

Music Relaxation Video and Pain Control
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Problem: Pain is a complex subjective phenomenon that has interrelated physiological and psychological components. Pain control is a major concern of health professionals and clinical researcher. Women with gynecologic cancer potentially face treatment with brachytherapy, a technique for delivering radiotherapy closest to the tumor via a surgical procedure. Pain management is a major concern during brachytherapy.

Evidence: Increasing numbers of patients are demanding more holistic approaches to symptom management using interventions beyond the traditional pharmacological approach to pain relief. Opioids have well known sedative and emetic side effects. Weaning off opioid use is essential for improving the logistics of postoperative care.

Strategy: To obtain a greater understanding of nonpharmacological interventions, a literature review was conducted using MEDLINE, CINAHL, and PsycINFO databases.

Results: The article critique revealed that music is an effective nursing intervention for reducing pain and may facilitate physical and mental relaxation and alter pain perception. Studies also supported that artwork, such as a peaceful scene, can produce healing effects by reducing pain levels and changing a person's attitude from stress to deep relaxation.

Practice Change: Based on the available evidence, nurses will develop a project to examine the effects of a nonpharmacological intervention in pain relief using audio-visual music relaxation video for patients receiving intracavitary brachytherapy in the gynecology inpatient setting.

Evaluation: The potential benefits of nonpharmacologic interventions for pain management will be evaluated, including effectiveness, safety, cost and side-effects.

Recommendations: Evidence in the literature should be integrated into current practice to improve pain management for patients receiving brachytherapy. Thus, there is a need for evaluation of music and art as a potential nursing intervention for pain relief in a gynecology setting.

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