



Music Post-Surgery: Effective Pain Relief

Description

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Listening to music after surgery can help patients feel less pain and anxiety. This may reduce the need for painkillers.

Research shows that music can make people feel calm. Eldo Frezza from California Northstate University College of Medicine studied how music affects patients after surgery.

The study looked at 35 research papers involving 100 people each. Half listened to music after surgery, while the others did not. Those who listened to music reported 20% less pain and used less morphine. Their anxiety levels also decreased.

Music can help by increasing serotonin levels, a brain chemical that makes us feel good. It distracts us from pain and anxious thoughts.

This simple and inexpensive method can be used in hospitals to help patients recovery after surgery. Future research will involve larger studies to confirm these findings.

Vocabulary List:

1. **Anxiety** /æŋ'zaɪ.əti/ (noun): A feeling of worry nervousness or unease about something with an uncertain outcome.
2. **Serotonin** /,ser.ə'toʊ.nɪn/ (noun): A chemical in the brain that is associated with mood regulation and feelings of well-being.
3. **Morphine** /'mɔ:r.fi:n/ (noun): A powerful drug used to relieve pain derived from opium.
4. **Recovery** /rɪ'kʌv.ər.i/ (noun): The process of returning to a normal state of health mind or strength.
5. **Distraction** /dɪ'stræk.jən/ (noun): A thing that prevents someone from giving full attention to something else.
6. **Calm** /kɑ:m/ (adjective): Not showing or feeling nervousness anger or other emotions.

Comprehension Questions

Multiple Choice

1. According to the text, how can listening to music after surgery benefit patients?

Option: Reduce pain and anxiety

Option: Increase the need for painkillers

Option: Cause more anxiety

Option: Have no effect on recovery



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2. Who studied how music affects patients after surgery?
- Option: Eldo Frezza
 - Option: John Doe
 - Option: Jane Smith
 - Option: Michael Johnson
3. How many research papers were involved in the study mentioned in the text?
- Option: 10
 - Option: 25
 - Option: 35
 - Option: 50
4. What brain chemical does music help increase, according to the text?
- Option: Endorphins
 - Option: Serotonin
 - Option: Dopamine
 - Option: Adrenaline
5. What is one way music helps patients after surgery, as mentioned in the text?
- Option: Causes pain
 - Option: Increases anxiety
 - Option: Decreases serotonin levels
 - Option: Distracts from pain and anxious thoughts
6. What is suggested for future research in the text?
- Option: Stop studying the effects of music
 - Option: Involve fewer people in studies
 - Option: Involve larger studies
 - Option: Continue studying 35 research papers

True-False

7. Music has no effect on patients after surgery.
8. Music can help by increasing dopamine levels.
9. The study mentioned in the text involved 200 people.



10. Anxiety levels decreased for patients who listened to music after surgery.
11. The use of music in hospitals after surgery is an expensive method.
12. Future research will confirm the current findings.

Gap-Fill

13. Listening to music after surgery can help patients feel less pain and anxiety. This may reduce the need for _____.
14. Those who listened to music after surgery reported 20% less pain and used less _____.
15. Music can help by increasing _____ levels, a brain chemical that makes us feel good.
17. Future research will involve larger studies to confirm these _____.
18. Eldo Frezza studied how music affects patients after _____.

Answer

Multiple Choice: 1. Reduce pain and anxiety 2. Eldo Frezza 3. 35 4. Serotonin 5. Distracts from pain and anxious thoughts 6. Involve larger studies

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

Gap-Fill: 13. painkillers 14. morphine 15. serotonin 17. findings 18. surgery

Vocabulary quizzes

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

1. Which term refers to false or inaccurate information that is spread unintentionally?



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- Option: Misinformation
Option: Legislation
Option: Controversy
Option: Capacities
2. Which term best describes something that causes disagreement or disunity?
- Option: Fines
Option: Divisive
Option: Discount
Option: Premium
3. What term refers to the process of returning to a normal state of health mind or strength?
- Option: Activities
Option: Treatment
Option: Recovery
Option: Technologies
4. Which term means the state of peacefulness or tranquility?
- Option: Dispute
Option: Calm
Option: Anxiety
Option: Serotonin
5. What term describes a powerful effect that something especially something new has on a situation or person?
- Option: Exciting
Option: Impact
Option: Regulations
Option: Anxiety
6. Which term refers to the act or process of sending something from one person place or thing to another?
- Option: Frequencies
Option: Simultaneously
Option: Transmission
Option: Researchers
7. Which term refers to the application of scientific knowledge for practical purposes especially in industry?
- Option: Bundled
Option: Exclusive
Option: Premium
Option: Technologies
8. Who are the people who conduct detailed investigations to discover facts or test hypotheses?



- Option: Capacities
- Option: Researchers
- Option: Exciting
- Option: Misinformation

9. What term describes the management and care of a patient to combat a disease or disorder?

- Option: Fines
- Option: Treatment
- Option: Discount
- Option: Collection

10. Which term refers to the abilities or power of a person or thing?

- Option: Simultaneously
- Option: Capacities
- Option: Isolation
- Option: Exciting

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

11. _____ can often be managed through relaxation techniques and mindfulness practices.
12. _____ is a neurotransmitter that is associated with feelings of well-being and happiness.
13. _____ plays a crucial role in shaping the rules and regulations governing a society.
14. The prospect of exploring new opportunities can be both challenging and _____.
15. Businesses must adhere to strict _____ to ensure fair competition in the market.
16. Some people use music as a _____ to help them focus while studying or working.
17. Different radio stations operate at varying _____ to avoid interference.
18. Stamp enthusiasts often engage in the _____ of rare and unique stamps.
19. The software package was _____ with various tools and applications for convenience.



20. Customers were willing to pay a _____ for the exclusive and high-quality products.

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

21. Political can lead to social instability and protests.
22. The film sparked heated due to its sensitive subject matter.
23. Persistent feelings of worry and fear are common symptoms of generalized .
24. is a potent pain-relieving medication commonly used in healthcare settings.
25. The orchestra played in perfect harmony each musician contributing their part .
26. The members of the club enjoy access to private events and facilities.
27. Customers can avail of a 10% off their purchase with a special coupon.
28. The spread of can have serious repercussions on public understanding.
29. Embarking on a new adventure can be both nerve-wracking and at the same time.
30. Being a pet owner comes with the of providing care and attention to your animal.

Answer

Multiple Choice: 1. Misinformation 2. Divisive 3. Recovery 4. Calm 5. Impact 6. Transmission 7. Technologies 8. Researchers 9. Treatment 10. Capacities

Gap-Fill: 11. Anxiety 12. Serotonin 13. Legislation 14. Exciting 15. Regulations 16. Distraction 17. Frequencies 18. Collection 19. Bundled 20. Premium

Matching sentence: 1. Unrest 2. Controversy 3. Anxiety 4. Morphine 5. Simultaneously 6. Exclusive 7. Discount 8. Misinformation 9. Exciting 10. Responsibility

CATEGORY

1. Sci/Tech - LEVEL2

Date Created

2024/10/21

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