



**USING MUSIC THERAPY
TO ENHANCE SECRETION OF BREAST MILK VOLUME
AND
TO REDUCE STRESS LEVEL
AMONG POSTPARTUM MOTHERS WITH NEWBORNS
ADMITTED TO NEONATAL UNIT**

**By
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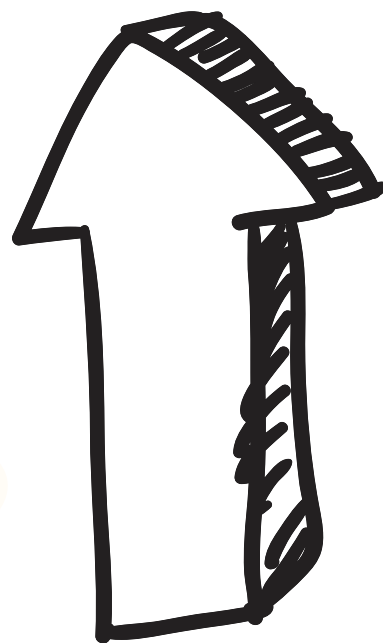
BACKGROUND

Postpartum mothers whose newborns are admitted to the neonatal unit (NNU) often encountered various conditions that can lead to stress and anxiety, and often result in a low milk supply.

Oxytocin is an essential lactation hormone, playing a significant role in milk ejection, and that level of oxytocin is associated with stress and anxiety.

EVIDENCE BASED PRACTICE

Using Music therapy to ...



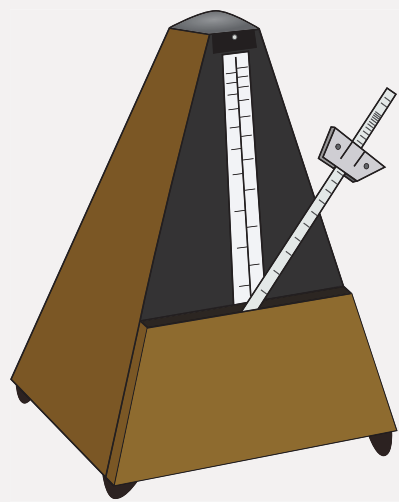
Increase breast milk
expression volume



Decrease stress and anxiety; obtain
higher levels of relaxation and
comfort

(Ak et al., 2015; Chatterton et al., 2000; Keith et al., 2012; Procelli, 2005)

RELAXING MUSIC COMPONENTS



TEMPO

Moderate to slow,
constant, between 60-
80 bpm

TIMBRE

Piano, String
instruments, flute;
absence of vocalization

DYNAMICS

Soft and quiet

MELODY

Small step-wise
intervals; fluent,
sustained, legato style
with fluidity, gentle
contours, homogeneous

RHYTHM

Repetitive, simple,
predictable, lack of
strong rhythms

SOUND TRACKS FOR EBM

1. WATERMARK – ENYA
2. WHEN LEAVES FALL – THAD FISCELLA
3. SUMMER OF 300 YEARS – 2002
4. SEA OF DREAMS – 2002
5. THE NIGHT SEASON – DAVID NEVUE
6. THE GIFT – DAVID NEVUE
7. BACH PRELUDE – MICHAEL DULIN

PURPOSE

The purpose of this project is to determine if relaxation music therapy has an positive impact on the volume of expressed breast milk (EBM) and relaxation level of postpartum mothers with newborns admitted to NNU.

OBJECTIVES

1

BREAST MILK VOLUME

To evaluate the impact of music therapy by measuring the volume of EBM.

2

LEVEL OF STRESS

To evaluate the stress level by using a self-evaluation questionnaire - Perceived Stress Scale (PSS).

