



Music Therapy: It's Effects on Patient Anxiety Intraoperatively

Heather Dach B.S., Whitney Simon B.S., Selena Sierra B.S.,

Dr. Cheryl Brohard PhD, RN, CNS-ONC, AOCN®, CHPCA® and Dr. Lenora McWilliams PhD, MS, RN



PICOT

In surgical patients, how does a music therapy intervention (MTI), compared with no music therapy intervention affect patient's anxiety during the intraoperative procedure?



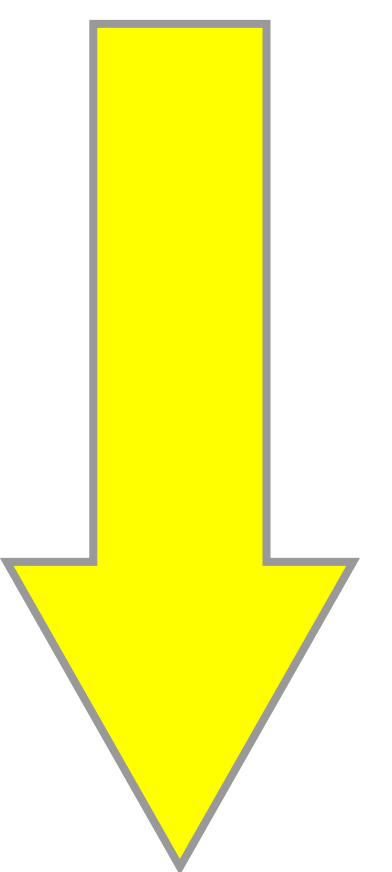
SYNTHESIS OF RESEARCH

- The use of music therapy has been shown to reduce anxiety in the intraoperative setting ^{1,3,4,5,6,7,}
- (STAI) State Trait Anxiety Index can measure patient rated anxiety levels pre- and post-operatively ^{2,6,10.}
- Visual Analog Scale can measure anxiety and pain levels of surgical patients pre- and post-operatively ^{7,8.}
- Music therapy had positive effects upon patients across multiple surgical fields ^{1,2,3,4,5,6,7,8,9,10.}
- Vocal, orchestra, and relaxing melodies decrease anxiety ^{1,2,7.}
- Music therapy has shown to reduce heart rate, systolic, and diastolic blood pressure measurements ^{1,6,8,9,10.}

EVALUATION



- Heart Rate
- Systolic BP
- Diastolic BP
- Anxiety Level



LITERATURE REVIEW

KEY TERMS:

- Music Therapy
- Operative
- Intraoperatively
- OR
- Effect
- Anxiety
- Surgery

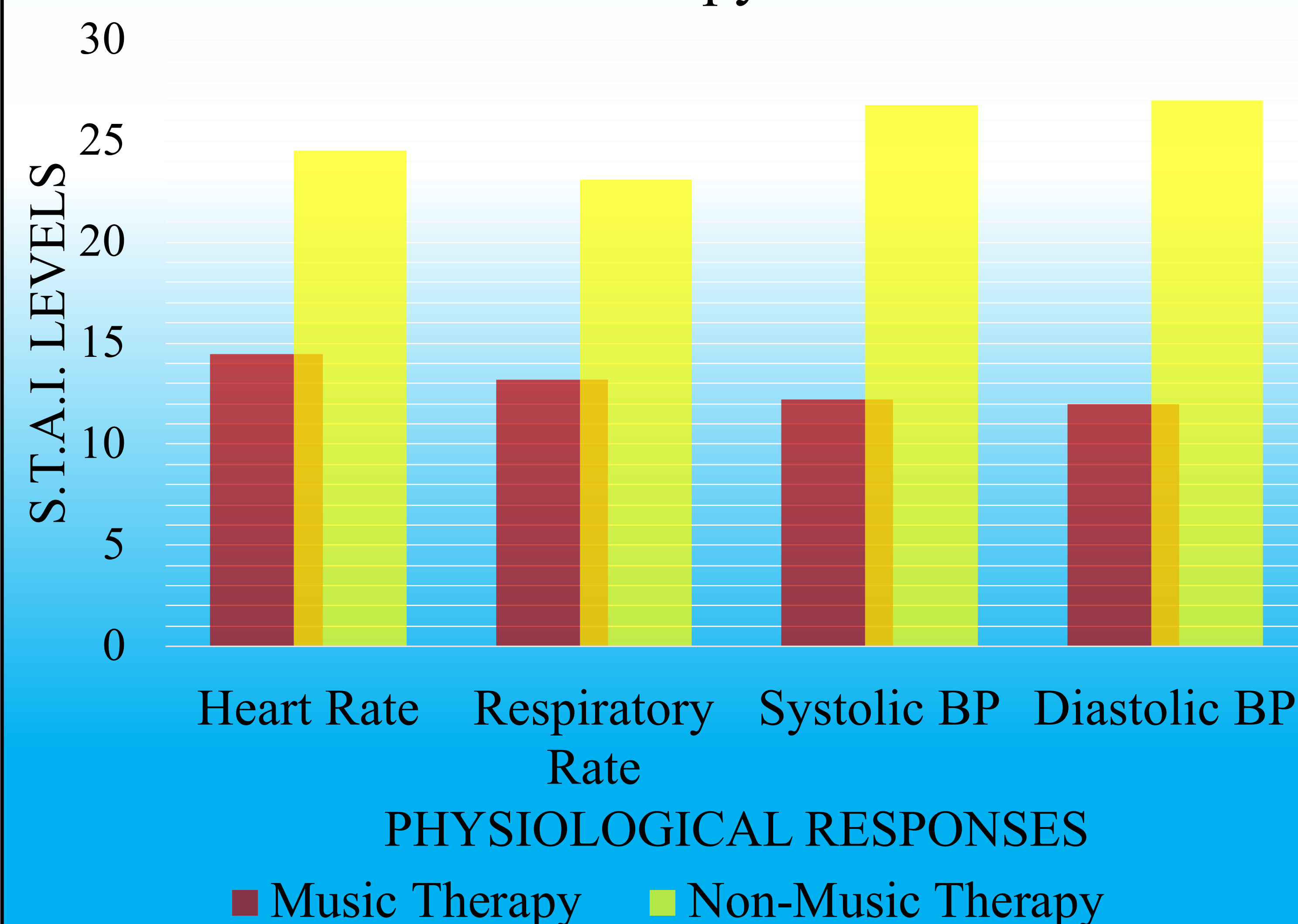
CRITERIA:

- Peer-reviewed
- Published between 2011-2018.

ACKNOWLEDGEMENTS

Academic scholarships were received by Whitney Simon from the Fred & Mabel Parks Foundation, and Heather Dach from the Vivian L. Smith Foundation.

State Trait Anxiety Index Levels and Physiological Responses to Music Therapy



UNIVERSITY of HOUSTON
COLLEGE of NURSING

DECISION TO CHANGE

PROVIDE MUSIC

- Disposable headphones
- CD player
- Classical Music

SEEK FUNDING

Small grant:

- Disposable headphones
- CD players and associated cleaning costs

TRAINING

- MD, RN

INFECTION CONTROL

Policies and procedures:

- Disposable headphones
- Cleaning of CD players

PRE/POST SURVEY

- (STAI) State Trait Anxiety Inventory Tool

