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Ideal mode of auditory stimulation in preterm neonates in NICU

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For conducting systematic review, we reviewed 78 articles published between2012- 2017 on the effects of auditory stimulation on preterm infants' performance. Out of that, 8 studies that met the inclusion criteria and focused on short-term and long-term effects were included in this systematic review. Out of those 8 studies, 7 short-term and one long-term study were included in this systematic review. The quantitative analysis was not performed due to heterogeneity of data in the articles. Qualitative analysis performed and results were generated based on it. All the articles included in this systematic review, met the PICOT format. To assess the quality of research, Pedro scale was applied to all the articles. All the articles included in this systematic review were having Pedro score 6 and above. The studies mainly showed that auditory stimuli improved the preterm infants' stability in terms of heart rate, respiratory rate, oxygen saturation and behavioral measures. Few studies showed improvement in feeding capacity of neonates. Different modes of auditory stimulation of these neonates were discussed and therapeutic implications were suggested based on qualitative analysis of all these different studies.

Conclusion: Auditory stimulation by maternal sound provides physiological and autonomic stability but behavioral states of preterm neonates improved with auditory stimulation by music therapy with lullaby.

Keynotes:- More research is needed in this area due to the heterogeneous nature of the studies.

KEYWORDS: Auditory stimulation, Systematic review, Neonatal intensive care unit, Preterm infants.

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