

## **Successful Introduction of Music Therapy for Post-Operative Pain, Anxiety and Nausea in the Adult Oncology Patient**

Primary Investigators: Danielle Plapus-George RN BSN, Charlene Weiss RN BSN OCN  
Roswell Park Comprehensive Cancer Center, Buffalo, New York

**Introduction:** Research shows music can move people and motivate us to overcome obstacles. Music therapy can lower stress, promote comfort and reduce pain for all ages, genders and race. Our proposal, Music therapy for the Post-Operative Pain, Anxiety and Nausea has the potential to positively impact Symptom Management, Wellness and Quality Improvement.

**Identification of the Problem:** Post operatively there has been an increase in pain, anxiety and stress within the post-op period. This is reflected in the increased volume of narcotics, antiemetic, and benzodiazepines inventoried from pharmacy.

**Purpose:** Implementation of music therapies has been introduced in a six month trial. During this period we have had a positive patient outcome with a 20% decrease in medication administration. Also noted was a positive staff satisfaction.

**Method:** Overhead satellite radio has been installed with the ability to play a soothing musical variety. Data has been collected and compared over a six month period.

**Significance of Findings/Outcomes:** The initiation of instrumental study music has been introduced with positive verbal feedback from both patients and staff. In Fall 2018 we hope to complete Phase II Music initiative in ambulatory center/endoscopy recovery areas (Phase II recovery). We have found that musical therapies distract patients from pain, anxiety and fear. Literature states promoting well-being and calmness by musical distraction has increased post-operative satisfaction. A satisfied patient + happier nurses=improved hospital satisfaction. Unrelieved post-operative pain, nausea and anxiety may have a negative impact on our patients on a physiological and psychological well-being of patients. Such a small initiative has had such a huge impact on our patient population.

**Implications for perianesthesia nurses and future research:** Literature has shown over eighty percent of patients experience pain and nausea post operatively. Studies have found that patients exposed to music therapy have reported fifty percent less pain, anxiety and nausea. We hope to increase these outcomes.