The Effect of Soothing Sound Machines and Meditation Using CD Players on Relaxation in Acute Care Orthopedic Patients

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INTRODUCTION

Background & Significance

Sharp Coronado strives to practice patient centered care and maximize relaxation for acute care patients during their hospitalization to promote healing and decrease pain. Our current relaxation program for patients includes aromatherapy, massage, and relaxing music. Patient’s comfort is always first on our minds, so adding guided meditation using a CD player and soothing sounds machines was a natural progression of our relaxation experience.

Purpose

To improve relaxation for acute care orthopedic patients during hospitalization by studying the ability of meditation CD’s and soothing sounds machines to enrich the relaxing experience for patients.

Goal Statement

The aim of our research was to determine preferences of patient’s use for meditation using CD players or soothing sounds machines; whether preference differences exist between gender or age; and the level of relaxation rated during each relaxation process.

METHODS

Design

Patients selecting to use a soothing sounds machine or meditation CD voluntarily consented to completing a questionnaire rating changes in relaxation responses upon completion of the three-month study. Data was collected and analyzed to determine patient preference as well as age and gender differences.

RESULTS

SUBJECTS

Sample

50 acute care orthopedic patients (n=39 females, n=11 males) between the ages of 40-70, voluntarily consented to participate in this study during their hospitalization.

DISCUSSION

Conclusions

Soothing sounds machines were preferred by over 80% of patients and provided a relaxation response with 93% of the participants, with the good response rating as the largest category selected (36.5%). The guided meditation CD group had a 100% relaxation response with the very good rating as the largest category selected (44%). Our patients rated improvement in relaxation after surgical procedures with either a soothing sounds machine or meditation CD player. More patients chose the soothing sounds machines but the guided meditation CD players were rated higher in relaxation response.


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