

Inspired by the Research Process: Lessons Learned in the Participation of a Mixed Method Randomized Comparative Clinical Trial

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Background Information: Post Anesthesia Care Unit (PACU) nurses met with the clinical nurse specialist to participate in a music-based intervention research study whose purpose was to reduce anxiety and pain in laparoscopic radical prostatectomy patients. One co-investigator was a nursing student whose expertise was in music. The research team chose to frame their study using a mixed method, randomized comparative design between two complementary music interventions: (1) patient-selected music preferences using Spotify; (2) pre-recorded guided breathing relaxation narrative underscored with minimal, hypnotic music.

Objectives of Project: To participate as co-investigators in a mixed method randomized comparative study to determine the effectiveness of music listening interventions in reducing anxiety and pain scores in the PACU; learn about patient experiences through qualitative inquiry.

Process of Implementation:

1. Co-investigators took CITI protection for human subjects
2. Submitted study protocol; approved by IRB
3. IT Department programmed music interventions on devices
4. Invitation PreOp phone call night prior
5. Night prior, team collates brown envelope; headset/fully charged i-Pods in plastic bag w/coded randomized group; I-Pods checked fully charged/tested
6. PI/Co-investigators consented patients in waiting room
7. Drew music G-cleft by patient's ID
8. Patient escorted to Prep; listened to music
9. Once awake – patient offered assigned music until discharge
10. Blinded RN records "Post" STAI scores; completes PACU data form
11. RN documents patient's own words to qualitative inquiry
12. RN returns plastic bag/data sheet to LCN desk. All equipment sanitized; placed in locked drawer for recharging; ready for next patient
13. Nurses shared results of their study with nursing leaders and surgeons

Statement of Successful Practice: The PACU nurses successfully completed the research study, authored a music listening manuscript, submitted manuscript for publication, and disseminated results of the study through local and national poster presentations.

Implications for Advancing the Practice of Perianesthesia Nursing: Participating in the conduct of research inspires bedside PACU nurses to continue their scientific inquiry by creating new knowledge to improve perianesthesia nursing practice and patient care. Future research should focus on the benefits of PACU nurses participating in research and contributing to nursing theory.