**BACKGROUND**

- Pain and anxiety in pediatric adenotonsillectomies (T&A) is often difficult to manage.
- Increased anxiety, inability to communicate, altered sensorium, and increased fears compound pain.
- Music is an adjunct therapy used to treat T&A pain and anxiety.

**PURPOSE**

- Evaluate the efficacy of music on pediatric T&A patient's perceived anxiety, pain, opioid analgesic use, and satisfaction of surgical experience.

**METHODS**

- Sample: T&A patients aged 7-18
- 80 patients randomized to Music Medicine (MM) or Control group.
- Intervention. MM patients listened to music of their choice preoperatively and postoperatively.
- Control patients never listened to music.
- Outcomes. Pain & anxiety measured using analog numerical scales (FLACC, FACES, Children’s Numerical) and short STAI.
- Measured pre- and postoperatively.
- Opioid requirement & LOS obtained from EHR
- Patient' & caregiver’s satisfaction obtained at discharge

**RESULTS**

- **Perioperative Anxiety Scores: Control VS Music Group**
- **Perioperative Pain Scores: Control VS Music Group**
- **Intraoperative & Postoperative Narcotic Consumption: Control VS Music Group**
- **Length of Stay: Control VS Music Group**

**DISCUSSION**

- **Music decreased anxiety** (p.028), this intervention was feasible and ease of use tested.
- **Pain scores** were no different between groups, perhaps due to range of ages included and inverse relationship between age and pain.
- Median **Intraoperative Narcotic Consumption** is lower in Music Intervention Group (4.0) than in Control Group (4.5), but the difference is not statistically significant, p = 0.513.
- Variance in **Postoperative Narcotic Consumption** is greater than in Intraoperative period. The median is not statistically significant, p = 0.767.
- No differences in **Length of Stay** between groups.

**LIMITATIONS**

- Pain & Length of Stay are multifactorial.
- Data collection was difficult due to production pressure, amount of nurses assisting in the study.
- Variations in nursing practice in pain management.
- Future covariate analysis will include demographics of the music and control groups, including patient age and preoperative anxiety.

**CONCLUSIONS**

- The passive listening to music decreases postoperative anxiety in pediatric T&A patients.
- 89.2% of patients that listened to music enjoyed it.
- 86.5% of patients think music helps them feel calm.
- 80% stated that music made their stay better.
- Music is inexpensive, convenient, & easy to administer and can improve patient satisfaction & patient anxiety.