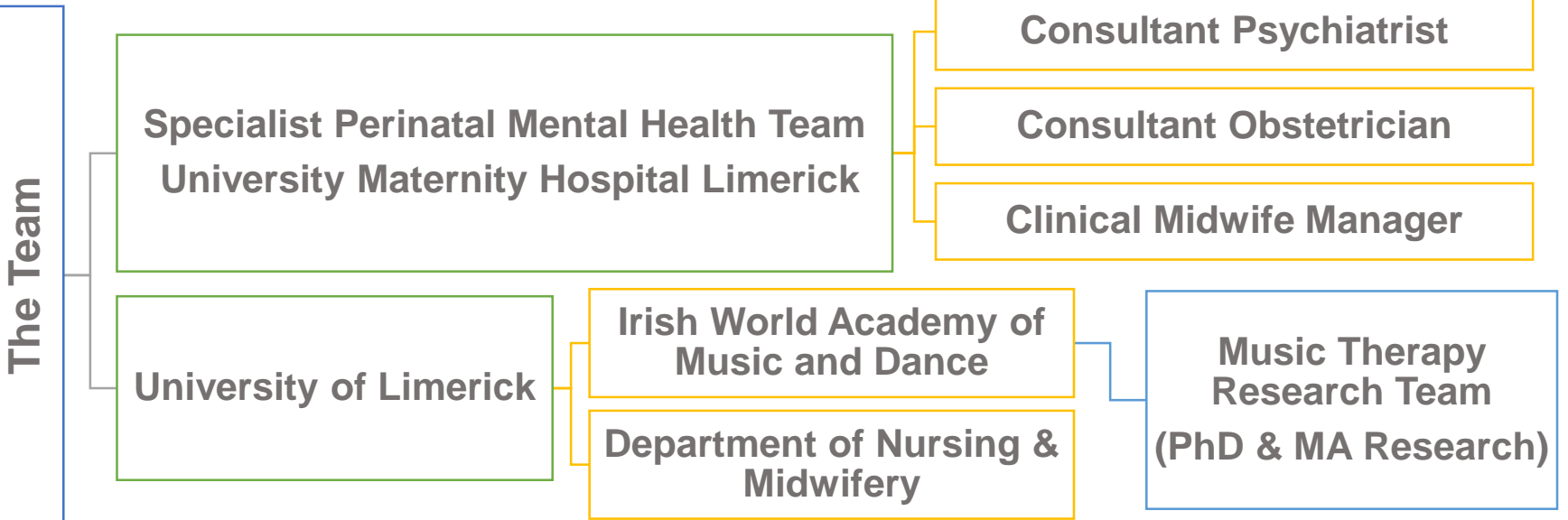


A COLLABORATIVE APPROACH TO DEVELOPING MUSIC THERAPY IN MATERNITY CARE IN IRELAND

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INTRODUCTION

Childbirth is an event of great psychological, social and emotional significance in a woman's life. The mental well-being of the women has a major impact on the overall health of the mother as well as the physical and mental health of the future child (Glover, 2014). The use of music during pregnancy and childbirth is described as having significant effect in relieving stress, anxiety, and pain, improved sleep quality, and associated with lower symptoms of postnatal depression and higher well-being post birth (Fancourt & Finn, 2019). However, there are no published guidelines or music therapy programmes for clinicians and practitioners to draw upon in their practice with this population. To bridge this gap, a research team at the University of Limerick, in partnership with a multidisciplinary team of midwives, specialist nurse practitioners, obstetricians, and psychiatrists at the local maternity hospital, worked on various projects to investigate the potential role of music therapy in maternity care. This presentation will demonstrate the findings and the process of a collaborative research approach in investigating the role of music therapy in maternity care and the development of music therapy programmes in partnership with a multidisciplinary team of midwives, obstetricians, and psychiatrists at the local maternity hospital.

CONTEXT

- 15-25% of women in Ireland experienced a mental health problem either during pregnancy or the first-year post pregnancy (Higgins et al., 2017).
- Specialist Perinatal Mental Health Service (SPMHS) was established at the University Maternity Hospital Limerick (UMHL) in 2018 to support women who have mental illness during pregnancy or after birth.
- Mental health service users and providers have voiced their need for a different approach to the medical model and recommended creative arts therapies to individuals engaged in mental health services.(Mental Health Reform, 2017)
- Music therapy has the potentials to be placed as a non-pharmacological and non-threatening intervention

OUR AIMS

- Create further awareness around the use of music and singing during pregnancy and early parenthood
- Develop specialist music therapy services for women and their partners who may require additional support during the perinatal period
- Build upon the evidence base that supports use of music and music therapy during the perinatal period

