Problem Overview: The 2010 results from our marketing survey [PRC] reported that the patients were dissatisfied with control of anxiety and pain during the surgical process. A review of current research indicated that patients who listen to music throughout the surgical process show statistically significant reductions in anxiety and perception of pain during the pre and post-surgical experience.

EBP Question/Purpose: Will listening to music reduce our patients’ perception of anxiety and pain during their perioperative experience, and help raise our PRC scores? Based on a review of the current literature on music and surgery, we implemented this as an evidence-based trial practice and measured the effect on our same-day surgery patients.

Methods/Evidence: We designed a patient-oriented informational poster for the waiting room. During their PAT appointment, same-day surgery patients were encouraged to bring their own portable music devices for use during their surgical process. We developed a five question survey, loosely based on the Likert scale, and conducted the research over a 90-day period. We gave the survey to fifty random Ambulatory Surgery adults and adolescents before their discharge to evaluate the effects of music on their pre/post-surgical perception of anxiety and pain.

74% said their overall experience was very good to excellent. 10% indicated either the experience was fair, or they were not sure. We attributed this to such factors as lingering effects of anesthesia, or the music device was not used by the patient during recovery. Overall, 94% said they would recommend the use of music to other patients.

Significance of Findings/Outcomes: Our survey confirms the current research. Our patients using music reported less anxiety and pain throughout all phases of their surgical experience. Our PRC patient satisfaction scores also increased. Except for poster costs, this is a budget neutral way to effectively raise those scores.

Implications for Perianesthesia Nurses and Future Research: Our successful results indicate this practice should be retained and even augmented. Implications for perianesthesia nurses include calmer, more comfortable patients which can result in earlier discharges, and possibly reduce overall unit costs.