Tonsils with a Tune, Recovering with Rhythm
The Effects of Music Medicine on Pediatric Adenotonsillectomy Postoperative Pain and Anxiety
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BACKGROUND

• Pain and anxiety in pediatric adenotonsillectomies (T&A) is often undertreated.
• 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

The purpose of this study is to evaluate the efficacy of music intervention, commonly known as ‘music medicine,’ on pediatric T&A patient’s pain, opioid analgesic use, perceived anxiety, and overall satisfaction of surgical experience.

METHODS

• T&A patients aged 7-18 at Monroe Carell Children’s Hospital at Vanderbilt.
• Eighty pediatric patients were randomized to either Music Medicine (MM) group or the Control group. MM patients listened to music of their choice preoperatively and postoperatively. Control patients never listened to music.
• Pain and anxiety were measured using analog numerical scales (FLACC, FACES, Children’s Numerical) and short STAI, respectively, preoperatively and postoperatively.
• Opioid requirement, patient’s and caregiver’s perceived satisfaction with surgical experience, length of stay in recovery room, and vital signs were also evaluated.

RESULTS

• We are currently enrolling patients for the study.
• Because anxiety often complicates the assessment of pain in children, it will be interesting to determine if short STAI, which is not routinely used in our standard practice, would be a practical and helpful tool to better manage pediatric adenotonsillectomy patients’ recovery experience.

TOOLS

Table 1: Short STAI (state-trait anxiety inventory).

<table>
<thead>
<tr>
<th>Not at all</th>
<th>Somewhat</th>
<th>Moderately</th>
<th>Very much</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) I feel calm</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>(2) I am tense</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>(3) I feel upset</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>(4) I am relaxed</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>(5) I feel content</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>(6) I am worried</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

PATIENT SATISFACTION QUESTIONNAIRE.
Please circle your answer.

• Did you enjoy listening to music today? Y N
• Were you disappointed that you did not get to listen to music? Y N
• Do you think music decreased your anxiety? Y N
• Do you think music decreased your pain? Y N
• Did music make your time with us better today? Y N
• How happy were you with your surgery today?
  VERY happy. Somewhat happy. I feel OK about. I am unhappy. VERY unhappy.

REFERENCES