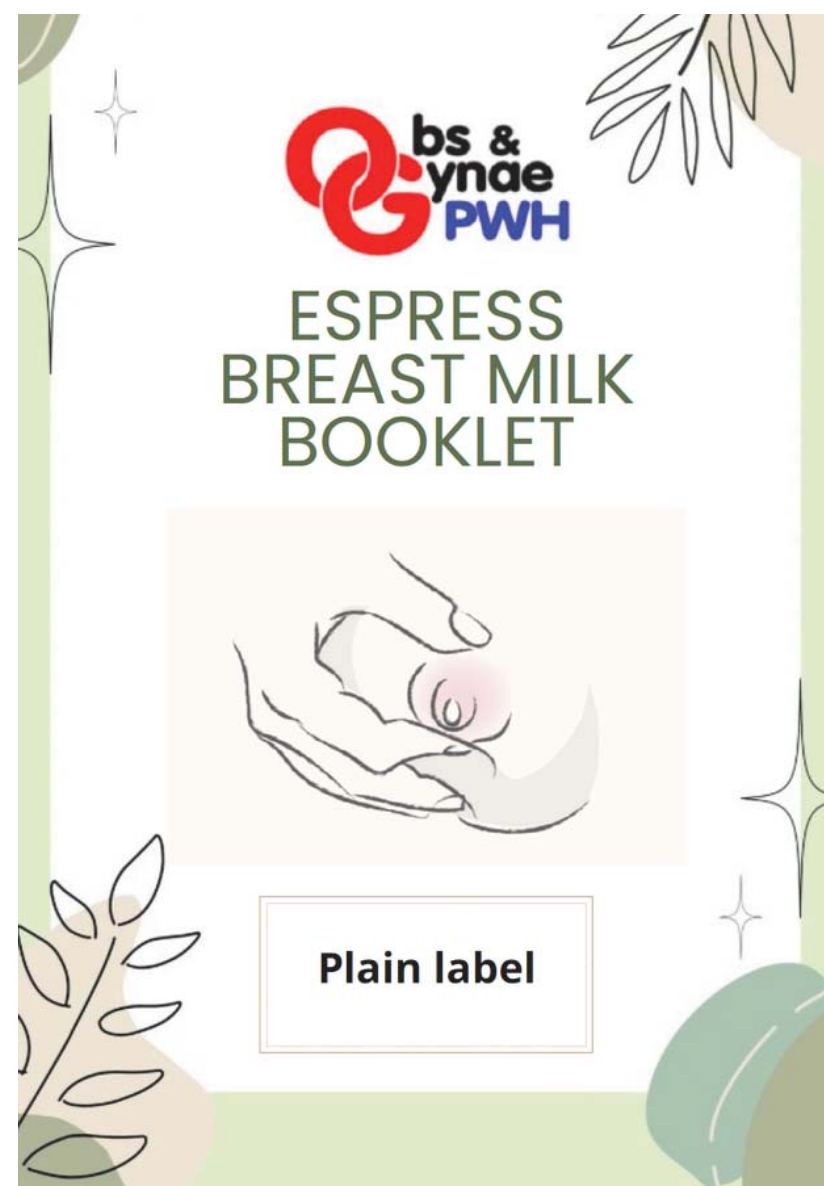
METHODOLOGY

Target participants:

- Postpartum mothers of newborns who are admitted to NNU.
- Mothers opted for breastfeeding their newborns.



INTERVENTION MATERIAL



INTERVENTION MATERIAL

01

歡迎你來到產後病房

請你填妥壓力問卷，好讓我們知道你的壓力狀況。



2

壓力自我感覺量表 (PSS) Chinese (HK)

(擠奶前)

填表日期: _____

這份量表是在詢問在最近一個月來，您個人的感受和想法，請您於每一個題項上作答時，去指出您感受或想到某一特定想法的頻率。雖然有些問題看是相似，實則是有所差異，所以每一題均需作答。而作答方式盡量以快速、不假思索方式填答，亦即不要去思慮計算每一題分數背後之意涵，以期確實反應您真實的壓力知覺狀況。

每一題項皆有下列五種選擇：

0：從來沒有 1：幾乎沒有 2：有時候 3：很多時候 4：大部分時候

請回想過去一個月，你有多少時間：	從來沒有	幾乎沒有	有時候	很多時候	大部分時候
1.因為一些不能預期的事情發生而感到失落					
2.感覺自己不能控制生活中的重要事情					
3.感到緊張和不安					
4.能夠成功地應付使人煩躁的日常瑣事					
5.感到你能夠有效地應付生命中的重要轉變					
6.對自己解決問題的能力感到自信					
7.感到事情在你控制之中					
8.你不能够應付你需要做的所有事情					
9.能控制生活中煩躁的事					
10.感到你能控制事情					
11.因為一些超越你控制範圍的事情而發脾氣					
12.思想你需要完成的事情					
13.能控制怎樣運用時間					
14.感到你不能克服困難					

