

Utilizing Music to Reduce Adult Dermatology Patients' Pre-Procedural Anxiety

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Purpose

To examine the effect of a ten minute “music medicine” intervention on dermatology patients’ pre-procedural anxiety.

Background

Up to 80% of adult surgical patients experience some degree of pre-procedural anxiety .

Anxious patients often experience increased blood pressure, elevated pulse, increased procedure time, decreased wound healing and prolonged recovery time.

Anxiety can considerably affect the immune system.

Pharmaceutical interventions are often ineffective or not an option.

Surgical patients express a desire for non-pharmacological interventions for anxiety.

Music as an intervention has been widely studied because of its known benefits.

Methods

The Johns Hopkins Nursing Evidence-Based Practice (JHNEBP) model was utilized to develop this project.

The practice-based evidence translation project included a non-music group and a music group.

Group one (n=30) consisted of baseline data collection that included demographic information along with pre-procedural VAS-A scores following standard care.

Group two (n=30) data collection also included the collection of demographic data and pre-procedural VAS-A scores following a ten minute, patient selected “music medicine” intervention.

Participants in group two were asked to complete a 5-point Likert scale to evaluate their satisfaction with the “music medicine” experience and also complete a yes/no questionnaire about future use.

An independent t-test was conducted to compare anxiety levels between the two phases.

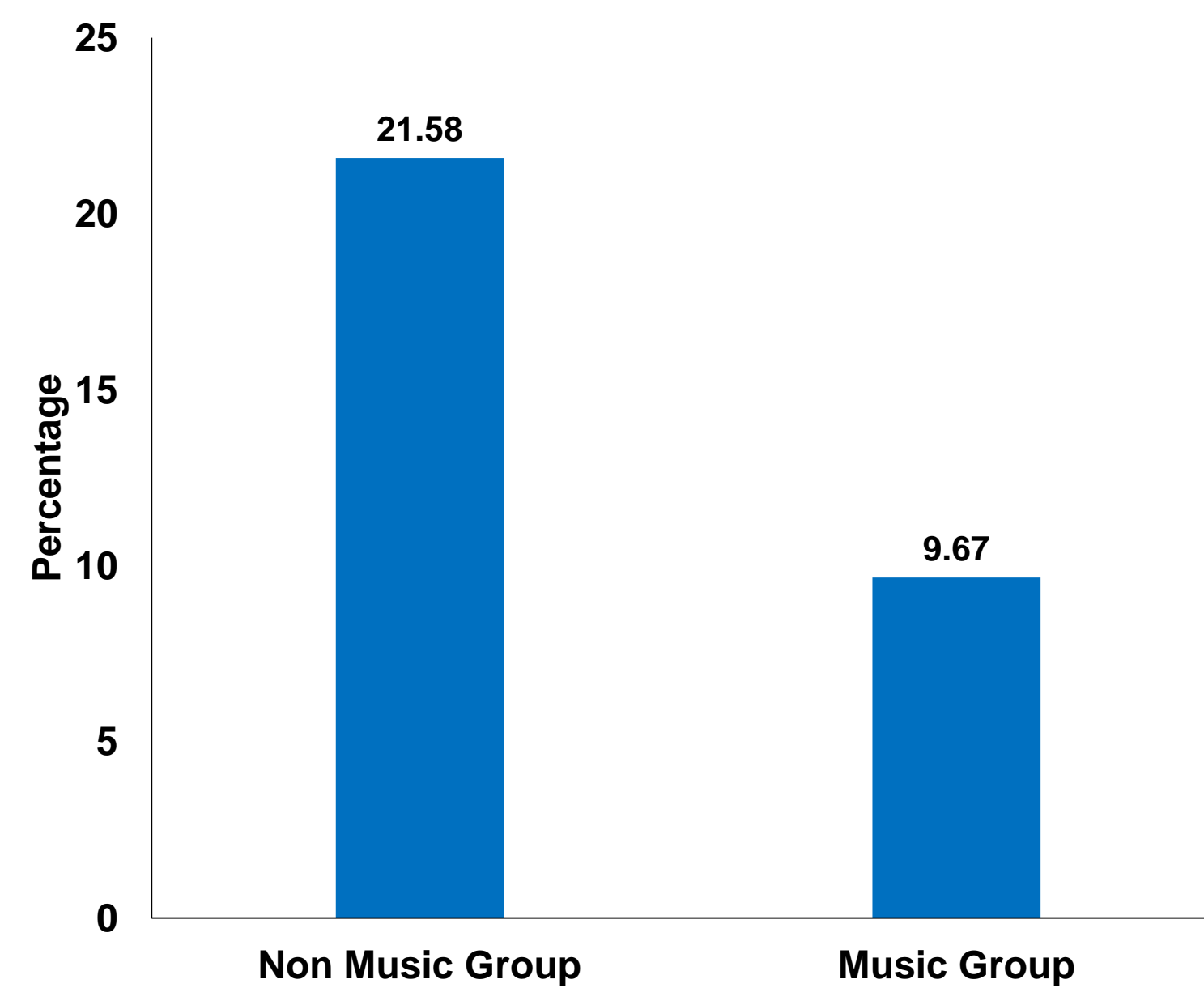
Results

Group two participants (MG) reported a significantly lower mean VAS-A score (M=9.67, SD=15.39) when compared to group one (NMG) (M=21.58, SD=24.51), p=0.008.

