNP, RN, NP, ANP-BC

PURPOSE
The purpose of this research study was to examine the effectiveness of playing classical music as an adjunct intervention for hospitalized older adults experiencing delirium by evaluating their Confusion Assessment Method (CAM) scores.

BACKGROUND
Older adults are vulnerable to developing delirium while hospitalized. Delirium is associated with considerable negative outcomes including longer length of stay, increased likelihood of long-term care placement, and higher rate of complications. Numerous studies have advocated for the use of non-pharmacological approaches, including music, as effective interventions for prevention and management of delirium.

Methods: Two studies explored the relationship between the use of music and delirium in the acute care setting.

• The effect of music on acute confusion in older adults after hip or knee surgery by McCaffrey R. (2009)

THEORETICAL FRAMEWORK:
ROY’S ADAPTATION MODEL (RAM)

HUMAN BEINGS ARE OPEN, HOLISTIC, AND ADAPTIVE SYSTEMS WHO ARE IN CONSTANT INTERACTION WITH THE ENVIRONMENT. WITH MUSIC, THE ENVIRONMENT IS MANIPULATED TO PROMOTE EFFECTIVE ADAPTATION PROCESSES AND ENHANCE COPING CAPABILITIES.

METHODS
Research Question:

The study was a pre-and-post test design to compare the CAM scores of patients before and after music was provided.

Setting: Study conducted in a 39-bed medical unit of a nonprofit community hospital.

Sample: Patients 65 years and older identified to be experiencing delirium with a CAM score of greater than 6. Patients randomly assigned to receive music on either day 1 or day 2 of the study period for comparison.

Analysis: A paired-sample t-test methodology was used to determine the effectiveness of the music intervention.

RESULTS
In a sample of 8 study participants, the following descriptive statistics were collected:

- Mostly female (75%)
- Mean age 84.5 years
- 8 Caucasian
- 4 patients with cognitive disorder
- 5 patients received antipsychotic medications
- 7 patients required 1:1 observation

Using a paired t-test approach, the post-CAM score after music was played was an average 0.3 points lower than the pre-CAM (p = 0.39) on the day music was played. Observations and anecdotal comments by patients’ significant others confirmed the importance of addressing delirium in the acute care setting.

DISCUSSION
Though the result of the study did not show a statistically significant difference, preliminary results suggest that music, as an adjunct intervention, could aid in the management of delirium. There is a need to incorporate non-pharmacological interventions in daily nursing practice to help address delirium. With music being a person-centered approach, it could be beneficial for patients experiencing delirium.

These findings indicate the need for further research in examining the relationship between music and delirium, possibly individualized music.

LIMITATIONS
- Small sample size
- Non-blinded study
- Homogenous population

REFERENCES

CONTACT
Mae Dizon, NICHE NP and Program Coordinator
mae.dizon@elcaminohospital.org
NursingEBP@elcaminohospital.org