Moments of Calm: A Pilot Program to Promote Relaxation in Hospitalized, Maternal-Fetal Medicine Patients

PURPOSE
Implement and study a pilot program to evaluate a personal, mobile application and its ability to promote relaxation in hospitalized maternal-fetal medicine (MFM) patients.

BACKGROUND
Pregnancy complications affect over 94% of deliveries annually and 5-21% of those patients are admitted to the hospital as a result. Extensive research suggests women who are admitted to the hospital in pregnancy suffer from an increased rate of physiological and psychological complications related to increases in stress and anxiety. There is a lack of programs promoting relaxation available for women with pregnancy complications admitted to high-risk, antepartum units. Music and progressive muscle relaxation (PMR) offer an opportunity to promote relaxation in this patient population.

DESIGN
A gap analysis was conducted to identify current programs to promote relaxation among pregnant patients admitted to a high-risk obstetrical unit. A literature review was conducted to research integrative therapies to promote relaxation in the patient. The pilot program titled “Moments of Calm”, a relaxation program combining music and progressive muscle relaxation was designed and implemented utilizing plan, do, study, and act (PDSA) cycles on a 22-bed women’s specialty unit within the urban hospital.

METHODOLOGY
Beginning in January 2018, MFM patients were offered an opportunity to participate in Moments of Calm. Patients were provided with instructions, headphones, and a free downloadable application to utilize during program participation. The pilot program was evaluated with four, successive, week-long PDSA cycles. Three surveys were completed by the program participants during their admission.

RECOMMENDATIONS
▪ Disseminate results to the music therapy department.
▪ Develop an organization-specific application that includes music, PMR, multiple languages and music offerings, and directed listening.
▪ Utilize the new application to research music therapy and PMR and its impact on stress/anxiety, vital signs, preeclampsia, and breast feeding.

IMPLICATIONS
▪ Successive PDSA cycles optimize opportunities to perfect interventions/initiatives.
▪ Quality improvement (QI) initiatives may offer opportunities for research.
▪ Dissemination of QI outcomes to outside departments promotes organizational improvement.