

Abstract

Original Article

Touching, Music Therapy and Aromatherapy's Effect on The Physiological Situation of the Patients in Intensive Care Unit

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Abstract

Objectives: Various studies concerning the treatment of patients in the Intensive Care Unit using complementary therapies have been carried out. But, no reports on the use of three different therapies these patients. This study aimed to investigate the effect of physical touch, music therapy, and aromatherapy on the hemoglobin levels, pulse rates, blood pressure values, and respiratory rates of the patients in the Intensive Care Unit (ICU).

Methods: The study was designed quasi-experimentally. Seventy-two patients were included in the study. The data were collected by physical touch on the first day, applying music therapy on the second day and applying lavender oil through respiration for three days in the study group. Before and after each application, the pulse, systolic, diastolic, and respiratory values of the patients were measured. In addition, the hemoglobin levels of the patients were measured during expressive physical touch.

Results: The hemoglobin levels of the patients increased after physical touch, while the pulse rates reduced after music therapy and aromatherapy.

Conclusions: The study provides a foundation for future studies on the effect(s) of complementary therapy methods on the psychological and physiological status of patients in the ICU. The results of this study may assist health professionals to prepare complementary therapy programs for patients admitted to the ICU.

Key Words: Intensive Care Unit, music therapy, aromatherapy, expressive physical touch, complementary therapy, nursing,