

8. SUMMARY:

THE INTRAOPERATIVE AND POSTOPERATIVE EFFECTS OF MUSIC ON PATIENTS UNDER GENERAL ANESTHESIA

Objective: We aimed to investigate the effects of music therapy on respiratory and hemodynamic variables, muscle relaxation, postoperative recovery and analgesic consumption during intraoperative and early postoperative period in patients who underwent abdominal hysterectomy or myomectomy under general anesthesia.

Methods: This study included 60 patients who were randomized to two groups: the Music group and the control group that was exposed to operating room noise. Intraoperative and postoperative heart rate, blood pressure and SpO₂ were monitored. Postoperative sedation scores and post-anesthesia recovery scores were calculated and recorded. Before leaving the postanesthesia care unit, postoperative pain was measured with visual analogue scale (VAS). Diclofenak sodyum and additionally 0,5 mg/kg pethidine HCL IV was administered when necessary for the control of postoperative pain. Besides, postoperative analgesia was provided by a patient-controlled analgesia (PCA). Also, postoperative nausea-vomitting and intraoperative awareness were questioned.

Results: Remifentanyl and additional rocuronium doses administered intraoperatively were found to be lower in the music group with respect to the control group. Likewise, BIS values of patients in the music group were observed to be lower than the patients in the control group. In the music group recovery and sedation scores during postoperative period were determined to be higher with respect to the control group. In addition, postoperative pain level and analgesic requirement were found to be lower in the music group patients. Also, it was reported that music therapy decreased the blood pressure and heart rate levels during the recovery period but there were no differences between the two groups with respect to SpO₂ levels and postoperative nausea and vomiting.

Conclusion: Music therapy, that is a non-pharmacological intervention, which has positive effects on postoperative recovery, hemodynamic variables and analgesic requirement as well as decrease the need for muscle relaxant during intraoperative period, is an effective treatment modality with no side effects

Key Words: Music therapy, general anesthesia, pain, postoperative recovery, muscle relaxation

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