



## Music as Post-Surgery Pain Relief: Effective & Soothing

### **Description**

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## Music for Postoperative Comfort

Dragos Condrea/Alamy

Listening to music post-surgery has shown to alleviate pain and anxiety in patients, potentially reducing the need for pain killers.

According to [Eldo Frezza](#) from California Northstate University College of Medicine, patients often experience anxiety and pain after waking from anesthesia following surgery.

Research has consistently demonstrated the calming effects of [music](#), prompting Frezza and his team to investigate its impact after surgery.

Examining 35 studies, they observed how immediate music therapy post-surgery influenced pain levels, anxiety, heart rate, and painkiller usage.

The results indicated that music reduced pain by an average of 20%, with patients requiring significantly less morphine during their hospital stay compared to non-music listeners.

Furthermore, music lowered heart rates and self-reported anxiety levels, indicating its potential benefits in recovery.

According to [Annie Heiderscheit](#) from Anglia Ruskin University, music's ability to elevate serotonin levels and distract from anxious thoughts makes it a cost-effective postoperative recovery tool.

Frezza advocates for larger studies to provide more robust evidence of music's benefits in surgery recovery.

Overall, integrating music therapy could offer a simple and budget-friendly solution for enhancing post-surgery comfort.

Topics:

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## Vocabulary List:

1. **Alleviate** /ə'li:vɪ,eɪt/ (verb): To make (suffering deficiency or a problem) less severe.
2. **Anxiety** /æŋ'zaɪ.ə.ti/ (noun): A feeling of worry nervousness or unease about something with an uncertain outcome.
3. **Morphine** /'mɔ:r.fi:n/ (noun): A potent drug used to relieve pain often used in medical settings.
4. **Serotonin** /,serə'toʊnɪn/ (noun): A neurotransmitter that contributes to feelings of well-being and happiness.
5. **Integration** /,ɪntɪ'greɪʃən/ (noun): The process of combining things to create a whole.
6. **Therapy** /'θer.ə.pi/ (noun): The treatment of a physical or mental condition typically through non-invasive methods.



## Comprehension Questions

### Multiple Choice

1. What is one benefit of listening to music post-surgery?  
Option: Alleviates pain and anxiety  
Option: Increases heart rate  
Option: Reduces blood pressure  
Option: Causes more pain
2. Who mentioned that patients often experience anxiety and pain after waking from anesthesia following surgery?  
Option: Eldo Frezza  
Option: Annie Heiderscheit  
Option: Unknown  
Option: Music Therapist
3. How much did music reduce pain by, on average?  
Option: 10%  
Option: 20%  
Option: 30%  
Option: 5%
4. According to the content, who advocates for larger studies to provide more evidence of music's benefits in surgery recovery?  
Option: Eldo Frezza  
Option: Annie Heiderscheit  
Option: Unknown  
Option: Medical Association
5. What university is Annie Heiderscheit affiliated with?  
Option: California Northstate University College of Medicine  
Option: Anglia Ruskin University  
Option: Unknown University  
Option: Music University



6. How did music influence heart rates and self-reported anxiety levels?

- Option: Increased both heart rates and anxiety levels
- Option: Lowered heart rates and anxiety levels
- Option: Had no effect on heart rates and anxiety levels
- Option: Unknown effect

### True-False

- 7. Listening to music post-surgery does not alleviate pain and anxiety in patients.
- 8. Music reduced pain by an average of 30% according to the studies mentioned.
- 9. Annie Heiderscheit is affiliated with California Northstate University College of Medicine.
- 10. Frezza opposes larger studies to provide more evidence of music's benefits in surgery recovery.
- 11. Music therapy is not considered a cost-effective postoperative recovery tool according to the content.
- 12. Integrating music therapy is a complex and expensive solution for enhancing post-surgery comfort.

### Gap-Fill

- 13. Annie Heiderscheit from Anglia Ruskin University believes that music's ability to elevate serotonin levels makes it a \_\_\_\_\_ postoperative recovery tool.
- 15. Research has consistently demonstrated the \_\_\_\_\_ effects of music.
- 17. Integrating music therapy could offer a \_\_\_\_\_ and budget-friendly solution for enhancing post-surgery comfort.
- 18. According to the content, music therapy could potentially reduce the need for \_\_\_\_\_ in patients.

