primary studies - published RCT

Music: meeting the challenge of adherence to chest physiotherapy for infants and toddlers with cystic fibrosis.

Code: CN-00291323 **Year:** 1998 **Date:** 1998 **Author:** Grasso MC

Study design (if review, criteria of inclusion for studies)

RCT

Participants

20 parents of children with CF under 2 years of age

Interventions

Parents in the treatment group used the treatment tape for 12 weeks (TT). Parents in the control group did not receive a music tape for the initial 6 weeks (NT), but used a familiar music tape for the next 6 weeks (FT). All participants were asked to chart the frequency of tape use. Parents were interviewed prior to commencement of the study and twice thereafter at 6 weekly intervals, at which time they were asked to rank their child's enjoyment of CPT, their own enjoyment of CPT and their perception of time taken to complete the routine on a 7-point Likert scale.

Outcome measures

Outcomes measures were child and parent enjoyment of the routine and parent perception of time taken to complete the routine.

Main results

The mean unit changes (¦ SD) in enjoyment of and perception of time taken to complete CPT with TT for 6 weeks versus CPT with NT were: child's enjoyment: 1.35 units (¦ 1.9) vs. - 0.70 units (¦ 1.6), p = 0.02; parent's enjoyment: 1.30 units (¦ 1.3) vs. - 0.10 units (¦ 0.9), p = 0.02; and perception of time: -4.5 minutes (¦ 16.9) vs. 0.2 minutes (¦ 10.2), p = 0.46. The mean unit change changes (¦ SD) in enjoyment of and perception of time taken to complete CPT after use of the FT for 6 weeks in comparison to NT were: child's enjoyment 0.5 (¦ 1.8), p = 0.4; parent's enjoyment: 1.1 units (¦ 2.4), p = 0.2; and perception of time: + 3.3 minutes (¦ 8.5), p = 0.3.

Authors' conclusions

use of the TT was associated with a significant improvement in child and parental enjoyment of CPT after 6 weeks when compared to no music, while use of the FT did not affect enjoyment of CPT. Perception of time taken to complete the CPT routine did not change significantly, regardless of the use of music. The use of specifically composed music is an effective tool to increase CPT enjoyment for children and parents. This may facilitate a positive experience of CPT and result in improved adherence with CPT in this age group.

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/323/CN-00291323/frame.html

See also

Pediatric Pulmonolgy YR: 1998 VL: Suppl 17 DE: RCT

Keywords

Infant; Music Therapy - Singing; Creative and physical therapies; Behavioural interventions; non pharmacological intervention - psyco-soc-edu-org;