

Mental Health 2017- The Influence of Music with Children at Risk in a Hospital Context: Music Therapy Program at the Hospital La Paz from Madrid (Spain)- María Jesús del Olmo- Autonoma University

María Jesús del Olmo

Autonoma University

Abstract

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Aim: the rate of postural puncture headache (PDPH) was associated after caesarean section with spinal anaesthesia consuming the 25 gauge spinal hand with the 27 gauge.

Methods: present study is a randomized scientific trial and 220 full term women arrived for caesarean section. We entered full term women casually for spinal anesthesia with the 25 gauge (group A) and 27 gauge (group B) Quincke spinal needles. In 3 postoperative days, we prepared and compared Participants in 2 groups for the rate and severity of PDPH. PDPH was defined occipital or frontal headache that made hard the position on session or vertical.

Results: Data of 220 patients were analyzed. The rate of PDPH was significantly higher in women in group A compared to group B at first ($P=0.015$), second ($P=0.037$) and third ($P=0.005$) follow up days. The severity of the PDPH was not significantly different between 2 groups in three follow up days. The rate of achievement in spinal anesthesia success was not significantly different between 2 groups.

Conclusion: The consequences of present study recommended that the size of spinal needle can effect on the rate of PDPH after caesarean subdivision.

Introduction

Since May 2002, a Music Therapy Programme has been going on at the Children's Hospital La Paz in Madrid. The idea of counting music therapy in hospitals is nothing new. There are different programmes of music therapy in hospitals in numerous European countries such as Germany, UK, Denmark, France, etc., as well as in the United States, maintained by university degree programmes where specific training in music therapy is provided. In Spain there has been a fast growth in this area helped by a number of training programmes in Music Therapy, like the Master in Advanced Music Therapy offered at Autonoma University in Madrid, as well as those offered by other colleges and universities catering to professionals in the fields of health, music, psychology, and education, among others. The welcome of this Music Therapy Programme by the hospital community at

the Children's Hospital La Paz has been strange from the very first day. The host of the music therapy program at Children's hospital was fantastic from day one. The healing use of music as an influence on the physical, psychological and/or expressive states of patients before, during or after medical treatment, as well as the non-verbal nature of music makes it a worldwide means of communication.

Description of the Intervention in Paediatrics.

In music therapy sessions patients are by the medical and nursing team of each unit complicated. A registration form is presented to the staff with questions about the desirable objectives of music therapy. The medical and nursing specialists point out what those goals should be. For example: Relaxation; Activation; Distraction to a cure; Mitigation of pain; Material about the patient's emotional state, etc. Next the musical decisions about how to intervene with the various instruments and voice are taken: rhythm; accent, tonality, harmony, etc., and how to involve the patient with the music. Annually, the Music Therapy Programme taking place at La Paz Hospital in Madrid indulgences a total of 970 pediatric patients among the morning and the afternoon shifts, with 6 music therapists who are volunteers from the Music Therapy and Health Foundation.

Description of the Intervention in Adults: Unit of Pain and Palliative Care MT has been applied in the hospital setting with adults and more specifically in the "Units of pain" for several decades. Many composition therapists from various countries have already reported interesting results that provision the practice of this discipline in the clinic setting and patients with this profile. Alonso-Cardaño et al., related to decreased pain, Brown, in terms of increased communication, Nakayama et al., in terms of stress reduction Lorenzo cited in Mercadall et al. about the standing of emotional appearance.

The main objectives in this area are

- Create a well-being environment
- Encourage connection with oneself and the family
- Provide emotional expression
- Make contact with your emotions and learn to express them
- Facilitate the process of taking responsibility in the healing process
- Develop acceptance, flexibility, creativity and sense of humour
- Increase your self-esteem

Conclusion

The Music Therapy and Health Foundation is helping this Music Therapy Plan to consolidate itself day by day in the hospital, providing the Music Therapy experts who carry out both the direct care and the devoted research. Chief among the overall aims of the Foundation are: to grow direct care in Music Therapy in the health, schooling and social fields, as well as to promote research in these fields, both nationwide and internationally. It is indisputable that having foundations and companies that support Music Therapy sequencers in both direct care and research is key to the development of this profession, shown to be essential in a hospital context where not only physical but also emotional and psychological needs are met. It has been influentially proven that they will have a straight repercussion in the well-being of the patient both inside and outside the hospital.

Music potential is immense and we all respond to it, beyond the music and sounds of our philosophy. So it is our main tool of treatment. The Music Therapy and Health Foundation offers music therapy professionals to contribution those people who need to “retune” some aspect of their lives. Music Therapy is a “sound process” which can help us attach with our emotions, give us relaxation, increase our attention and sense of wellbeing, improve creativity, develop motor and cognitive skills, build self-confidence, raise the vital tone, among its many useful contributions. If direct attention in Music Therapy in the health, education and social fields, as well as endorsing research in these fields, both nationally and globally, is our utmost motivation to continue every day taking music therapy anywhere is desirable.

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