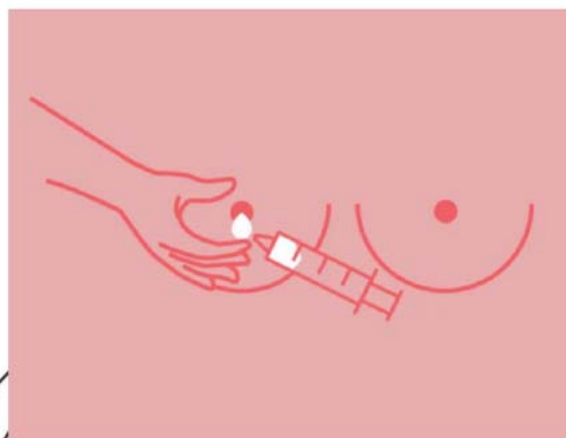
3

9

INTERVENTION MATERIAL

02

現在我們會示範如何手擠母乳

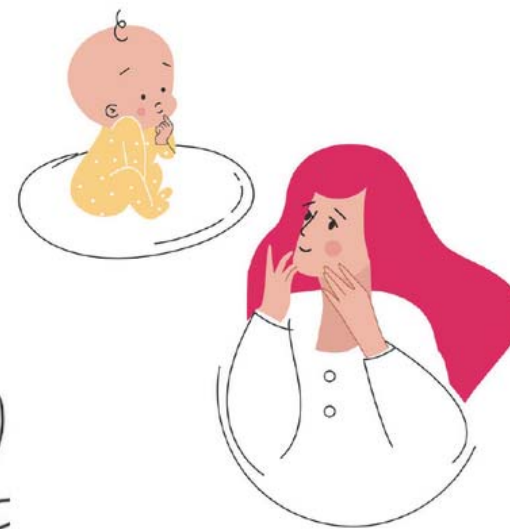


4

生產日期：_____

生產當天，第一次擠奶的時間：____：____(上午/下午)⁶¹

擠奶時間長度：_____(分鐘) 擠奶份量：_____(毫升)



5

INTERVENTION MATERIAL

03

音樂可以幫助你放鬆心情，
減低壓力。

請於擠奶前15分鐘，
用手機掃描以下二維碼，開始聆聽放鬆音樂。



6 13

生產後第二天，晚上6時後擠奶。

擠奶的時間(聆聽音樂)：____：____(上午/下午)

擠奶時間長度：____(分鐘) 擠奶份量：____(毫升)



7

INTERVENTION MATERIAL

04

請你在出院前，再次填寫壓力問卷，
好讓我們知道你的壓力狀況改善程度。



8

17

壓力自我感覺量表 (PSS) Chinese (HK)

(出院當天) 填表日期: _____

這份量表是在詢問在最近一個月來，您個人的感受和想法，請您於每一個題項上作答時，去指出您感受或想到某一特定想法的頻率。雖然有些問題看是相似，實則是有所差異，所以每一題均需作答。而作答方式盡量以快速、不假思索方式填答，亦即不要去思慮計算每一題分數背後之意涵，以期確實反應您真實的壓力知覺狀況。

