A study was conducted to assess the benefits of lullaby singing and multimodal stimulation on premature infants in neonatal intensive care 40 infants in a Level III Newborn Intermediate Care Unit were divided into control (n=20) and experimental (n=20) groups by pair matching on the basis of gender, birth weight, gestational age at birth and severity of medical complications. The results showed that music and multimodal stimulation significantly increased weight gain/day for both males and females.[7]

8. Implications for Nursing

Paediatric nursing is no more tasks-oriented, fragmented care, but demands of a nurse to provide holistic care to children. The administration of music is essential in the provision of preterm neonates, but is a distressing experience for the preterm neonates, parents and the nurse. In the NICU the newborn nursery is designed and operated according to specific stipulations or standards. The multiple adjustments that the neonate makes are challenging, even in a quiet, unobtrusive environment. The nursery environmental characteristics present additional challenges because neonates undergo profound physiological adjustments and are particularly vulnerable to hazardous environmental conditions.

Today there is increasing demand for quality and holistic care. Nursing administrators are in a key position to prepare policies and execute them based on the research findings. They can implement alternative complementary therapies in the management of physiological and behavioural responses of the preterm neonates. This could include music as an important strategy to stabilise the cardio-respiratory and behavioural state of preterm neonates in the NICU. In-service education for the staff nurse should be provided with special emphasis on alternative complementary therapy in the management of behavioural and physiological parameters of the preterm neonates.

9. Future Scope

On the basis of the findings of the study the following recommendations have been offered for further research:

1. The study can be replicated on larger sample for generalisation of the findings.
2. The study can be undertaken on term healthy neonates in the newborn nursery.
3. The study can be undertaken on preterm neonates during painful procedures.
4. A comparative study can be done on noise and music.
5. A comparative study can done music and mother's voice for preterm neonates to assess the improvement of physiological and behavioural parameters.
6. A comparative study can done using music and multimodal stimulation for preterm neonates to assess the improvement of physiological and behavioural parameters.
7. A study can be under taken music for preterm neonates in weight gain.

10. Conclusion

Premature infants may face a number of health challenges, including, low birth weight, breathing problems because of underdeveloped lungs, underdeveloped organs or organ systems, greater risk for life-threatening infections, greater risk for a serious lung condition, known as respiratory distress syndrome, greater risk for cerebral palsy (CP), and greater risk for learning and developmental disabilities.

Healing with sound has become increasingly popular and well documented as an effective holistic treatment. Music is credited to have numerous qualities and capabilities and it has been shown even to enhance the growth of plants. Studies have shown that soft and soothing music to individual babies enhances their physiologic stability and improve weight gain. Babies like and enjoy gentle and classical or gentle instrumental music. Music causes autonomic stability, reduces stress and quietens the baby, increase oxygen saturation and reduce heart rate.

The present study, in short, gave the investigator a new experience, a chance to widen the knowledge and helped to understand the effect of intervention on preterm neonates in maintaining the physiological and behavioural responses. The direction from the guide, various experts, cooperation from hospital management and staff nurses from NICU in both the hospitals made a contribution to the success of the study.

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