



Music as Post-Surgery Pain Relief

Description

Following surgery, listening to music appears to alleviate a patient's pain and anxiety, presenting a promising and accessible strategy to reduce the usage of pain medications.

Post-anaesthesia, individuals often grapple with feelings of disorientation, anxiety, or surgical discomfort," remarks [Eldo Frezza](#) at California Northstate University College of Medicine. This observation led Frezza and his team to explore the potential benefits of music therapy in the postoperative period.

Various studies have consistently demonstrated the calming effects of [music](#), prompting Frezza and colleagues to investigate its impact on pain, anxiety, heart rate, and analgesic consumption immediately following surgery.

The analysis encompassed 35 studies involving approximately 100 participants each, focusing on different music genres post-abdominal or bone-related surgeries. Duration of music exposure ranged from half an hour to discharge time.

Comparing outcomes with a control group, the results, presented at the American College of Surgeons congress in San Francisco, California, revealed a noteworthy 20% reduction in reported pain levels among music listeners. Additionally, these individuals required only half the morphine dosage of non-listeners during hospitalization.

The team also noted reduced anxiety levels, evidenced by a 4.5 bpm drop in heart rate and a 2.5 point decline in self-reported anxiety scores on a 20 to 80 scale.

According to [Annie Heiderscheit](#) at Anglia Ruskin University, music's positive impact on mood is attributed to the elevation of serotonin levels, a signaling molecule that induces feelings of well-being. Heiderscheit suggests that integrating music therapy into post-surgical care could offer a simple and cost-effective approach to aid patient recovery.

For robust conclusions, Frezza advocates large-scale randomized trials involving individuals undergoing similar surgeries, differentiating the impact of music intervention from various parameters. This strategy, he believes, would provide more conclusive evidence compared to amalgamating findings from small-scale studies.

Vocabulary List:

1. **Alleviate** /ə'li:vi.eɪt/ (verb): To make something less severe.
2. **Analgesic** /,æn.əl'dʒi:zɪk/ (noun): A medication that reduces or eliminates pain.



3. **Disorientation** /dɪs,ɔːr.i.en'teɪ.ʃən/ (noun): A state of confusion about time place or identity.
4. **Postoperative** /ˌpoʊst'ɒp.ə.ra.tɪv/ (adjective): Relating to the period following a surgical operation.
5. **Incidence** /'ɪn.sɪ.dəns/ (noun): The occurrence of an event or situation.
6. **Signaling** /'sɪg.nəl.ɪŋ/ (verb): To indicate or communicate something through signals.

Comprehension Questions

Multiple Choice

1. What did Eldo Frezza and his team explore the potential benefits of in the postoperative period?
Option: A. Pain medications
Option: B. Music therapy
Option: C. Surgical discomfort
Option: D. Anaesthesia
2. Which organization presented the results of the study on music therapy after surgery?
Option: A. World Health Organization
Option: B. American College of Surgeons
Option: C. Centers for Disease Control and Prevention
Option: D. National Institutes of Health
3. What percentage reduction in reported pain levels was observed among music listeners?
Option: A. 5%
Option: B. 10%
Option: C. 20%
Option: D. 30%
4. What is the signaling molecule that induces feelings of well-being and is attributed to music's positive impact on mood?
Option: A. Dopamine
Option: B. Serotonin
Option: C. Adrenaline
Option: D. Melatonin
5. How many studies were encompassed in the analysis of music therapy after surgery?
Option: A. 20
Option: B. 30



Option: C. 35

Option: D. 40

6. What was the main focus of the studies on music therapy post-abdominal or bone-related surgeries?

Option: A. Cardiovascular health

Option: B. Pain management

Option: C. Respiratory function

Option: D. Digestive system

True-False

7. Listening to music does not have any impact on reducing anxiety levels post-surgery.

8. Annie Heiderscheit suggests that music therapy could offer a cost-effective approach to aid patient recovery.

9. Eldo Frezza believes that large-scale randomized trials would not provide more conclusive evidence compared to small-scale studies.