## Answer

**Multiple Choice:** 1. Alleviates pain and anxiety 2. Eldo Frezza 3. 20% 5. Anglia Ruskin University 6. Lowered heart rates and anxiety levels



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

**Gap-Fill:** 13. cost-effective 15. calming 17. simple 18. pain killers

## Vocabulary quizzes

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

1. Who are professionals who study human history and prehistory through the excavation of sites and the analysis of artifacts and other physical remains?

Option: Geologists

Option: Archaeologists

Option: Biologists

Option: Astronomers

2. What is the complete set of genes or genetic material present in a cell or organism?

Option: Hormone

Option: Protein

Option: Genome

Option: Carbohydrate

3. Which natural substance is known for its powerful pain-relieving properties?

Option: Morphine

Option: Insulin

Option: Vitamin C

Option: Caffeine

4. The process of combining different aspects into a unified whole is known as:

Option: Isolation

Option: Integration

Option: Segregation

Option: Differentiation

5. What type of prehistoric flying reptile is known for its membranous wings and long beak?

Option: Tyrannosaurus Rex

Option: Pterosaur

Option: Stegosaurus

Option: Trilobite

6. What is the act of maintaining or protecting something from damage decay or loss?

Option: Destruction



- Option: Preservation
- Option: Neglect
- Option: Disposal

7. The term "alleviate" means to:

- Option: Intensify
- Option: Worsen
- Option: Increase
- Option: Relieve

8. What is an abnormal mass of tissue that forms when cells divide uncontrollably?

- Option: Virus
- Option: Tumour
- Option: Bacteria
- Option: Parasite

9. Disruptions refer to:

- Option: Harmony
- Option: Chaos
- Option: Balance
- Option: Stability

10. What scientific process involves carefully removing soil to uncover archaeological remains?

- Option: Reconstruction
- Option: Excavation
- Option: Destruction
- Option: Restoration

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

- 11. \_\_\_\_\_ lifestyles involve minimal physical activity and a lot of sitting.
- 12. DNA \_\_\_\_\_ helps in understanding the order of nucleotides in a genetic code.
- 13. Some individuals benefit from talk \_\_\_\_\_ to improve mental health.
- 14. The \_\_\_\_\_ system is responsible for transporting blood throughout the body.
- 15. Scientists are \_\_\_\_\_ their findings with additional research data.
- 16. Conditions affecting the brain are often termed \_\_\_\_\_ disorders.



17. Efforts towards \_\_\_\_\_ aim to revive extinct species using genetic techniques.
18. Characteristics like eye color and height are examples of inherited \_\_\_\_\_.
19. The neurotransmitter \_\_\_\_\_ plays a key role in regulating mood and emotions.
20. Persistent feelings of worry and fear often characterize a state of \_\_\_\_\_.

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

21. Historical items such as pottery tools and jewelry found at archaeological sites are known as artefacts.
22. The process of a caterpillar turning into a butterfly is a beautiful transformation in nature.
23. Understanding the human genome has opened new possibilities in the field of genetics.
24. The scientist double-checked the results to ensure the accuracy of the experiment.
25. Having a clear plan and defined strategies is key to success in any endeavor.
26. The artist's painting featured an intricate design that amazed viewers with its complexity.
27. Understanding the mechanics of how engines work is crucial for a mechanical engineer.
28. Architects study different types of structures to design safe and functional buildings.
29. The doctor performed a thorough examination to determine the cause of the patient's symptoms.
30. Massages can help alleviate muscle tension and promote relaxation.

## Answer

**Multiple Choice:** 1. Archaeologists 2. Genome 3. Morphine 4. Integration 5. Pterosaur 6. Preservation 7. Relieve 8. Tumour 9. Chaos 10. Excavation

**Gap-Fill:** 11. Sedentary 12. Sequencing 13. Therapy 14. Vascular 15. Substantiating 16. Neurological 17. De-extinction 18. Traits 19. Serotonin 20. Anxiety

**Matching sentence:** 1. Artefacts 2. Transformation 3. Genome 4. Accuracy 5. Strategies 6. Intricate 7. Mechanics 8. Structures 9. Examination 10. Alleviate

## CATEGORY





1. Sci/Tech - LEVEL4

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