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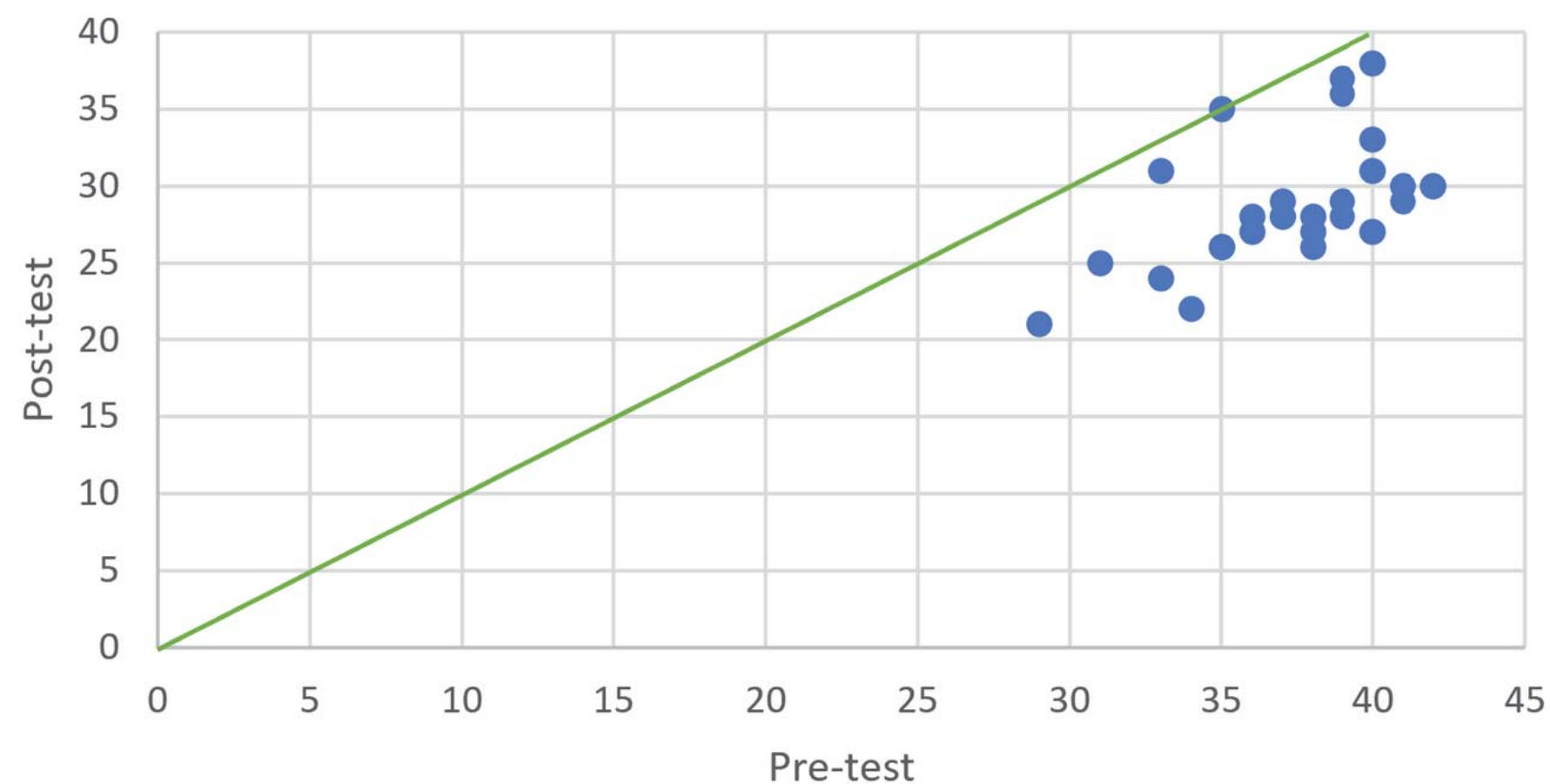
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1. 因為一些不能預期的事情發生而感到失落					
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12. 思想你需要完成的事情					
13. 能控制怎樣運用時間					
14. 感到你不能克服困難					

9

RESULTS

Stress score



The score of PSS reduced from 37 to 27.

RESULTS

壓力知覺量表 (Chinese 14-item PSS)

