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# Music as Post-Surgery Pain Relief: An Effective Solution

## Description

Listening to music after surgery can help patients feel less pain and anxiety. This simple and cost-effective method could reduce the need for painkillers.

According to Eldo Frezza from California Northstate University College of Medicine, many patients wake up from anesthesia feeling disoriented, anxious, or in pain after surgery.

Research has shown that music has a calming effect, prompting Frezza and his team to study its impact on post-operative recovery.

By analyzing 35 studies, they discovered that listening to music after surgery reduced pain levels by an average of 20%, with patients requiring less morphine compared to those who didn't listen to music.

Additionally, the music helped lower anxiety levels and heart rates among patients.

Annie Heiderscheit from Anglia Ruskin University explains that music can boost serotonin levels in the brain, distracting us from pain and anxious thoughts.

Heiderscheit suggests that hospitals could use music as a simple and affordable way to aid patients in their recovery.

Frezza believes that larger studies are needed to further explore the benefits of music after surgery and provide more reliable results.

Topics: Music, Surgery, Pain Relief, Anxiety Reduction

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## Vocabulary List:

1. **Anesthesia** /,æn.ə'ti:zi.ə/ (noun): A state of controlled consciousness or sensation typically induced for medical procedures.
2. **Disoriented** /dis'ɔ:ri.ən.tɪd/ (adjective): Confused about time or place; lacking awareness of one's surroundings.
3. **Calming** /'kɑ:.mɪŋ/ (adjective): Having a soothing or tranquil effect.
4. **Anxiety** /æŋ'zaɪ.ɪ.ti/ (noun): A feeling of worry nervousness or unease about something with an uncertain outcome.
5. **Serotonin** /,serə'toʊnɪn/ (noun): A neurotransmitter that stabilizes mood feelings of well-being and happiness.
6. **Recovery** /rɪ'kʌv.ər.i/ (noun): The process of regaining possession or control of something lost or an improvement in health.



## Comprehension Questions

### Multiple Choice

1. What is one benefit of listening to music after surgery?  
Option: Reducing pain and anxiety  
Option: Inducing sleepiness  
Option: Increasing heart rates  
Option: Worsening recovery
2. Who mentioned that patients wake up from anesthesia feeling disoriented, anxious, or in pain after surgery?  
Option: Annie Heiderscheit  
Option: Eldo Frezza  
Option: Anglia Ruskin University  
Option: Tata Group
3. What did the analysis of 35 studies reveal about listening to music after surgery?  
Option: No impact on pain levels  
Option: Reduced pain levels by 20%  
Option: Increased morphine requirements  
Option: Elevated anxiety levels
4. According to Annie Heiderscheit, how can music help distract from pain and anxious thoughts?  
Option: By increasing heart rates  
Option: By boosting serotonin levels in the brain  
Option: By worsening recovery  
Option: By inducing disorientation
5. What does Frezza believe is necessary to further explore the benefits of music after surgery?  
Option: Reduce the number of studies  
Option: Conduct smaller studies  
Option: Larger studies  
Option: Stop studying music
6. What role does Eldo Frezza have in the context of the discussion about music after surgery?



- Option: Hospitals could use music as a simple and affordable way to aid patients in their recovery
- Option: Studying the impact of music on post-operative recovery
- Option: Boosting serotonin levels in the brain
- Option: Analyzing 35 studies

### True-False

- 7. Listening to music after surgery has no effect on pain levels.
- 8. Music can help lower anxiety levels and heart rates among patients.
- 9. Annie Heiderscheit suggests that hospitals could use music as a costly way to aid patients in their recovery.
- 10. Research has not shown any calming effect of music on post-operative recovery.
- 11. Larger studies are deemed unnecessary by Frezza to explore the benefits of music after surgery.
- 12. Music can boost serotonin levels in the brain according to Eldo Frezza.

### Gap-Fill

- 13. Listening to music after surgery reduced pain levels by an average of \_\_\_\_\_.
- 14. Annie Heiderscheit explains that music can boost \_\_\_\_\_ levels in the brain.
- 15. Frezza believes that larger studies are needed to further explore the benefits of music after surgery until \_\_\_\_\_.
- 16. According to Eldo Frezza, many patients wake up from anesthesia feeling disoriented, anxious, or in pain after \_\_\_\_\_.
- 17. Research has shown that music has a \_\_\_\_\_ effect, prompting Frezza and his team to study its impact on post-operative recovery.



