Music therapy in acute pain and anxiety management during thoracentesis

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Abstract

BACKGROUND: Several studies suggest that nearly 75% of adult emergency department (ED) patients may experience mild to severe anxiety in relation to the ED visit. Anxiety can increase pain perception. Several of our patients are old patients (>65 yr.) requiring a greater ED length of stay before discharge home, receiving more diagnostic tests and procedures among which thoracentesis. Music-listening (ML) show a role in anxiety and chronic pain management across a variety of clinical settings. However, no systematic review has focused on the effectiveness of music on management of acute pain during procedures especially in old patients. ED is “the house of acute pain management”.

OBJECTIVE: To test music as acute pain and anxiety relief during thoracentesis in old patients.

METHOD: We enrolled 24 patients (two groups of 12 patients each) arrived in emergency department with pleural effusion needed to drain. We compered standard pharmacological local anesthesia with and without music-listening during insertion of UNICO device. Vital parameters were taken at the beginning, during and at the end of procedure. At the end, the patient was invited to share his pain perception during the procedure according to the Numerical Rating Scale (NRS).

RESULTS: in every tested case with ML, the patient expressed a decreased anxiety and a value of NRS up to 4 with a high satisfaction of the results, confirmed by the reduction of blood pression and rate heart.

CONCLUSION: Our data suggest that ML could have an important role in acute pain and anxiety management in old patients during thoracentesis lead to reduce drugs use and their dosages. Several studies are need.

Recent Publications

1. Chen YF, Chang MY, Chow LH, Ma WF. Effectiveness of Music-Based Intervention in Improving Uncomfortable Symptoms in ICU Patients: An Umbrella Review. Int J Environ Res Public Health. 2021 Nov 1;18(21):11500.
2. Garcia Guerra G, Almeida L, Zorzela L, King-Jones S, Joffe AR, Hartling L, Jou H, Vohra S; Canadian Critical Care Trials Group. Efficacy of music on sedation, analgesia and delirium in critically ill patients. A systematic review of randomized controlled trials. J Crit Care. 2019 Oct;53:75-80.
3. Mandel SE, Davis BA, Secic M. Patient Satisfaction and Benefits of Music Therapy Services to Manage Stress and Pain in the Hospital Emergency Department. J Music Ther. 2019 May 10;56(2):149-173.
4. Umbrello M, Sorrenti T, Mistraletti G, Formenti P, Chiumello D, Terzoni S. Music therapy reduces stress and anxiety in critically ill patients: a systematic review of randomized clinical trials. Minerva Anestesiol. 2019 Aug;85(8):886-898.
5. Hamidi N, Ozturk E. The Effect of Listening to Music During Percutaneous Nephrostomy Tube Placement on Pain, Anxiety, and Success Rate of Procedure: A Randomized Prospective Study. J Endourol. 2017 May;31(5):457-460.

Biography

Dr Claudia Carelli is an Emergency Resident at University of Naples “Federico II” and she is training in the emergency department of C.T.O. Hospital of Naples. Dr Claudia Carelli has her expertise in hemodynamic monitoring and in the using of non-invasive device.

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Notes/Comments: