

**MUSIC THERAPY FOR PAIN MANAGEMENT AMONG ADULT
PATIENTS AFTER ABDOMINAL SURGERY:
EVIDENCE - BASED NURSING**



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ABSTRACT

Acute pain after surgery is a significant problem. The number of patients undergoing surgery has increased worldwide, and abdominal surgery is a major surgery where patient experience severe pain after surgery.

The aim of this study was to summarize current evidence on music therapy for pain management among adult patients after abdominal surgery. The researcher investigated and selected a collection of music therapy studies through PICO (Population Intervention Comparison Outcome) framework. The database used for searching included Cochrane Database, Cumulative Index to Nursing and Allied Health (CINAHL), Ovid Full Text, ProQuest Nursing & Allied Health Source, PubMed and ScienceDirect.

The total number of samples consisted of 30 relevant studies. After final appraisal, 9 studies were selected to be used in this study. The studies of comprised five RCTs (Randomized Controlled Trials), three quasi-experimental studies, and one systematic review which were published in English between the year 1999 and 2012.

After analyzing and synthesizing the evidences, it can be concluded that music therapy was an effective intervention on postoperative pain management. In order to utilize music therapy for patients after abdominal surgery, it was recommended that: 1) prior to the surgery, patients should be clearly inform about the effectiveness and music therapy intervention procedures; 2) type of music should be varied according to the culture, religion, personal choices; 3) duration of music therapy in each session last for 60 minutes; 4) the selected music should be played in a quiet environment; 5) music therapy should be given at least one time a day, and 6) prepared the equipments should include earphones, headphones, and CD players.

It is recommended that a clinical practice guideline on music therapy for postoperative pain management should be developed and implemented among patients after abdominal surgery. Strategies to distribute this knowledge among nurses in the clinical settings should be taken into consideration. A clinical research should be performed to evaluate its effectiveness is also recommended.

**KEY WORDS: PATIENTS AFTER ABDOMINAL SURGERY/MUSIC
THERAPY /POSTOPERATIVE PAIN/EVIDENCE BASED
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