



AB109. The effects of music in the post anaesthesia care unit: a systematic review

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Background: Music has been increasingly recognised as a safe and non-invasive means of intervention in various health care settings. This systematic review aims to evaluate the impact of music interventions on patient recovery in the post anaesthesia care unit (PACU).

Methods: We have included randomised controlled trials (RCTs) of adult patients undergoing surgical procedures, excluding those involving the central nervous system or head and neck, published in any language. RCTs in which any form of music initiated in the post anaesthesia care

unit was compared with standard care or other non-drug interventions have been included. We searched Embase, CINAHL, MEDLINE, PubMed and Cochrane Central.

Results: Data collection is ongoing for this study. At present, we have identified 7 titles and abstracts, and included 3 RCTs in the systematic review, with size varying between 44 and 213 participants. Early data analysis has indicated that music in the post anaesthesia care unit has positive implications on patients reported postoperative pain and anxiety levels as well as overall recovery experience. Further results will be presented on completion of data analysis.

Conclusions: Music could be an effective and inexpensive postoperative intervention to help improve patients' pain and anxiety in the post-anaesthesia care unit.

Keywords: Anxiety; post anaesthesia care unit (PACU); pain; recovery

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