

# Nursing Research of Patients with Restlessness During General Anesthesia Recovery Period Based on Music Therapy

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**Abstract:** Purpose: Study the effect of music therapy on restlessness in patients with general anesthesia. Method: 120 cases of general anesthesia were selected and divided into treatment group and control group, 60 cases in each group. According to the preferences and psychological state of each patient in the treatment group, choose the appropriate music, carry out music therapy during the general anesthesia awakening period, and the control group using conventional methods of resuscitation care. Observe and record the restlessness of patients in general anesthesia waking period, using anxiety self-assessment(SAS) for the restlessness score. Results: The manic score and incidence of patients in the treatment group were significantly lower than those in the control group, and the difference was statistically significant( $P < 0.05$ ). Conclusion: According to the patient's own situation, choosing appropriate music to carry out music therapy can reduce the patient's restlessness and reduce the incidence of restlessness during general anesthesia.

**Keywords:** Nursing; Restlessness; General Anesthesia Recovery Period; Music Therapy

## Introduction

Accompanied by social development and progress. In the process of changing from the traditional biomedical single model to the new bio-psychological-social-environmental medical comprehensive model, people gradually pay attention to the effect of music on their physical and mental health. Music therapy has gradually developed into an independent medical discipline. Music therapy is effective in relieving anxiety and agitation of patients in medical environment and has been proved in medical research<sup>[1]</sup>.

In recent years, music therapy has been applied more and more in medical fields all over the world, and the therapy is remarkable. Many western 40 countries regard music therapy as an important nursing intervention measure<sup>[2]</sup> to relieve postoperative pain and anxiety. Music therapy has been applied more and more in clinical practice in our country. It has achieved certain curative effects and published relevant academic papers. Literature<sup>[3]</sup> research shows that the depression score, pain score and anxiety score of music therapy group after operation are significantly lower than those of control group. The Research Table of Cao Tian<sup>[4]</sup> Ming, the use of music therapy for children with incarcerated hernia after surgery can reduce their pain and agitation and fall asleep quickly. Music therapy can improve the physical and mental health of patients and relieve physical and mental pain. Research shows that music therapy is used can reduce sympathetic nervous tension, improve myocardial oxygen supply, reduce blood pressure and respiratory frequency, and relieve anxiety<sup>[5]</sup>. According to the patient's preference for music and psychological state, this study selects relevant music to study the effect of music therapy on manic motion of patients during recovery from general anesthesia.

## 1. Information and methods

### 1.1 General information

Patients aged 25 to 60 were selected for general anesthesia surgery in our hospital from January to September of

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50 2018. Junior high school and its culture; Normal hearing, no serious heart, brain, kidney and other diseases, normal intelligence and communication, no history of mental illness. The patients were randomly divided into treatment group and control group with 60 cases in each group. There was no significant difference between the two groups in terms of culture, age, gender and clinical diagnosis ( $P > 0.05$ ), which was comparable.

## 1.2 Nursing method

For the treatment group, their music preference and psychological state should be investigated after admission, and then appropriate music should be prepared for music therapy. Melancholy and anxiety patients recommend the use of happy tunes and vigorous music, such as “a full moon and a full flower” and “flowing mountains and rivers”. Insomnia and neurodegenerative patients recommend the use of low-pitched and light music to achieve the purpose of calming nerves, such as “Two Springs Reflect the Moon” and “Ping Sha Luo Yan”. Nervous and excited patients recommend music with beautiful melody and fresh style, such as Spring River Flowers and Moonlight Night and Jiangnan Silk and Bamboo. Exhausted patients recommend elegant, quiet, comfortable and pleasant music, such as Tian Garden Symphony and Four Seasons Symphony Dance; Patients suffering from listlessness and depression are recommended to use music with cheerful and passionate melody and lively rhythm, such as Walking High and Clouds Month by Month. For patients with anorexia, it is recommended to use light, warm and sweet music, such as Happy Birthday and Happy Birthday to You. At the same time, the significance, function and method of music therapy for patients in the treatment group were informed and their consent was obtained. The patient was sent to the resuscitation room after the operation. After the treatment group was sent to the resuscitation room, the predetermined music was played continuously and circularly. The control group did not play music, and was resuscitated as usual.

## 1.3 Observation index

The agitation of the patients in the treatment group was observed and scored 5min, 15min and 30min after the tracheal catheter was pulled out. Agitation score was assessed by self-rating anxiety scale (SAS)[6]. Dangerous agitation (7), very agitation (6), agitation (5), quiet cooperation (4 points), calm (3 points), very calm (2 points), unable to wake up (1 point).

## 1.4 Statistical processing

Uses SPSS14.0 statistical analysis software to process the data. the measurement data are expressed by mean standard deviation ( $\bar{x} \pm s$ ), the counting data are analyzed by chi-square test, and  $p < 0.05$  is statistically significant.

## 2 Result

Table (1) and table (2) are respectively the agitation score and agitation incidence rate of the two groups of patients during general anesthesia recovery. The data in the two tables show that the agitation score and incidence rate of patients in the treatment group are significantly lower than those in the control group, and the difference is statistically significant ( $p < 0.05$ ).

Group	Number of cases	After extubation and 5min	15min after extubation	After extubation 30min
Treatment group	60	3.41±0.29	3.04±0.42	2.91±0.17
Control group	60	4.37±0.33	4.19±0.15	4.02±0.39

**Table 1.** The manic score of the two groups of patients (Note:  $P < 0.05$ )

Group	Number of cases	Agitation Score $\geq 5$ Number of Cases	Incidence of agitation
Treatment group	60	13	21.67%
Control group	60	21	35%

**Table 2.** Incidence of restlessness in both groups (Note:  $P < 0.05$ )

## 3. Conclusion

Music helps the brain to produce some neurotransmitters, such as acetylcholine and norepinephrine, thus lowering

the body's blood pressure, heart rate, breathing steadily and slowly<sup>[7-8]</sup> and inhibiting pain by increasing the production of enkephalin internally. Therefore, music can reduce the body's stress response to adverse stimuli<sup>[9]</sup>.

The research in this article shows that the intervention of music therapy can help patients to smoothly pass through the Allen Su period of general anesthesia, reduce the complications during the waking period of general anesthesia, and improve the quality and safety of Allen Su for general anesthesia patients.

Due to the differences in patients' preference for music and their psychological states, different patients have different responses to music. Therefore, according to the patient's own situation, it is also important to choose music for music therapy according to different people.

In conclusion, music therapy has a positive effect on patients during the Allen Su phase of general anesthesia, which is worth popularizing clinically.

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