

Assessing the Impact of Music Therapy on Day Surgery Patients Pre-operatively

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Problem Statement

- Patients who are scheduled for day surgery frequently display increased anxiety along with elevated Blood Pressure (BP), which might result in operation cancellations and dissatisfied patients.
- Research has shown that music therapy lowers BP and reduces pre-operative anxiety.
- Music therapy can be used to improve patient satisfaction and reduce the likelihood of surgical cancellations.

Project Aim

To reduce Patients' Blood Pressure, anxiety and operation cancellation rate within 3 months

Lessons Learnt

- Staff felt that the data collection were too complex and challenging to implement, their feedback were taken into consideration and revisions to the form were made.
- Nurses must also be mindful of their tone and approach as these can have an impact on the effectiveness of music therapy. A simple description of the operation to the patients also helps to alleviate their pre-operative anxiety.
- Music therapy complements the work process and can help patients feel calmer and lower their BP before surgery. Some patients may require further medication titration to achieve the desired BP level.

Potential Solutions

To implement Music therapy during pre-operation assessment when the patient's BP is still higher than 180/100 mmHg after the second measurement

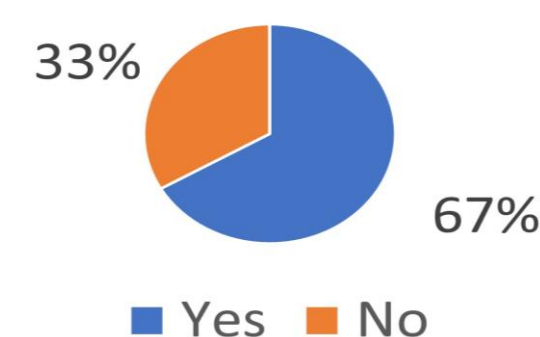
Pre-operative BP for the patient is higher than 180/100 mmHg. Record BP readings.

Patient was brought to Music Therapy corner to rest and listen to soothing music with an iPad and earpiece for 10 mins. Simultaneously, patient was instructed to do slow, deep breathing.

Record BP readings. Collect Patient's feedback

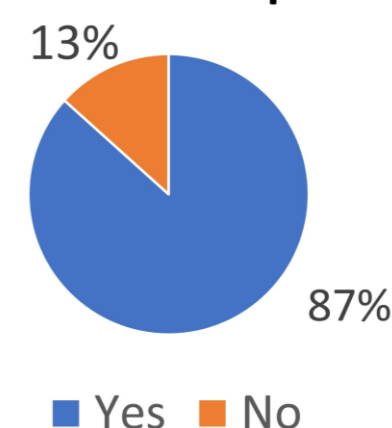
Outcomes & Impacts

Blood pressure dropped



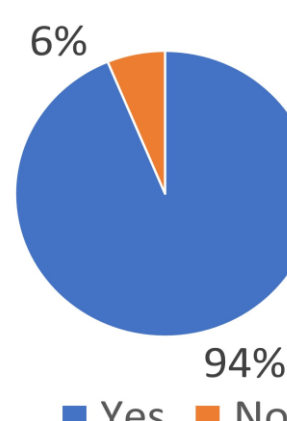
- 67% of patients observed to have a reduction in BP after music therapy

Proceeded with operation



- 87% of patients proceeded with the operation after music therapy

Patients who felt more calm



- 94% of patients stated they felt calmer after music therapy