

Effect of recorded male lullaby on physiologic response of neonates in NICU

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Abstract

Purpose: Most infants in the NICU are exposed to sensory overloads and deprivations as part of their care. This study conducted to assess the effect of lullaby on physiologic response of neonates admitted to NICU.

Method: This is a randomized double-blind intervention trial which was performed on 52 neonates in Jahrom (Iran) 2013-2014. The samples were randomly assigned into lullaby group and a control group (sampling was sequential and randomization was by lottery). Neonates in lullaby group (n = 26) listened to male lullaby via headphones during 3 days and daily for 20 min. Headphones without sound were placed for the control group (n = 26) during this period. Immediately before the intervention, 10 min later, 20 min after the start and 20 min after the completion of it, changes in heart rate and oxygen saturation were recorded by heart monitor, then data were analyzed by software SPSS:V 21, Greenhouse-Geisser test, repeated measures and t-test.

Results: The mean of Heart rate in second day at 20th and 40th minutes in lullaby group were less than control and this differences were significant (respectively $p = 0.013, 0.026$). Also the blood oxygen saturation levels on the first day at 20th minutes, second day at 10th minutes-20th and 40th minutes and the third on 40 min were significantly different among groups.

Conclusion: Lullaby (male voice and without music) could significantly reduce heart rate and increase blood oxygen saturation of neonates. Future studies are required to make music as a part of evidence-based strategies to promote outcome of neonates in NICUs. (C) 2016 Elsevier Inc All rights reserved.

Key words: male, lullaby ,physiologic , neonates, NICU