Pre-Surgical Patients are “In Tune” with Music Program  
Memorial Sloan Kettering Cancer Center  
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**Background:** Anxiety is common in the Pre-Surgical patient, affecting both their emotional and physical well being. This can result in increased vital signs, hypothermia and nausea. Traditional treatments such as medications, warm blankets and soft lighting aren’t always successful. If these symptoms are not controlled, surgeries can be delayed or even cancelled.  
**Objective:** To provide comfort and reduce anxiety of the pre-surgical patient through a music alternative.  
**Implementation:** A music program was introduced in the Pre –Surgical Center. Patients are offered a Music Menu that lists a variety CD’s to listen to during their peri-operative experience. The menu’s choices range from Classical, Relaxation and Subliminal to Popular, Jazz and R&B.  
**Successful Practice:** Patients have verbalized their pleasure at having the music available. Nurses report the music program has had a positive effect on patient’s vital signs and mood. The Peri-Operative Music Program not only provides patients with a sense of calm but also a sense of control since they choose the music they want to listen to.  
**Implications for the Peri-Anesthesia Nurse:** Music is a non-pharmacological, non-invasive and inexpensive way to aide patient’s pre-op anxiety.