

The Effect of Music in The Operating Room

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PICOT Question

In the greater Houston area, among the OR staff, does the music actively affect the quality of the procedure compared to a lack of music throughout the procedure over a 6 month period?

P: OR Staff

I: Introducing music in the OR

C: No music

O: Surgical task performance by personnel

T: 6 months

Literature Search Criteria

Databases

- National Institute of Health → National Library of Medicine

- AORN
- PubMed

Key Search Terms

- music
- noise pollution
- operating room

Search Criteria

- Published between 2018 and 2023
- Published in English
- Published in scholarly journal
- Includes a population of relevance (i.e., area greater than a single city)
- Aligns with outcome of procedure

Background

Background: The operating room (OR) is a vital healthcare setting, requiring effective communication for patient safety. Recently, attention has turned to the role of music in the OR, sparking discussions on its potential impact on healthcare outcomes.

Significance: Understanding how music in the OR enhances surgical task performance by surgical personnel.

Introduction: This EBP project explores the impact of music in the OR on surgical task performance by surgical personnel. Examining music's influence on patient experience and reduction in anxiety.

Synthesis of Findings

- Music in the operating room is a controversial subject, with varying opinions among healthcare personnel, but a significant majority of them view it positively, finding it calming and performance-enhancing. This suggests the importance of making the decision to play music in the operating room a shared one among all personnel (El Boghdady & Ewalds-Kvist, 2020; Narayanan et al., 2022; Oomens et al., 2019; Yetasook et al., 2021).
- Distractions in the operating room, including noise and irrelevant communication, are widespread and can significantly affect surgical teams. These distractions have been linked to increased stress, compromised teamwork, and impaired performance, highlighting the importance of addressing this issue (Yetasook et al., 2021; Fu et al., 2021a).
- The potential drawbacks of music in the operating room mainly revolve around the risk of increasing stress levels in scenarios with already elevated noise levels. High decibel levels during certain surgeries can hinder communication, making it vital to consider when and how music should be introduced (Fu et al., 2021b; Narayanan et al., 2022).
- The consensus is that music has the potential to enhance the operating room environment, benefiting both surgical teams and patients. However, more comprehensive research is necessary to understand its effects on fully trained surgeons in real surgical settings and to develop strategies to manage and reduce noise pollution effectively (El Boghdady & Ewalds-Kvist, 2020; Fu et al., 2021a; Narayanan et al., 2022; Oomens et al., 2019; Yetasook et al., 2021).

Decision to Change

- The decision is to introduce music in the operating room but with careful considerations and guidelines in place.
- Ensure agreement among the surgical team on introducing music in the operating room
- Respect patient preferences; obtain consent and respect those who prefer silence
- Set volume limits and choose calming, non-disruptive music genres
- Gather feedback periodically to assess the impact and make necessary adjustments

Evaluation

- Patient outcomes
- We will be asking OR team members on how the music affected them during the operation
- Will be funded by grants received from the government
- Eval with a questionnaire to OR personnel with music asking type of music and frequency of music did it hinder communication, was it anxiety/stress reducing
- Questionnaire to patients asking did they have music did it reduce their anxiety/stress

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