

Music Listening in the PACU in Patients Undergoing Adenotonsillectomy Surgery

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Introduction: In the pediatric population, music has been utilized in the hospital setting to relieve anxiety and distract from painful procedures. There is limited information related to the influence of music and pain management in pediatrics. Music listening as an intervention in children who have had Adenotonsillectomy surgery is a tool to address adjuncts to medication for pain relief.

Identification of the problem: Adenotonsillectomy surgery is a painful procedure. In the pediatric population it may be difficult to manage the pain associated with this procedure. Common practice to relieve pain associated with Adenotonsillectomy consists of pain medications, including narcotics. The literature supports the use of music in the health care environment as a way to individualize care and decrease pain and anxiety. It is an inexpensive alternative to provide a complimentary and holistic approach to patient care.

EBP Question/Purpose: Does the use of music have a positive effect on pain and anxiety in the PACU after Adenotonsillectomy for children 5 to 10 years old? We will examine patient, family and nurse satisfaction.

Methods/Evidence: Before the child went into surgery, a preoperative nurse asked the child and/or the parents his/her favorite type of music. Patients/families had a choice of music from a number of music listening stations. The nurse obtained an iPod (Apple Inc, Cupertino, CA) and speakers and or headphones. Once patients arrived in the PACU and after initial assessment, the music was started. Surveys were used to collect information on anxiety, patient/family and nurse satisfaction at the conclusion of the PACU stay.

Significance of Findings/Outcomes: 64% of patients/families agreed that music calmed their child in the PACU. 72% of staff agreed that using music is a good way to decrease pain and anxiety for patients. 80% of both patient/families and staff would recommend music listening to others in the PACU. Our findings indicate that music listening is a useful non-pharmacological intervention for pain and anxiety in this population.

Implications for perianesthesia nurses and future research: This information supports the use of alternative options, specifically music listening, for pediatric pain and anxiety management in the perianesthesia setting. Our follow-up study will examine expanding the use music listening to other patient populations.