

THE USE OF MUSIC AND VISUAL THERAPY FOR POST-OPERATIVE PAIN, ANXIETY AND NAUSEA IN THE ADULT ONCOLOGY PATIENT

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Introduction: Research shows music can move people and motivate us to overcome obstacles. Music therapy can lower stress, promote comfort and reduce pain for all ages, genders and race. Our proposal, Music and Visual therapy for the Post-Operative Pain, Anxiety and Nausea The Use of Music and Visual Therapy for Post-Operative Pain, Anxiety and Nausea in the Adult Oncology Patient has the potential to positively impact Symptom Management, Wellness and Quality Improvement.

Identification of the Problem: Post operatively there has been an increase in pain, anxiety and stress within the post-op period. This is reflected in the increased volume of narcotics, antiemetic, and benzodiazepines inventoried from pharmacy. Working with pharmacy we have found an increase of 8.5% in use of antiemetics and 50% increase in use of narcotics over the past year.

Purpose of the Study: Increased use of antiemetics and narcotics in the immediate post-operative setting. Implementation of music and visual therapies will be introduced in a one year trial. During this period we will evaluate patient satisfaction and decreased use of medications.

Methodology: Calming, warm wall colors have been implemented. Overhead satellite radio will be installed with the ability to play a soothing musical variety. Wall mounted visual display units via LED TVs. Patient satisfaction surveys will be included in patient's discharge paperwork. Data will be collected and compared over a one year period.

Results: The initiation of paint has been introduced with positive verbal feedback from both patients and staff. Grant application pending, we hope to complete Phase II Music initiative and Phase III Visual initiative in the summer of 2018.

Discussion: We have found that musical and visual therapies distract patients from pain, anxiety and fear. Literature states promoting well-being, calmness by decluttering and painting reduces stress for both patient and nurse. A satisfied patient + happier nurses=improved hospital satisfaction.

Conclusion: Unrelieved post-operative pain, nausea and anxiety may have a negative impact on our patients on a physiological and psychological well-being of patients. Such a small initiative would have such a huge impact on our patient population.

Implications for perianesthesia nurses and future research: Literature has shown over eighty percent of patients experience pain and nausea post operatively. Studies have found that patients exposed to music and visual therapy reported fifty percent less pain, anxiety and nausea.