



▼ UNDERGRADUATE ABSTRACTS

UG -6 : A RANDOMIZED STUDY ON THE EFFICACY OF MUSIC THERAPY ON PAIN AND ANXIETY IN NASAL SEPTAL SURGERY

Avinash.G, II-year MBBS, Dr.Satvinder Singh Bakshi
Associate professor, Department of ENT,

Mahatma Gandhi Medical College & Research Institute, Puducherry

Introduction: Nasal septal surgery is one of the commonest surgeries performed in Otolaryngology practice. Post-operative pain is a major concern and a multitude of medications are available for its management, but they have a lot of side effects and are costly. Therefore we planned to evaluate the efficacy of music therapy on pain and anxiety in patients undergoing nasal septal surgery.

Methodology: In this randomized study, patients admitted in the ENT department for nasal septal surgery were divided into two study groups. Group A received routine postoperative care and analgesics. Group B received routine postoperative care and analgesics along with music therapy for 30 minutes session twice daily for two postoperative days. Patients were evaluated for pain score by VAS scale on postoperative day 0, 1, 2

and by GAD7 scale for anxiety score before and after surgery.

Results: The decrease in the post operative pain in the music group was found to be statistically significant as compared to the control group on post operative day 0 ($p < .001$), 1 ($p < .001$) and 2 ($p < .001$). The difference in the preoperative (6.73 ± 2.32 and 3.14 ± 1.71 , $p < .0001$) and postoperative anxiety scores (8.93 ± 2.20 and 2.86 ± 2.33 , $p < .0001$) in both the groups was statistically significant with reduced anxiety in the music therapy group.

Conclusion: Music therapy is an effective, safe and easy to comply with adjunctive modality in the management of pain and anxiety in patients undergoing nasal septal surgery