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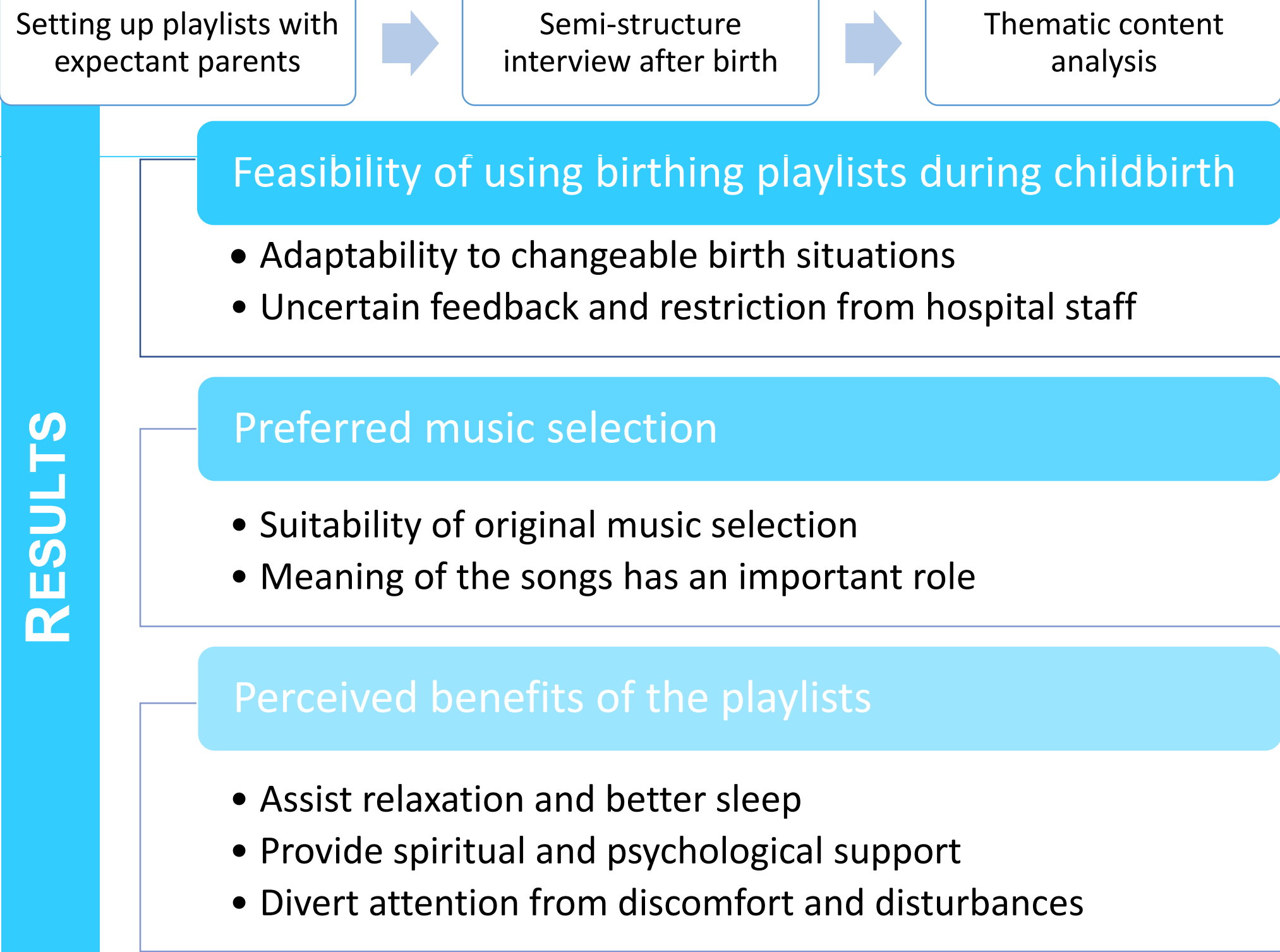
METHOD: INTEGRATIVE REVIEW

