

Project Title

Music Therapy in Reduction of Pre-Operative Anxiety

Project Lead and Members

Project lead: RN Liu Hui Ying

Project members: RN Wang Lili, RN Koh Gek Min, SEN Sarina Abu Hassan

Organisation(s) Involved

Ng Teng Fong General Hospital

Healthcare Family Group Involved in this Project

Nursing

Applicable Specialty or Discipline

Nursing

Aims

By initiating music therapy in the Ambulatory unit at the pre-operative admission cubicles in 3 months' time, we expect at least 10% reduction in blood pressure or/and heart rate.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Lessons Learnt

The music therapy is cost friendly and almost harmless. The benefit has been demonstrated in varies of settings in terms of anxiety reduction, improving satisfaction and promoting better inpatient experiences. Sustainability will be the next challenging point to address till the therapy has become a part of the routine upon admission.

Conclusion

See poster appended/ below

Project Category

Care & Process Redesign

Value Based Care (Functional Outcome)

Keywords

Music Therapy, Pre-Operative, Anxiety, Reduce

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MUSIC THERAPY IN REDUCTION OF PRE-OPERATIVE ANXIETY

MEMBERS: RN LIU HUIYING/RN WANG LILI/RN KOH GEK MIN/SEN SARINA HASSAN

- ✓ **QUALITY**
- ✓ **PATIENT EXPERIENCE**

Define Problem, Set Aim

Problem/Opportunity for Improvement

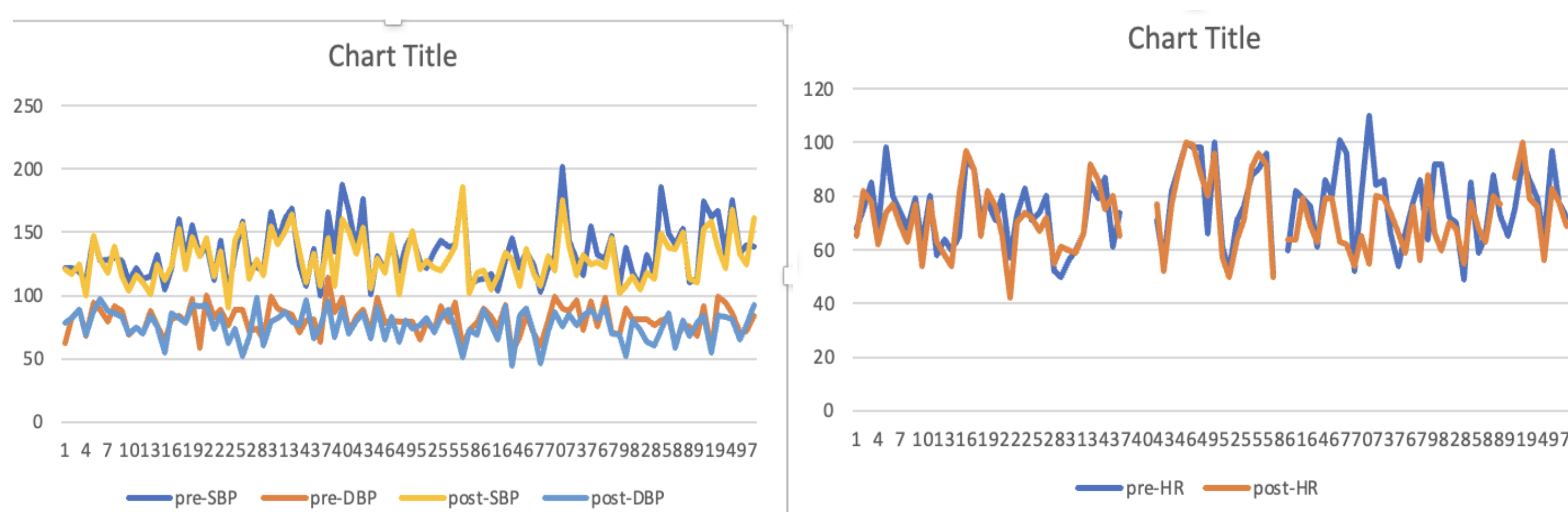
Pre-operative anxiety is well recognised causing negative systemic response such as tachycardia and hypertension. Global prevalence can be as high as 70%. Patients generally receive anxiolytic agents if they are anxious upon reaching induction. This group of medications carry well-known side effects and adverse effects such as sedation, nausea/vomiting even delirium. This leads to unpleasant post-operative experiences and possible prolonged in-patient stay. Music therapy is a cost friendly and far studied method to reduce anxiety.

