Music Reduces Procedural Anxiety
Marijoyce Dimatulac, BSN, RN, PCCN

**Background**
- The numbers of bedside procedures have increased in frequency.
- Procedural anxiety is very common.
- Managing procedural anxiety plays a significant role in overall patient experience.
- Various nonpharmacological methods have been proven to reduce procedural anxiety.
- Multiple studies globally support the efficacy of music with procedural anxiety.

**Purpose**
- No method to assess patients’ anxiety level in CV Pre-op.
- No standard interventions to address procedural anxiety at the bedside.
- Reduce procedural anxiety and improve overall patient satisfaction using music therapy.

**Methods**
- Design: EBP project with quality outcomes
- Sample: Patients with bedside procedures
- Setting: CV pre-op
- Instrument: 3-item anxiety scale pre/post procedure; post post-op phone calls measuring patient experience.

**Results**
- 67% of patients reported anxiety pre-procedure.
- 95% of patients who used music reported it reduced anxiety.
- 19% did not utilize music
- 96.8% report 10/10 satisfaction scores, remaining 3.2% reports 9/10.

**Discussion**
- Some patients who did not identify as anxious reported music increased comfort during procedure.
- Reduced post procedure anxiety may be related to procedure being completed.
- Some patients lost to post op evaluation.

**Implications for Practice**
- Continue to offer music for interested patients.
- Sample size limits generalizability, continue to collect data to evaluate music efficacy and identify other factors that may affect procedural anxiety.

**Acknowledgments**
CV Pre-op RNs, cardiologists, IR MDs and PA, VAT RNs, Beth Winokur

References available upon request.