FINDINGS FROM THE 24 PAPERS REVIEWED

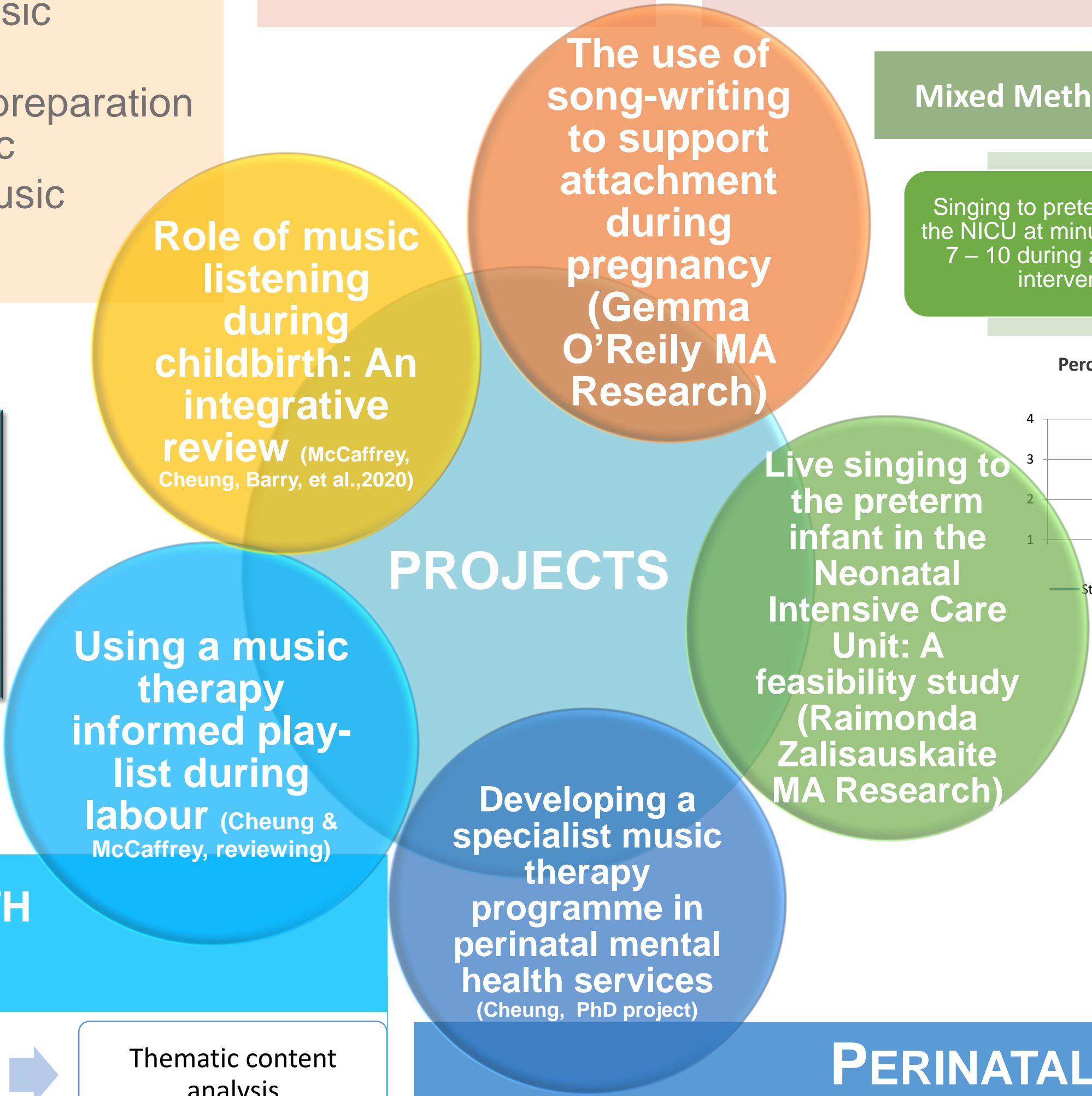
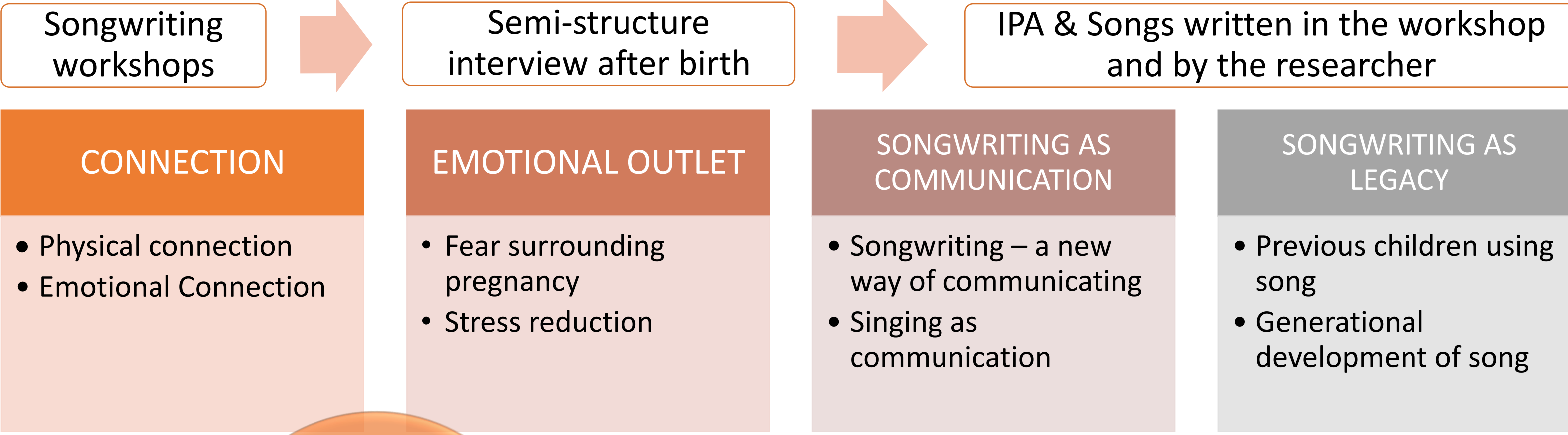
<i>Outcomes of Music Listening during Childbirth</i>	<i>Variance of the Music Application</i>
<ul style="list-style-type: none">• Pain reduction• Anxiety reduction• Other psychological supports• Progression of labour	<ul style="list-style-type: none">• Timing of the music application• Type of music listened to• Prior birth preparation using music• Mode of music listening