Aim

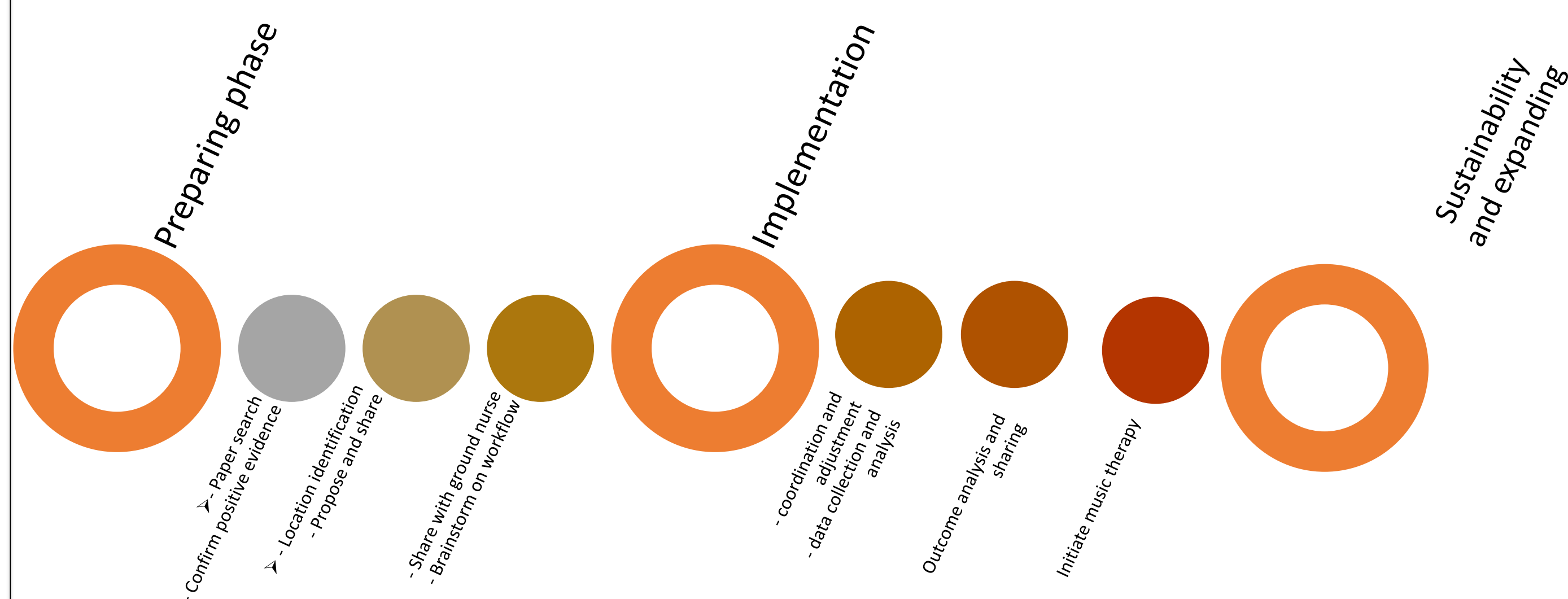
By initiating music therapy in the Ambulatory unit at the pre-operative admission cubicles in 3months time, we expect at least 10% reduction in blood pressure or/and heart rate.

Establish Measures

These are the results showing the changes of blood pressure and heart rate comparing before and after the therapy



Analyse Problem



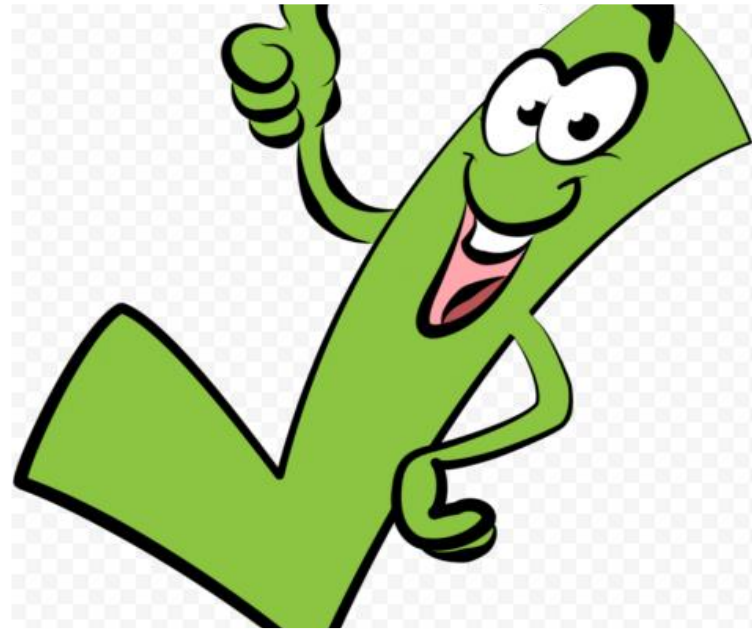
Select Changes

Inclusion criteria	Exclusion criteria	Duration of therapy
All elective cases to be done under at least MAC	<ul style="list-style-type: none"> • Ophthalmological procedure • Elderly with impaired hearing • Patient with no mental capacity 	at least 20mins

