Literature Review

Name

Affiliation

Date

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Introduction

Increased level of anxiety, stress, and nervousness among the preoperative patients has always been a matter of great concern for the health care providers. The increased level of anxiety impacts the vitals of the preoperative patient, which then effects the anesthetic process, as well as the surgical process. The researchers have observed that increased level of anxiety not only complicates the surgical process, but also the healing and recovery process of the patients, so it is very important to come up with some intervention strategy to make the surgical process a success as well as stress-free for the patients. Music therapy has been identified as the best possible intervention which makes the patient calm and relaxed and eases the surgical process for them. The purpose of this paper is to review the literature about music therapy intervention and make a comparison of the research question, sample population, and limitations of the research studies.

The research question of Bradt, Dileo, and Shim, (2013) was to find the impact of music intervention on preoperative anxiety of surgical patients. It compares to the present research study in the way that both intended to study the impact of music therapy on preoperative patients. The sample population of Bradt, Dileo, and Shim, (2013) was 2051 patients on which 26 trials were conducted. It relates to the present study which studied the preoperative patients in the ambulatory clinic. There were no limitations in two research studies.

The research question of Cooke, Chaboyer, Schluter, and Hiratos, (2005) was to find the impact of music therapy on the anxiety of day surgical patients. On the other hand, the research question of this particular study was to study the impact of music intervention on the patients in the ambulatory clinics. The sample population of Cooke, Chaboyer, Schluter, and Hiratos, (2005) was 120 randomly selected patients, which is related to the present study as it also focused on the surgical patients brought to the ambulatory clinic. There were no particular limitations of the two research studies.

The research question of Kipnis, Tabak, and Koton, (2016) was to find the impact of background music on preoperative anxiety, which is related to the present study as it also focused on studying the impact of music therapy on anxiety among the preoperative patients. The sample population of Kipnis, Tabak, and Koton, (2016) was 159 surgery patients. However, the sample population of the present study was randomly selected, and preoperative patients in the ambulatory clinic were studied. There was no limitation on the two research studies.

The research question of Labrague and McEnroe-Petitte, (2016) was to find the impact of music on women undergoing gynecologic surgery. The comparison with the present research study reveals that it did not focus on the gender-specific patient population. The sample population of Labrague and McEnroe-Petitte, (2016) was 97 women undergoing gynecologic surgery, which compares to the present study focusing on patients of any gender. The limitations of the two studies are that one only focused on the female population while the other studied both populations.

The research question of Pittman and Kridli, (2011) was to find the impact of music therapy on reducing preoperative anxiety. The research question of the present study is similar to it, as it also intended to find the impact of music therapy on preoperative patients. The sample population of Pittman and Kridli, (2011) was 11 articles which followed the evaluation criteria. The comparison of sample population reveals that one focused on the existing data, while the other conducted primary research and observed the patients population in an ambulatory clinic. The comparison of the limitation of two studies reveals that Pittman and Kridli, (2011) derived their results on the basis of evidence and not an actual observation.

The research question of Thompson, Moe, and Lewis, (2014) was to find the impact of music therapy on preoperative anxiety, which is similar to the present research study. The sample population of Thompson, Moe, and Lewis, (2014) was 137 patients, while the sample population of the present study was randomly selected preoperative patient brought to the ambulatory clinic. There was no particular limitation of the two research studies.

The research question of Uğraş, Yıldırım, Yüksel, Öztürkçü, Kuzdere, and Öztekin, (2018) was to find the impact of different types of music on preoperative anxiety among patients, which is a bit different as compared to the present study, which only focused on the impact of music therapy on the preoperative patients and not on the type of music. The sample population of Uğraş et al. (2018) was 180 patients, while that of the present study was randomly selected patients in the ambulatory clinic. There was no particular limitation of the two research studies.

The research question of Wakim, Smith, and Guinn, (2010) was to find the efficacy of music therapy, which is comparable to the present study which also focused on the same research question. The sample population of Wakim, Smith, and Guinn, (2010) was existing literature, while the present study focused on observing the patient in the ambulatory clinic. The limitation of the study Wakim, Smith, and Guinn, (2010) was that it focused on the existing research and based the results on evidence and not observation.

The literature review of the research studies, as well as their comparison with the present research study, reveals that finding the impact of music therapy on the preoperative patients is the major concern of the researchers and the therapy has proved effective as well. The recommendations for further research are that the researchers should focus on a particular age group and gender, in order to explore the differences. Moreover, they should also consider the choice of patients in music and its impact on anxiety level.

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