

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. Additionally, these patients who suffered from prostate cancer also have high levels of anxiety that required them to have large doses of opioids administered for their pain management. The Perianesthesia nurses questioned what complementary evidence could support a non-pharmacologic approach to reducing this patient population's post-operative pain.

Identification of the problem: What is the best music listening intervention for patients recovering in the post anesthesia care unit?

EBP Question/Purpose: PICO question. Databases utilized.

P - Post Anesthesia patients recovering in the PACU

I - Best method of music listening

C - Preferred music listening compared to relaxation breathing narrative

O - Listening to best method will reduce anxiety and PACU pain score

Methods/Evidence: Literature search yielded 1006 articles and only 20 were appropriate articles that met our PICO criteria. The evidence search strategy range from year 2012-2020. The data base searches were PUBMED, CINAHL, ERIC, 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.

Synthesis /Recommendations: Appraisal results were six level 1A's, three level 2A's, three level 1B's, two level 2B's, one level 4A's, one level 5A's and one level 5B's. Synthesis recommended two evidence-based music listening interventions: Preferred music listening method and relaxation breathing over minimalistic music for therapeutic interventions to reduce anxiety and pain.

Future Perianesthesia Research: Translation of EBP project to practice implemented the "Music Listening as a Postanesthesia Care Unit (PACU) Nursing Intervention for Laparoscopic Radical Prostatectomy Patients: A Randomized Comparative Clinical Trial. The results of this study revealed that both preferred selected music listening method and guided relaxation breathing over a minimalistic hypnotic track can meaningfully reduced patient's anxiety and PACU pain scores.