Test & Implement Changes

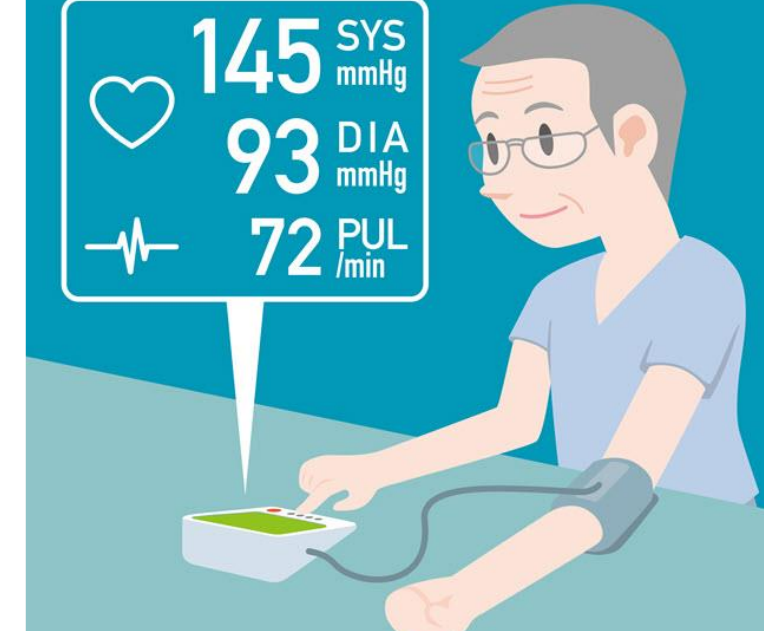
How do we pilot the changes? What are the initial results?

Meet the criteria?



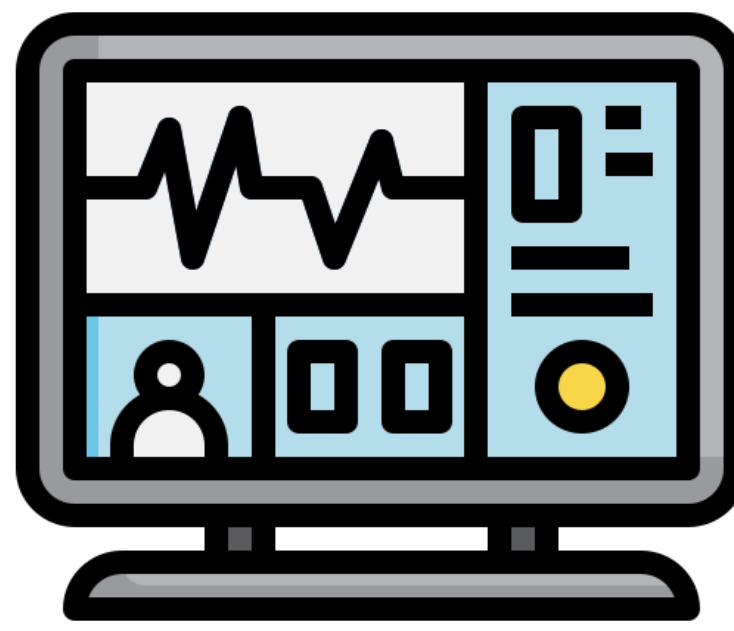
- - meet inclusion criteria
- - assess pre-therapy anxiety score

When patient arrives in the cubicle



- chart pre-therapy BP/HR/timing when music therapy starts

At least 20mins after the therapy



- re-assess HR, BP and anxiety score
- Note down the timing

In total, there are 100 cases picked up. Overall, there is low volume of incomplete collected data, the most noticeable component is duration of the therapy, 35%. There is only one case which received the therapy for 12 mins. The rest has met the minimal requirement of 20mins. The longest duration of the therapy is 119 mins. The most significant improvement falls on anxiety score, 27%. Average of hemodynamic reduction as following:

- Systolic BP: 4.2%
- Diastolic BP: 4.5%
- Heart rate: 5.6%

Spread Changes, Learning Points

We may consider involving endoscopy center but need to get a better understanding of the patient's profile. If there is similar waiting time and patient demographics, the therapy can be applied at the endoscopy center.

The music therapy is cost friendly and almost harmless. The benefit has been demonstrated in varies of settings in terms of anxiety reduction, improving satisfaction and promoting better inpatient experiences. Sustainability will be the next challenging point to address till the therapy has become a part of the routine upon admission