ASA: silence, jazz can reduce heart rate after surgery

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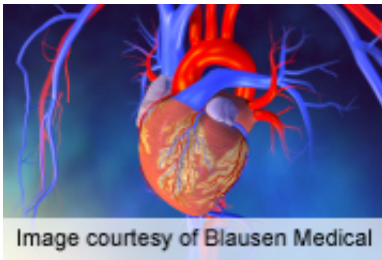
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Silence and listening to jazz music can reduce heart rate after surgery, according to a study presented at the annual meeting of the American Society of Anesthesiologists, held from Oct. 11 to 15 in New Orleans.

(HealthDay)—Silence and listening to jazz music can reduce heart rate after surgery, according to a study presented at the annual meeting of the American Society of Anesthesiologists, held from Oct. 11 to 15 in New Orleans.

Flower Austin, D.O., from the PennState Milton S. Hershey Medical Center, and colleagues conducted a prospective randomized trial to examine the effect of listening to jazz music in the postoperative care unit (PACU) in a cohort of patients (aged 18 to 75 years) undergoing elective laparoscopy or abdominal hysterectomy. Participants were randomized to listen to jazz music (28 patients) or to wear noise-cancelling headphones (28 patients) for 30 minutes in the PACU. The impact on heart rate, blood pressure, pain, and anxiety was assessed.

The researchers found that, compared with baseline, [heart rate](#) was significantly lower at all time points in the noise cancellation group (P

"The goal is to find out how we can incorporate this into our care," Austin said in a statement. "We need to determine what kind of music works best, when we should play it and when silence is best. But it's clear that music as well as silence are cost effective, non-invasive and may increase patient satisfaction."

More information: [More Information](#)