Thirty-nine women admitted to a medical facility for day case gynecological surgery participated in this study. Some of the women had opportunities to use a portable Somatron mat, using music that reflected their musical taste, immediately prior to having their surgery. Other women had opportunities to listen to the same music via a tape player immediately prior to having their surgery.

Both the women using the Somatron and the women listening to music via the tape player were found to spend less time in surgery than expected, less time in the post-anesthesia care unit, and received less post-operative medication than similar women who did not receive a musical intervention of any kind. These findings were all statistically significant (p<0.05). The same women also had a tendency for lower blood pressure following their musical experiences although this finding was not statistically significant.

The women who used the Somatron were found to experience lower reported apprehension (defined as combined ratings of their tension, anxiety, relaxation, stress, and mood) following its use than either the women who listened to music via a tape player, or the women who did not experience either.

This finding was also statistically significant (p<0.05). The women who used the Somatron were also found to have the least fluctuation in blood pressure throughout their surgery. Women rated their experiences with the Somatron positively stating that it “increased relaxation”, “helped to ease anxiety”, and provided a distraction resulting in “less time to focus on the surgical procedure”.
"Music Therapy Following Suctioning: Four Case Studies"

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Four prematurely born infants who required ventilation assistance at a medical facility for breathing (due to a diagnosis of Bronchopulmonary Dysplasia) were provided with 15 minute vibrotactile Somatron sessions, 15 minute non-vibrotactile music listening sessions, and 15 minute sessions of no interaction or stimulation following necessary suctioning procedures. The researchers found that music used both vibrotactily via the Somatron and non-vibrotactily via a stereo was beneficial to the infants in the following ways; 1) the infants spent more time in a well-oxygenated state, 2) the infants spent less time in a highly agitated state, 3) the infants spent more time sleeping. In addition, vibrotactile stimulation via the Somatron appeared to result in the infants spending longer periods of time in a “quiet alert state”. A quiet alert state is reportedly rarely seen in infants but is desirable because it promotes “autonomic stability” within the body. This allows calories to be conserved for growth and healing as well as improves the body’s oxygenation. The researchers described this outcome as “an unexpected and positive finding”.