Oral Presentation

Title: "The Effects of Music Induced Relaxation (MIR) on Pain and Anxiety of Patients Undergoing Orthopedic Surgery".

Proposal
This presentation will address the results of a research study completed at the Health Alliance of the Hudson Valley in Kingston, NY. It includes patients recovering from orthopedic surgery who received music and imagery sessions conducted 12-36 hours post-surgery. This study followed a randomized controlled trial design; 33 patients were assigned to either the control or the experimental group. The experimental group received music therapy using a technique called Music/Imagery Induced Relaxation (MIR) to reduce pain and anxiety. The control group received no treatment. MIR is a technique that uses the patient's experience of wellbeing to induce relaxation while listening to preferred music. The aim is for the patient to have a vivid positive experience in an altered state of consciousness. The music therapist provides a brief relaxation exercise, followed by a script elaborated from the patient's story. All of the senses are utilized, including feelings and emotions, which is important in making the imagery as vivid as possible (Gimeno, 2015). A statistical analysis of the data was conducted using a Repeated Measures T-test. Independent variables included the music used in each session, which varied according to client preferences. Dependent variables included level of anxiety, physiological measures of heart rate and blood pressure. Anxiety was measured using a Visual Analog Scale, ranging from 0 ("not anxious at all")-100 ("extremely anxious"). Physiological measures included heart rate and blood pressure. Systolic blood pressure showed a significant improvement while Diastolic blood pressure approached significance following the music intervention. Results in pain level showed a significant improvement after the music intervention. For anxiety, the Visual Analog Scale also showed improvement that approached significance following the music intervention. After the session, each client had an intake, and every client expressed gratitude and positive feedback. The music therapy intervention indicates that music and guided imagery improved outcomes, whereas receiving no music therapy treatment did not improve any of these outcomes.

References

Gimeno, M. M. (2015). The effects of music imagery relaxation technique (MIR) in medical setting. *International Journal of Pharma and Bio Science*.

Gimeno, M. M. (2015). MED-GIM Adaptations of the Bonny method for medical patients: individual sessions. In Moe, T. & Grocke, D. E. (Eds). *The Music Imagery - Guided Imagery and Music (GIM) Spectrum: A Continuum of Practice*. Gilsum, NH: Barcelona Publishers.

Key Words: Music, Imagery, Relaxation, Guided Imagery, Bonny Method.

Abstract
The purpose of this presentation is to report the results of a research study done at the Health Alliance of the Hudson Valley in Kingston, NY. This was a pilot study to test a Music Imagery Technique that was never tested before. The technique is called "Music Imagery Relaxation"

(MIR) and has been developed by Dr. Gimeno. MIR is an adaptation of the Bonny Method to be used in medical setting. The results of this study showed statistical significance in decreasing the levels of pain and anxiety experienced by patients who underwent orthopedic surgery. An article with regard to this study has been published recently in the *International Journal of Pharma and Bio Science*. Participants will learn an innovating research based music therapy technique and will have an understanding of the protocol that is involved in MIR technique.

Mini-Biography
Dr. Maria Montserrat Gimeno is an Assistant Professor in the Music Therapy Program at the State University of New York (SUNY) at New Paltz. She was born in Barcelona, Spain, where she worked as a nurse for several years. She came to the states in 1993, and since then she has completed a Bachelor's degree in music therapy at Willamette University, a Master's degree in music therapy and a Doctorate in counseling psychology from the University of the Pacific, Stockton, California. She is also trained in the Bonny Method of Guided Imagery and Music. Dr. Gimeno is known nationally and internationally for her research on the use of Music and Imagery (MI) in medical settings and has taught MI courses in the United States, Spain, China, South Korea, Finland, Canada, Austria and India.