Music Versus Distraction for Procedural Pain and Anxiety in Patients With Cancer

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Key Points . . .
➤ Patients with cancer frequently experience noxious medical procedures that may provoke pain and anxiety. Cognitive-behavioral interventions such as music or distraction may help control pain for some patients having procedures.
➤ Although music may serve as a distracter, limiting attention available for pain, it also may influence pain by altering emotions, thoughts, and moods and by stimulating relaxation. However, in this study, the effects of music did not differ from those of simple distraction.
➤ Some patients want to attend to activities of the procedure and members of the healthcare team who are present. These patients may find cognitive-behavioral interventions to be bothersome and may prefer not to use them during the procedure.

Background

Patients with cancer experience many medical procedures during the course of their illness. Diagnosis usually occurs with some type of invasive biopsy. For example, women with suspected breast cancer may have fine needle, core, or surgical breast biopsies; men with suspected prostate cancer may have prostate biopsies; and people with lymphoma may have lymph node biopsies. Treatment strategies such as chemotherapy often require the placement of central line catheters for extended or long-term infusions of chemotherapy, blood products, IV fluids, and, possibly, antibiotics or nutritional products and opinions related to those products do not indicate or imply endorsement by the Oncology Nursing Forum or the Oncology Nursing Society.)

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