0-28 : 壓力屬正常範圍

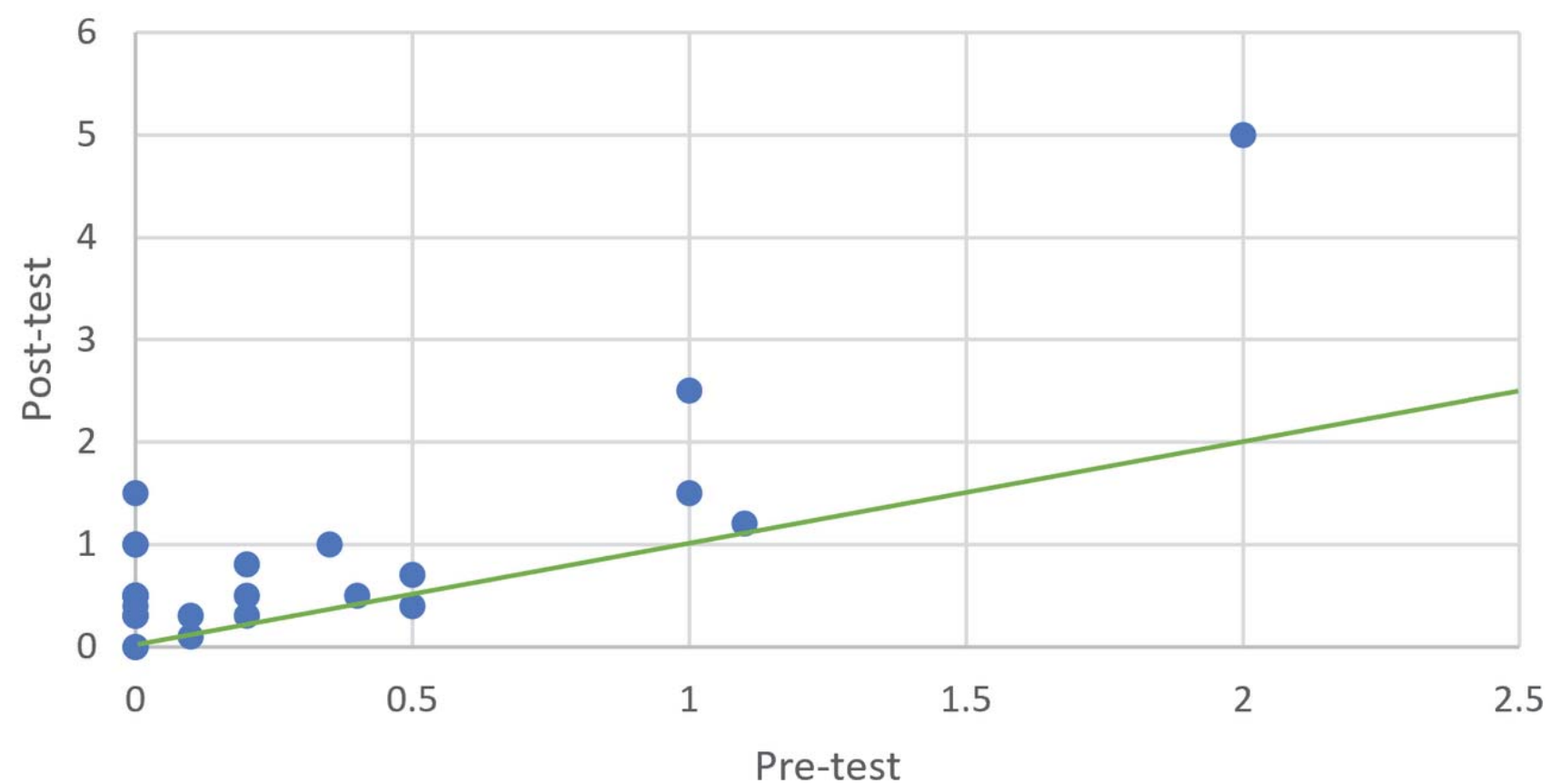
29-42 : 壓力偏大，需注意

43-56 : 壓力太大，需尋求資源協助



RESULTS

EBM volume changes

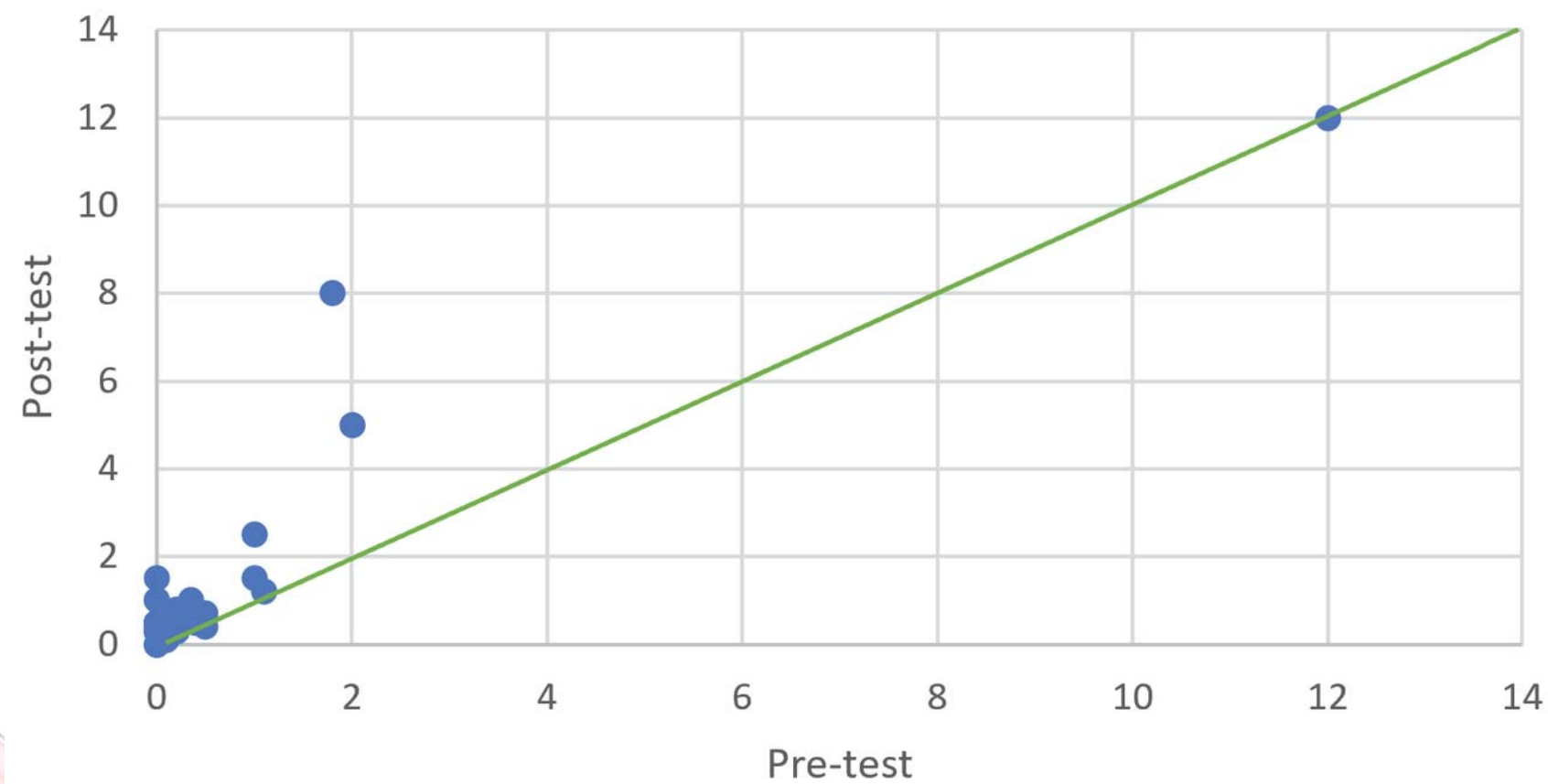


- 50% increase in EBM volume
- Smallest difference 0.1ml



RESULTS

EBM volume changes




- Biggest difference around 6ml
 - (i.e. 1.8ml --> 8 ml)
- ONLY four mothers had no increase in EBM volume

CONCLUSION

- Music can help to reduce stress level.
- Volume of EBM is enhanced.



FEEDBACK



聽音樂可以幫我放
鬆心情，奶量亦增
加左！

聽住音樂擠奶感覺冇
咁大壓力，見到自己
奶量增加好開心！



IMPLICATION



Apply to all postnatal wards



Obtain more data & feedbacks



Give bring-home QR code



ACKNOWLEDGEMENT

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- Ms. Siu. K.Y. (Department Operations Manager/ O&G/ PWH/ NTEC)



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