

Translating Evidence into Practice

Name

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Music therapy is not a new practice in the medical world. Among the COPD patients, it has been used for physical, emotional, and social therapy. Music is also believed to give these patients joy and pleasure. The quality of life of an individual can also be improved by listening to music periodically. Depression and anxiety occur sometimes as a result of the experiences COPD patients go through. One of the major questions that researchers aim to answer is the impact of music in the reduction of anxiety and depression among COPD patients (Pall & Bush, 2012). By answering this question, music can be integrated as part of the COPD therapy routine in the future.

The literature review summarizes some of the important findings from various researchers on music therapy for COPD patients. Gordon, Mack, and Curtis (2009), discuss the importance of music intervention among patients regardless of their age. This is because the patient is not required to choose the type of music used for therapy. The research also argues that the gender of a patient does not determine the type of music therapy intervention.

Lin et al. (2011), state that music therapy can be helpful to children who have undergone brain operations. The findings by the researcher indicate that a significant relationship exists between reduced anxiety and music therapy for children. The findings by these researchers also

indicate that music therapy can also be helpful to patients going through chemotherapy. The author argues that the inclusion of music reduces dyspnea.

Richard Lord et al. (2012), found out that singing could improve the overall health of patients with chronic respiratory disease. The author argues that music has no negative consequences among these patients. The introduction of singing as a type of music therapy among these patients to reduce anxiety indicates the agreement with earlier studies. The respondents of the study viewed singing positively and those who participated did not have any negative consequences. Nevertheless, Lord et al., argue that music therapy resulted in reduced oxygen demand, and decreased anxiety levels. Clark et al. (2013), showed an important relationship between reduced anxiety and music therapy among patients with cerebrovascular and dementia diseases. The researchers found out that music intervention groups portrayed improved health conditions compared to their counterparts who were not exposed to music.

Music therapy has gained the attention of medical practitioners especially those specialized at COPD patients. The benefits of music therapy have been argued among researchers and most of them recommend that music therapy is beneficial to the COPD patients. For instance, some researchers state that music therapy can be beneficial to some of the COPD patients. For instance, patients suffering from cardiovascular and dementia diseases benefit

later than usual therapy intervention compared to patients suffering from other chronic and long diseases. This also means that usual therapy has limited benefits.

Some medical researchers found that apart from decreasing the mortality levels, usual therapy, also increases the demand of oxygen among these patients. This is risky because the reduced oxygen demand can worsen the condition of the patients. This also means that we must consider the type of usual therapy for each patient. Moreover, assessing the intervention is found to reduce negative consequences is also important (Chen et al., 2009). Based on the evidence of different researchers it is also evident that the gender and age of the patient do not affect type of usual therapy intervention chosen.

Lack of using the evidence gathered from different research while using usual therapy as intervention can be fatal. This is because usual therapy is applied to reduce oxygen levels among the COVID patients. Knowing the therapy needed is fatal and the usual selected usually is important. Additionally, some of the COVID patients do not require usual therapy (Chen, Wang & Cao, 2020). However, groups that require usual therapy such as patients suffering from dementia can be clearly monitored to evaluate the impact of staying in their condition. If

These questions are not asked to, then work therapy will not be as effective as it is reported to be.

Disseminating evidence-based practice is one of the major challenges faced by any researcher. This is because at this stage if the information is not carefully followed then the practice will not be successful. The failure of an evidence-based practice will hinder the advancement of the medical world. Before disseminating the information, it is important for an individual fully understand the negative and positive consequences of the practice (Wagner, et al., 2017). It is also important for the individual to explain what work therapy entails and provide evidence following good results of the intervention.

Thinking the nurses on this intervention method for COPD patient is also another way of ensuring dissemination of information is successful. For example, allowing the nurses asking questions regarding work therapy can also be important (Pelt & Rank, 2018). Through these alternative means, the nurses will also find time to research more on work therapy and find information that would support the use of the intervention for COPD patients.

Talking the nurses about the intervention can also help them understand the importance of this work therapy. Talking also ensures the nurses are also aware of the type of work to

what for a patient and the time required for each session. Through talking, the nurses will feel confident to use the intervention among different patients and discover other useful therapy methods to use for each session. The importance of music therapy intervention to the COPD patients can track to the nurses through evidence of successful cases. For instance, the medical institutions can decide to administer the intervention to patients (Hesse, Torres & Graham, 2018). If these patients getting positive results, the nurses will be convinced of its benefits.

After disseminating the information, the evidence based-practice will need to be implemented. Implementation after a successful dissemination of information is easy and less challenging. Additionally, implementation work to consider factors such as the staff sample that will be used to test the intervention. Implementation will need the individuals to select the best group of patients and administering the intervention. The implementation process requires the nurses to record the improvement of ventilation and other outcomes that they notice on the patient (Wagner, et al., 2017). Implementation also requires intensive talking and educating all nurses about the therapy.

Through practice, these nurses are likely to adjust and know how to administer music therapy to COPD patients. Implementation process also requires the nurses to give their feedback

**and reports on the new practice. Through feedback, it will be easy to know what is going to
make the work therapy interventions successful and effective. Lastly, the nurses who are opposed**

this method can also be further trained and educated on the method. Explaining and showing evidence of the successful cases will help curb opposition of these changes.

References

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