Music Lessens Pain and Anxiety in Patients Undergoing Surgery

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Music can reduce the anxiety and pain of invasive surgery, according to an analysis of all relevant randomized controlled trials published since 1980.

Ninety-two trials with a total of 7385 patients were included in the *BJS* (British Journal of Surgery) analysis. Music interventions significantly decreased anxiety and pain compared with controls, equivalent to a decrease of 21 mm for anxiety and 10 mm for pain on a 100-mm visual analogue scale.

There was no significant association between the effect of music interventions and age, sex, choice and timing of music, and type of anaesthesia.

“This result makes it now possible to create guidelines for the implementation of music interventions around surgical procedures,” said lead author Dr. Rosalie Kühlmann, of Erasmus MC–Sophia Children’s Hospital, in The Netherlands.

Additional Information


About Journal

As the incidence of drugs escalates in 21st century living, their detection and analysis have become increasingly important. Sport, the workplace, crime investigation, homeland security, the pharmaceutical industry and the environment are just some of the high profile arenas in which analytical testing has provided an important investigative tool for uncovering the presence of extraneous substances.

In addition to the usual publishing fare of primary research articles, case reports and letters, *Drug Testing and Analysis* offers a unique combination of; ‘How to’ material such as ‘Tutorials’ and ‘Reviews’, Speculative pieces (‘Commentaries’ and ‘Perspectives’, providing a broader scientific and social context to the aspects of analytical testing), ‘Annual banned substance reviews’ (delivering a critical evaluation of the methods used in the characterization of established and newly outlawed compounds).

Rather than focus on the application of a single technique, *Drug Testing and Analysis* employs a unique multidisciplinary approach to the field of controversial compound determination.

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