

Abstract

Original Article

Effect of Music Therapy Intervention in Acute Postoperative Pain among Obese Patients

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Abstract

Background: Postoperative pain is an uncomfortable situation in the critical period of surgical recovery. Often, pain increases stress response, abnormal vital signs and sleep disorders or acts as an appetite suppressant. Music therapy is a non - pharmaceutical intervention to accomplish individualized patients' goals for hospital treatment.

Aims: To determine the effect of music therapy in postoperative pain among obese patients who underwent a major abdomen surgery.

Methodology: A prospective randomized clinical trial was conducted in a tertiary hospital, with a before and after intervention measurement. Data were collected from overweight or obese postoperative patients (n=87), who were randomly separated in two groups, the "music therapy" group (n1=45), and the "non - music therapy" group (n2=42 subjects). Visual Analogue Scale (VAS) was used for pain perception. The period of the study was 3 months (from Jan 2012 to March 2012).

Results: The patients in two groups had normal mean values in heart rate, respiration rate and SpO₂, before and after the intervention, without any special abnormalities. Those patients who received music therapy, twice postoperatively, referred more decreased Δ -VAS score = -1.78 units (VAS after - VAS before: 2.64 - 4.42), in compare to the non-music patients group, which their Δ -VAS score was less decreased, only for -0.22 units (VAS after - VAS before: 3.76 - 3.98). Only the variables "Mean Arterial Pressure" and "VAS" were found to be affected by the music therapy intervention.

Conclusions: Implementing music therapy in the acute postoperative period may be a useful intervention tool, in order to promote patients' comfort and more tolerable perception against pain. Nurses are able to use this method, in daily clinical practice as a supplementary tool with the standard combination of analgesics.

Keywords: music therapy; postoperative pain; obese patients; visual analogue scale.