PRODUCTION OF “MUSIC LISTENING DURING CHILDBIRTH GUIDELINES” WITH THE SPMHS

QUALITATIVE EXPLORATORY WITH 2 PAIR OF EXPECTANT PARENTS

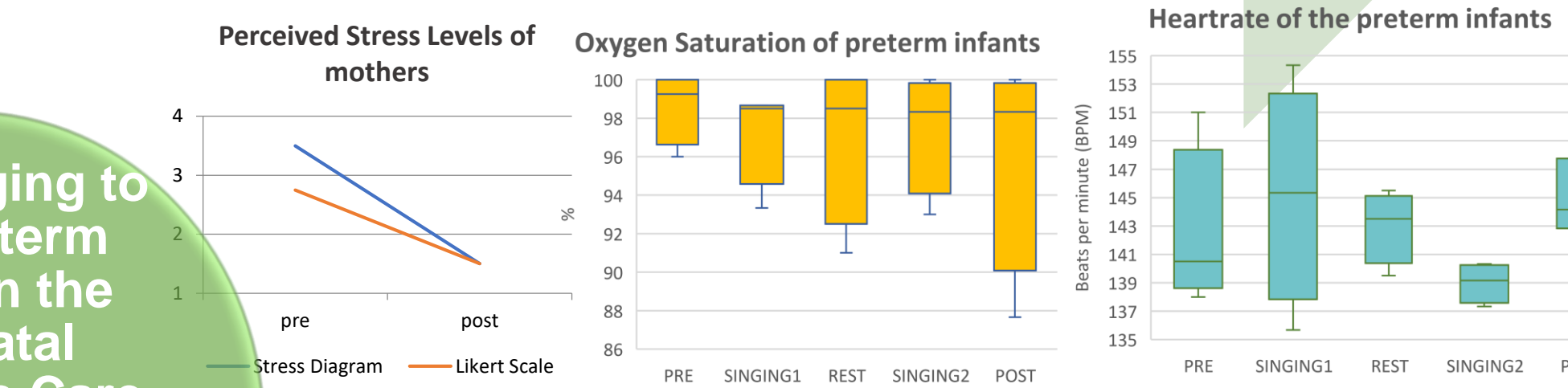


QUALITATIVE STUDY WITH 4 PREGNANT WOMEN INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS (IPA)



Mixed Method: Concurrent Triangulation Within-Subject Measure Design

- Singing to preterm infants in the NICU at minutes 2 – 5 and 7 – 10 during a 13 minute intervention
- Quantitative Data: HR and SaO2: 1 min intervals Stress Levels: Pre and post.
- Qualitative Data: Short questionnaires about mother's experience



- Some Quotes...
- “It was relaxing and reduced stress levels.”
 - “The music was soothing, calm.”.
 - “I thought she enjoyed it”
 - “She looked like she went into deeper sleep”
 - “I would highly recommend anyone doing it.”
 - “I hope this programme benefits other babies and that others can see the benefits”

PERINATAL MUSIC THERAPY PROGRAMME (PHD) A MIXED METHOD STUDIES

