An EBP Project: What is the Best Music Listening Intervention for Patients Recovering In the Post Anesthesia Care Unit (PACU)?

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Introduction

In the Weinberg PACU, patients who were having laparoscopic radical prostatectomies experience severe pain which caused them to have an increase length of stay and excessive amounts of opioids. Additionally, these patients had high levels of anxiety due to potential urinary incontinence and sexual dysfunction from the surgery. Perianesthesia nurses questioned what complementary evidence could support a non-pharmacologic approach to reducing anxiety and post-operative pain.

The aim of the study was to determine the best music listening intervention for patients recovering in the PACU.

Practice Question

What is the best music listening intervention comparing preferred patient – selection music versus relaxation breathing instructional narrative over minimalistic hypnotic music for patients recovering in the PACU?

P = Surgical patients

I = Music listening

C = Comparing preferred music vs relaxation/breathing music

O = Music listening outcomes: Decrease anxiety and improve pain management

Did you know?

Listening to music has been demonstrated to:

♪ Decrease anxiety
♪ Decrease need for opioids
♪ Improve perceptions of post operative pain management

Search Strategy

The literature search yield 1006 articles and only 20 were appropriate articles that met our PICO criteria. The evidence search strategy range from 2012-2020. The data base searches were PUBMED, CINAHL, Jonna Briggs Institute, and Cochrane Review data bases were searched. The key mesh terms used were: music, music listening, music therapy, intervention, surgery, PACU, post-operative, randomized controlled trials, anxiety, pain and pain management.

Level and Quality of Appraised Evidence

Synthesis

Music listening has been shown to attenuate SNS and activate PSNS activities, resulting in a reduction of anxiety and improved relaxation in patients (Kavak et al., 2020). Pain and anxiety are most effectively controlled with music-listening during the pre-operative phase (Hole, Hirsch, Ball & Meads, 2015); preoperative anxiety can alter, inform, and intensify postoperative pain and medication requirements (Stamenkovic, Rancic, Latas, Neskovic, Rondovic & Wu, 2018). Additionally, music has consistently shown improved pain and anxiety management in post-operative settings (Poulsen & Coto, 2018). The synthesis of evidence revealed two evidence based music listening interventions:
1. Preferred music listening method and 2. relaxation breathing over minimalistic hypnotic music for therapeutic interventions to reduce anxiety and pain.

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Recommendations for Translation into Practice

The evidence recommends to conduct a randomized comparative clinical trial comparing two methods of music listening: patient preferred music listening via Spotify versus relaxation breathing narrative over minimalistic music. The study should identify the best cost- effective music listening intervention to decrease patient's anxiety and post anesthesia pain management.