18. Annie Heiderscheit suggests that hospitals could use music as a simple and \_\_\_\_\_ way to aid patients in their recovery.

## Answer

**Multiple Choice:** 1. Reducing pain and anxiety 2. Eldo Frezza 3. Reduced pain levels by 20% 4. By boosting serotonin levels in the brain 5. Larger studies 6. Studying the impact of music on post-operative recovery

**True-False:** 7. False 8. True 9. False 10. False 11. False 12. False

**Gap-Fill:** 13. 20% 14. serotonin 15. more reliable results 16. surgery 17. calming 18. affordable

## Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**

1. What is the term for the release of gases into the atmosphere?

- Option: A) Greenhouse
- Option: B) Sustainable
- Option: C) Emissions
- Option: D) Anesthesia

2. What describes the state of requiring immediate action or attention?

- Option: A) Regulation
- Option: B) Authority
- Option: C) Urgency
- Option: D) Recovery

3. What term refers to the act of conforming to a rule command or request?

- Option: A) Turnaround
- Option: B) Compliance
- Option: C) Integration
- Option: D) Demand

4. What describes the state of being responsible for something or someone?

- Option: A) Misinformation
- Option: B) Accountable
- Option: C) Infrastructure
- Option: D) Concerns



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5. What are the consequences or fines for not adhering to laws or regulations?
- Option: A) Regulating
  - Option: B) Imposed
  - Option: C) Penalties
  - Option: D) Facility
6. What term refers to the general weather conditions of a region over a long period?
- Option: A) Regulation
  - Option: B) Climate
  - Option: C) Compliance
  - Option: D) Turnaround
7. What is the process of controlling or maintaining the proper functioning of something?
- Option: A) Facility
  - Option: B) Regulating
  - Option: C) Infractions
  - Option: D) Turnaround
8. What refers to the basic physical and organizational structures and facilities needed for the operation of a society or enterprise?
- Option: A) Turnaround
  - Option: B) Recovery
  - Option: C) Infrastructure
  - Option: D) Authority
9. What term describes a process of completely changing a situation so that it improves?
- Option: A) Demand
  - Option: B) Compliance
  - Option: C) Turnaround
  - Option: D) Enhance
10. Which neurotransmitter is often associated with regulating mood and behavior?
- Option: A) Anxiety
  - Option: B) Serotonin
  - Option: C) Recovery
  - Option: D) Demand

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**



11. The \_\_\_\_\_ for eco-friendly products is increasing due to growing environmental awareness.
12. Penalties may be \_\_\_\_\_ on companies that do not comply with emission regulations.
13. To stay competitive businesses need to constantly \_\_\_\_\_ their products and services.
14. Government \_\_\_\_\_ are necessary to ensure fair competition in markets.
15. The new manufacturing \_\_\_\_\_ is equipped with the latest technology.
16. Many people experience feelings of \_\_\_\_\_ when faced with uncertain situations.
17. It is important to fact-check information to prevent the spread of \_\_\_\_\_.
18. Political \_\_\_\_\_ can have significant economic implications for a country.
19. Environmental \_\_\_\_\_ are driving the push for more sustainable practices.
20. Investments in \_\_\_\_\_ development are crucial for economic growth.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Creating a environment involves using resources wisely to meet current needs without compromising the future.
22. Digital offer convenient ways to connect users and providers of goods and services.
23. The local government has the to enforce zoning regulations in the city.
24. After the accident the survivor felt confused and .
25. Listening to soothing music can have a effect on one's nerves.
26. The patient is showing signs of steady after the surgery.
27. Effective of the financial industry is crucial to maintaining stability in the economy.
28. Setting clear helps organizations focus their efforts toward achieving specific goals.



29. The of various departments within the company improved overall efficiency.

30. Repeated traffic may result in a suspension of the driver's license.

## Answer

**Multiple Choice:** 1. C) Emissions 2. C) Urgency 3. B) Compliance 4. B) Accountable 5. C) Penalties 6. B) Climate 7. B) Regulating 8. C) Infrastructure 9. C) Turnaround 10. B) Serotonin

**Gap-Fill:** 11. demand 12. imposed 13. enhance 14. regulations 15. facility 16. anxiety 17. misinformation 18. unrest 19. concerns 20. infrastructure

**Matching sentence:** 1. Sustainable 2. Platforms 3. Authority 4. Disoriented 5. Calming 6. Recovery 7. Regulation 8. Targets 9. Integration 10. Infractions

## CATEGORY

1. Sci/Tech - LEVEL3

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