

The effect of music therapy on the volume of expressed breastmilk of first time mothers who delivered at Bicol Medical Center: A randomized controlled study

Pradesh Ghimire, Sarbesh Kumar Das, Mary Ann Cyril N Mesalucha and Glenda C. Decena
Bicol Medical Center, Philippines

Background: Promotion of breastfeeding is a simple and efficient strategy in reducing morbidity and mortality in neonates worldwide. Breastmilk contains higher concentration of nutrients and energy than that of artificial powder milk. A first time mother may be experiencing the joy of her new baby but may also become overwhelmed in a chaotic environment where she receives little rest and is adjusting to her new role as a mother and they feel difficult to breastfeed. Many studies have shown that music therapy can reduce maternal anxiety.

Objective: To determine the effect of music therapy on the volume of expressed breastmilk of first time mothers of newborn.

Materials and Methods: 78 mothers who delivered at BMC from July to October, 2017 were randomly divided in two groups: 39 in each of the experimental and control groups. Breastmilk was expressed for two sessions at 18 and 24 hours after delivery using breastmilk pump and the quantity of breastmilk was measured using a graduated cylinder.

For the mothers in experimental group, music was played using

headphones for 30 minutes before and continued during milk expression sessions. However, for mothers in the control group no music was played.

Results: The mean volume of expressed breastmilk in experimental group is 29.62 ml (SD+ 6.93 ml) while in control group is 20.74 ml (SD+ 3.55 ml). Mothers who received music therapy had statistically significant increase (p-value <0.001) in the volume of expressed breastmilk when compared to the control group.


Conclusion: Music therapy showed a significant increase in the volume of expressed breastmilk by first time mothers.

Recommendation: Music therapy is simple and low-cost strategy to be implemented as part of post-partum care to support breastfeeding.

Speaker Biography

Pradesh Ghimire has completed his MBBS from Manipal College of Medical Sciences affiliated to Kathmandu University, Nepal. He is a fourth year radiology resident in Bicol Medical Center, Naga city, Philippines.

e: pradeshpg@gmail.com

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