

TITLE/PT POPULATION	INTERVENTION	FINDINGS	PUBLISHED
Music and pre-operative anxiety in Chinese men undergoing transurethral resection of the prostate.	Music group listened to one of three slow rhythm music tapes via earphones 20 min. prior to surgery.	Music intervention significantly reduced all blood pressure levels for the patients. A reduction in state anxiety level was also found for the music intervention group.	Yung PBM, Chui-Kam S, French P, Chan, Paul TMF. A controlled trial of music and pre-operative anxiety in Chinese men undergoing transurethral resection of the prostate. <i>Journal of Advanced Nursing</i> . 2002; 39:352–359.
Effect of music on vital signs and postoperative pain; pts had laparoscopic sterilization or laparoscopic tubal dyeing as part of an infertility program.	Music group listened to a CD via headphones with peaceful pan flute music.	Listening to preop music lowered respiratory rate preoperatively and decreased postoperative opioid consumption.	Ikonomidou E, Rehnstrom A, Naesh O. Effect of music on vital signs and postoperative pain, <i>AORN</i> , 2004; 80:269-78.
Stress reduction and analgesia in patients exposed to calming music postoperatively; pts had open hernia repairs.	One group listened to a CD via headphones playing new-age synthesizer intraoperatively. One group listened to the same music for 1 hour in PACU.	This study suggests that intraoperative music may decrease postoperative pain, and that postoperative music therapy may reduce anxiety, pain and morphine consumption.	Nilsson U, Unosson M, Rawal N. Stress reduction and analgesia in patients exposed to calming music postoperatively: a randomized controlled trial. <i>European Journal of Anaesthesiology</i> . 2005;22;96-102.
Music for pain relief. The origin of pain was acute postoperative, chronic, labor, procedural or experimental pain, and included neonates to adults.	Variety of methods. This publication is a meta-analysis.	The pooling of the studies with clinical and statistical homogeneity showed that music reduced postoperative pain intensity levels. The maximal reduction in pain intensity levels is 0.9 units on a zero to ten scale.	Cepeda MS, Carr DB, Lau J, Alvarez H. Music for pain relief. 2009. <i>The Cochrane Database of Systematic Review</i> (3).

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Music as an intervention in hospitals.	Music recommended to be flowing and non-lyrical with 60 to 80 beats per minute that consists of low tones with strings, and with minimal brass percussion. A volume level of 60 decibels (dB) is also recommended.	The use of music in preprocedural period may reduce psychological anxiety and reduce the volume of sedative drugs required to manage anxiety. Music may reduce pain related to surgical operation or painful procedure and reduce the volume of analgesic drugs required to manage pain.	Music as an intervention in hospitals. <i>Australian Nursing Journal</i> . 2009;4:29-31. This Best Practice information sheet was developed by the Joanna Briggs Institute.
The anxiety and pain reducing effects of music interventions: a systematic review of 42 RCTs looking at music in perioperative settings.	Varied; this study is a meta-analysis.	Music intervention had positive effects on reducing patients' anxiety and pain in approximately half of the reviewed studies. Further research into music therapy is warranted in light of the low cost of implementation and the potential ability of music to reduce perioperative patient distress.	Nilsson U. The anxiety- and pain-reducing effects of music interventions: a systematic review. <i>AORN</i> . 2008;4:780-807.
Music for stress and anxiety reduction in coronary heart disease patients.	Twenty-three trials (1461 participants) were included. Music listening was the main intervention used, and 21 of the studies did not include a trained music therapist.	Music listening had a moderate effect on anxiety in patients with CHD, however results were inconsistent. This review did not find strong evidence for reduction of psychological distress, but did find that listening to music reduced heart rate, respiratory rate and blood pressure. Studies that included two or more music sessions led to a	Bradt J, Dileo C. Music for stress and anxiety reduction in coronary heart disease patients. 2009. <i>Cochrane Database of Systematic Reviews</i> , (2).

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Music on anxiety as measured by BP in a GI lab. Pts had an EGD and colonoscopy.	Relaxation tapes used included a variety of music interspersed with sounds from nature.	Subjects in the treatment groups had significantly lower blood pressures and pulse rates throughout the GI examinations as compared with the control groups.	Rochelle SG, Nelson, JP. The effect of preprocedure teaching, relaxation instruction, and music on anxiety as measured by blood pressures in an outpatient gastrointestinal endoscopy laboratory. <i>Gastroenterology Nursing</i> . 2000; 3:102-110.
The effectiveness of music as an intervention for hospital patients: a systematic review. Meta-analysis of 19 studies.	Studies were selected if they were randomised controlled trials evaluating the effectiveness of recorded music compared with a control intervention in adult patients in a hospital setting.	Music as a single session intervention reduces anxiety and respiratory rate in patients admitted to hospital.	Evans D. The effectiveness of music as an intervention for hospital patients: a systematic review. <i>J Adv Nurs</i> 2002; 37:8–18.
The Effect of Patient-Selected Music on Early Postoperative Pain, Anxiety, and Hemodynamic Profile in Cesarean Section Surgery	80 patients had elective cesarean sections were enrolled, and were randomly allocated to receive 30 minutes of music or silence via headphones postoperatively. Pain and anxiety were measured with a visual analogue scale.	Pain score and postoperative cumulative opioid consumption were significantly lower among patients in the music group ( $p = 0.05$ ), while there were no group differences in terms of anxiety score, blood pressure, or heart rate ( $p = 0.05$ ).	Ebnesahidi A, Mohseni M. The effect of patient-selected music on early postoperative pain, anxiety, and hemodynamic profile in cesarean section surgery. <i>J of Alternative and Complementary Medicine</i> 2008; 14:827-831.
Music and progressive muscle relaxation for anxiety in COPD.	Music group listened to self selected music of 60-80 beats per minute for 30 minutes. PMR group practiced relaxation through a pre-	Music and PMR were effective in reducing anxiety and dyspnoea along with physiologic measures such as SBP, PR and RR in two	Singh VP, Rao V, Prem V, Sahoo RC, Keshav P. Music and progressive muscle relaxation for anxiety in COPD—a randomized

	recorded audio of instructions of 16 muscle groups.	sessions in COPD patients hospitalized with exacerbation. However, reductions in the music group were greater compared to the PMR group.	controlled pilot study. <i>Chronic Resp Disease</i> 2009; 4:209-216.
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