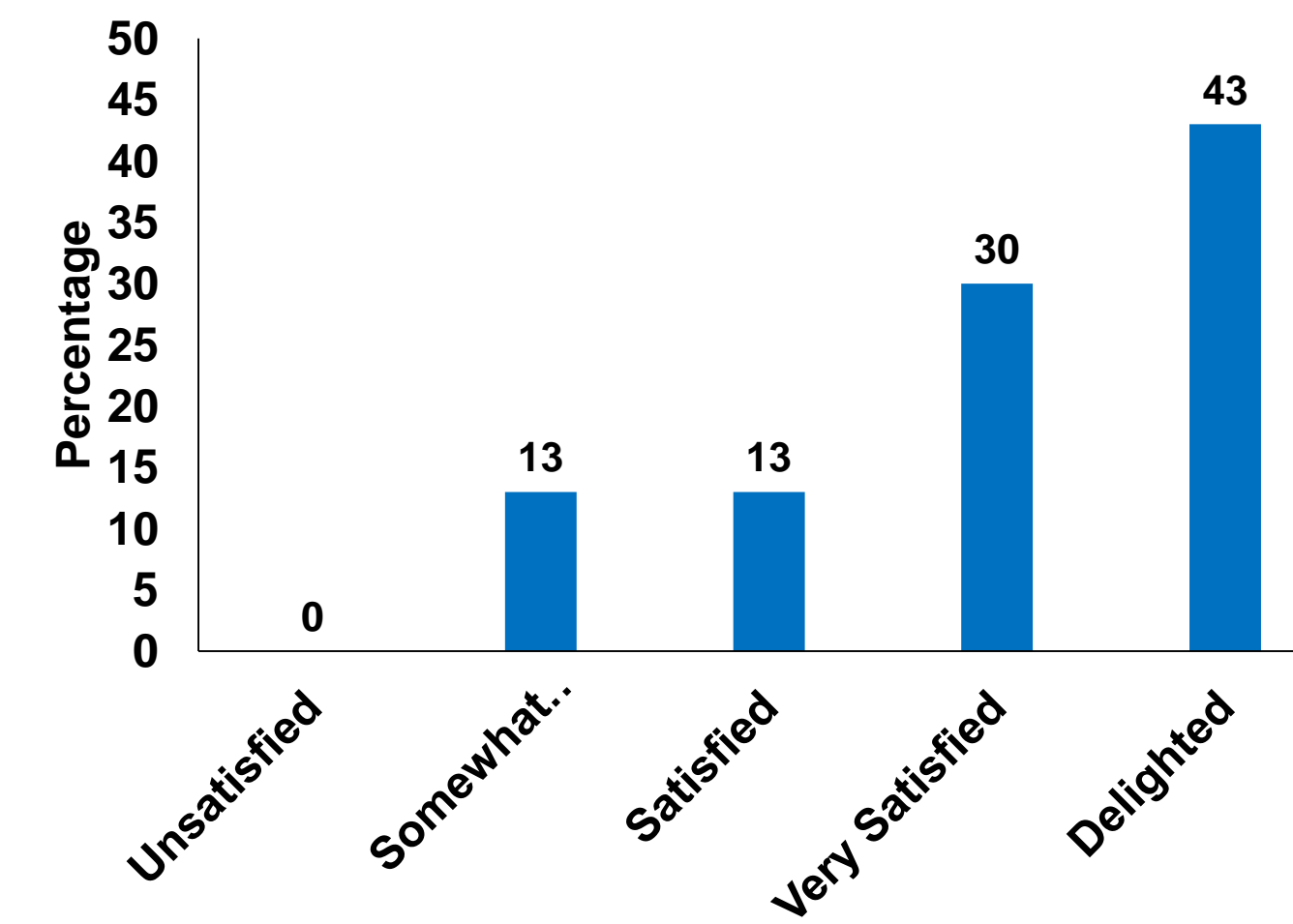
In addition, 43% of participants reported they were delighted with the experience, 30% were very satisfied, 13.3% were satisfied and 13.3% were somewhat satisfied.