10. The duration of music exposure in the studies ranged from half an hour to discharge time.

11. Music listeners required more morphine dosage than non-listeners during hospitalization.

12. Frezza and colleagues focused on the impact of music intervention on anesthesia levels post-surgery.

Gap-Fill

13. The results revealed a noteworthy _____ % reduction in reported pain levels among music listeners.

14. The team noted a _____ bpm drop in heart rate among individuals who listened to music post-surgery.

15. Heiderscheit suggests that integrating music therapy into post-surgical care could offer a simple and _____ approach to aid patient recovery.

16. Eldo Frezza advocates large-scale randomized trials to differentiate the impact of music intervention



from various _____.

17. The analysis encompassed _____ studies involving approximately 100 participants each.

18. Frezza and his team explored the potential benefits of _____ therapy in the postoperative period.

Answer

Multiple Choice: 1. B. Music therapy 2. B. American College of Surgeons 3. C. 20% 4. B. Serotonin 5. C. 35 6. B. Pain management

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

Gap-Fill: 13. 20 14. 4.5 15. cost-effective 16. parameters 17. 35 18. music

Vocabulary quizzes

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

1. What is the primary purpose of an analgesic?

Option: To alleviate pain

Option: To induce sleep

Option: To increase heart rate

Option: To reduce blood pressure

2. What can lead to frustration when imposed on individuals?

Option: Freedom

Option: Restrictions

Option: Opportunities

Option: Empathy

3. Which medical condition involves abnormal cell growth?

Option: Diabetes

Option: Arthritis

Option: Tumour

Option: Asthma



4. Which term is related to blood vessels?

- Option: Vascular
- Option: Digestive
- Option: Muscular
- Option: Skeletal

5. Which scientific technique involves studying objects using a microscope?

- Option: Microscopy
- Option: Photography
- Option: Astronomy
- Option: Geology

6. What is a demand for the release of a captive in exchange for money called?

- Option: Bargain
- Option: Ransom
- Option: Gift
- Option: Donation

7. Which term describes obtaining something through coercion?

- Option: Negotiation
- Option: Extortion
- Option: Compromise
- Option: Agreement

8. What does proximity refer to?

- Option: Distance
- Option: Time
- Option: Weight
- Option: Volume

9. What does the term "allure" mean?

- Option: Repel
- Option: Attract
- Option: Shine
- Option: Disappear

10. What does "dwindling" indicate?

- Option: Increasing
- Option: Decreasing
- Option: Stable
- Option: Growing



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

11. An _____ is a medication that helps _____ pain.
12. Cell _____ is essential for the communication and coordination of various cellular activities.
13. _____ arises when obstacles prevent the accomplishment of goals or fulfillment of needs.
14. Navigating through the _____ of modern life can be challenging.
15. The spy managed to _____ the enemy camp without being detected.
16. The undercover agent went on a secret _____ to gather intelligence.
17. Security guards need to stay _____ to prevent any breaches.
18. The company reached the _____ of success with its latest product launch.
19. The famous singer is known by the _____ "Queen of Pop."
20. The _____ of the disease has increased over the past decade.

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

21. Patients may experience after undergoing anesthesia.
22. The care is crucial for the recovery of surgical patients.
23. There are legal for violating traffic rules.
24. Strict govern the handling of hazardous materials.
25. Drug can lead to unexpected side effects.
26. The process of growing fruit on trees is known as .



27. The glass allowed light to pass through but blurred the view.
28. The spy managed to sensitive information from the enemy base.
29. The beauty of the landscape held a mysterious .
30. The of international diplomacy require skilled negotiators.

Answer

Multiple Choice: 1. To alleviate pain 2. Restrictions 3. Tumour 4. Vascular 5. Microscopy 6. Ransom 7. Extortion 8. Distance 9. Attract 10. Decreasing

Gap-Fill: 11. analgesic, alleviate 12. signaling 13. Frustration 14. complexities 15. infiltrate 16. operative 17. vigilant 18. apogee 19. moniker 20. incidence

Matching sentence: 1. Disorientation 2. Postoperative 3. Penalties 4. Regulations 5. Interactions 6. Fruiting 7. Translucent 8. Exfiltrate 9. Allure 10. Complexities

CATEGORY

1. Sci/Tech - LEVEL5

Date Created

2024/10/21

Author

aimeeyoung99