

BACKGROUND

Patient anxiety is a common issue in the dental setting, especially in preoperative cases³. Anxiety control is essential to quality patient experience and outcomes³. Interventions to reduce pediatric preoperative anxiety are vital¹. Through music interventions, preoperative pediatric patients will learn coping strategies for anxiety and reduce physiological symptoms of distress⁴. Research suggested that standard guidelines for music therapy in the dental setting must be improved¹.

- Dental Anxiety is a common challenge¹
- Traditional anxiety and pain control methods often have adverse effects on the patient's well-being and experience⁴
- Music is an effective way to decrease dental anxiety²
- Nurses play a vital role in administering and advocating for the use of music therapy preoperatively⁵

METHODS

The following PICOT question guided this MSN project: Does music therapy before surgical dental procedures decrease anxiety compared to not providing music therapy in pediatric patients? The Star Model⁶ was selected to provide a framework and guide the project. The MSN project utilized provider education using several deliverables approach for the dental setting such as:

- Stakeholder Education Assessment Survey
- Educational Pamphlet
- Music Therapy Guidelines
- Patient anxiety assessment survey
- Healthcare Provider Anxiety Measurement tool
- Patient Evaluation Survey



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REFERENCES

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INTERVENTIONS

What interventions, actions and/or performances will you need to take to make your project a reality?

- Step 1: Obtain stakeholder approval
- Step 2: Education through in-service meeting and pamphlet
- Step 3: Provide guidelines and resources for healthcare providers
- Step 4: Implement project
- Step 5: Evaluate project through patient surveys, assessment, and oral feedback
- Step 6: Make changes based upon feedback received



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IMPACTS

What are the impacts your project can have? Are there any long-term results you hope for the future of your project?

- Reducing patient pain and anxiety is vital to the patient experience in any setting³
- Music therapy is cost-effective, simple, and non-invasive⁵
- Music therapy will significantly improve patient experience¹
- Nurses can gain a greater understanding and education on how music therapy can improve the patient's experience by reducing preoperative dental anxiety¹



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CONCLUSIONS

Despite being such a prevalent issue, there are no standard guidelines for reducing preoperative dental anxiety in pediatric patients¹. Dental anxiety can have harmful physical and psychological effects, such as increased stress, increased heart rate, and fear of dental procedures, resulting in poor dental health³. Music therapy is a practical, nonpharmacological approach to reducing preoperative anxiety². The MSN project has provided specific guidelines on how to implement music therapy into standard practice in the dental setting.