Furthermore, when asked “If offered, would you use “music medicine” prior to your next procedure?” 83.3% reported “YES”.

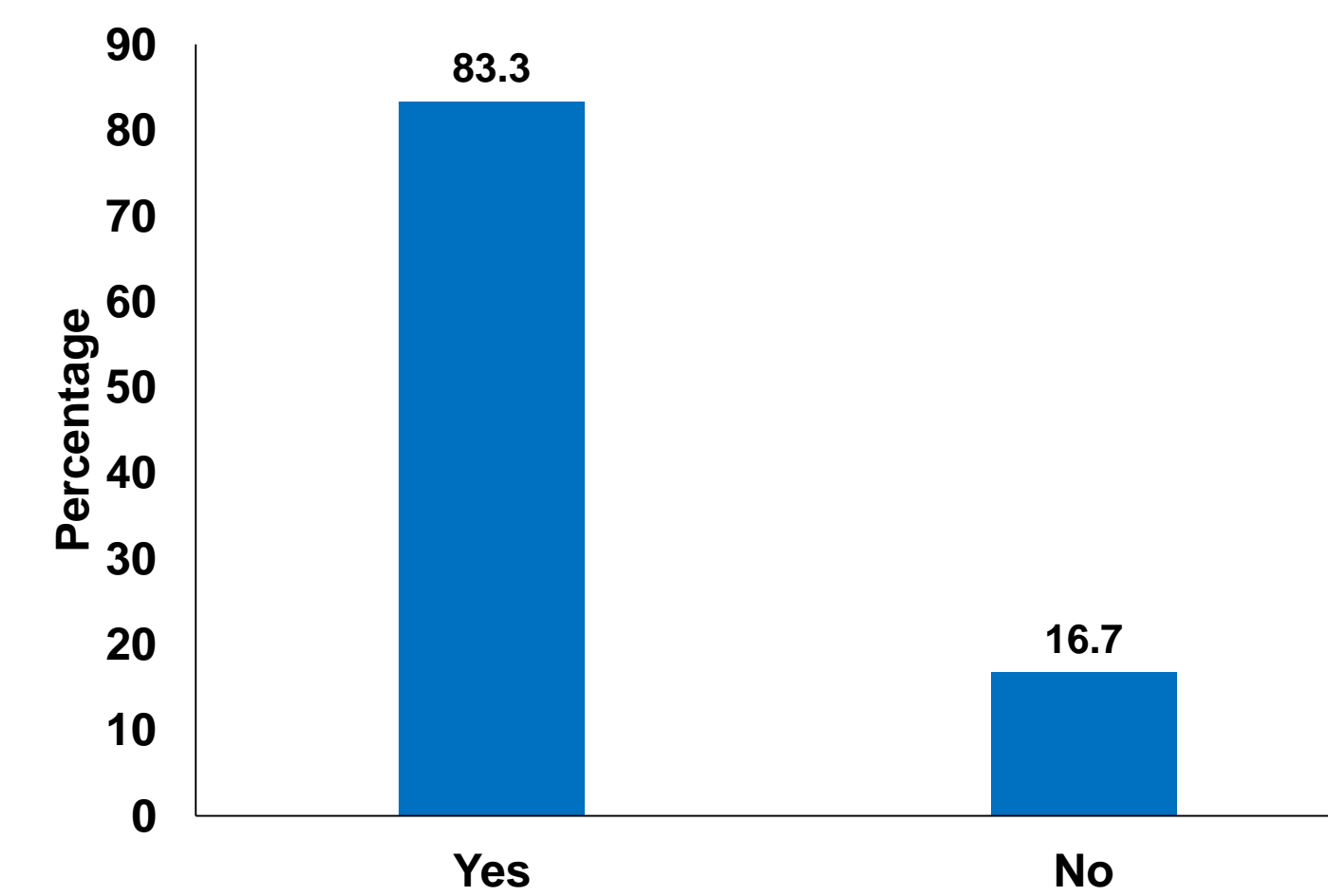
VAS-A Scores



Music Group Satisfaction



Future Preference



Demographics

	Total (N=60)	Music Group (n=30)	Non-Music Group (n=30)
Mean Age (yrs)	69.42 (SD=12.86)	67.03 (SD=15.29)	71.8 (SD=9.54)
Ethnicity: Non Hispanic White	93.3%	96.70%	90%
Marital Status			
Married	76.70%	76.70%	76.70%
Other	23.30%	23.30%	23.30%
Gender: Male	60%	63.30%	56.70%
Education (%)			
High School or below	45%	50%	40%
College or beyond	55%	50%	60%

Conclusion

This practice-based evidence translation project demonstrated that listening to music significantly reduced pre-procedural anxiety.

Patients who listened to music were delighted with the experience and would utilize “music medicine” if offered in the future.

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