Commentary:
Comments on study
Effect of patient selected music therapy on propofol consumption in laparoscopic cholecystectomy under total intravenous anaesthesia.

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The study "Effect of patient selected music therapy on propofol consumption in laparoscopic cholecystectomy under total intravenous anaesthesia" by Goel, Husain, Wadhawan,et.al. is very timely and demonstrates the large potential benefit to all patients receiving general anesthesia who receive therapeutic intraoperative music. The study results were lower doses of anesthetic agents propofol and fentanyl, a decreased rise in pre and postoperative cortisol levels, improved quality of awakening and increased patient satisfaction in the patient group receiving intraoperative music. Some of these results have been validated in previous studies[1].

The study results support many of my clinical impressions during my 38 years of anesthesia practice at Piedmont Hospital, Atlanta, Georgia. Many of my anesthetized patients were exposed to music in the OR either via headphones or within the OR milieu. I spoke to many of these patients while they were asleep during general anesthesia, verbally giving supportive comments and positive suggestions to them. Overall, they seemed to have an improved pre and postoperative course.

This study could be expanded to a larger sample size and linked to measurements of medical cost savings. In light of the potential benefits it is timely for the use of therapeutic music for patients undergoing general anesthesia to be incorporated as a normal part of patient care. As a corollary the auditory environment of OR patients having general anesthesia should be controlled as to protect from the potential harmful effects from deleterious talking, sound and music. This is an opportunity for Music Therapy and Music Medicine practitioners as well as other music practitioners to design optimal therapeutic audio programs.

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Fred Schwartz, MD | drmusic@mindspring.com | COI statement: The author declared that no financial support was given for the writing of this article. The author has no conflict of interest to declare.

References

1. Fu, V. X., Sleurink, K. J., Janssen, J. C., Wijnhoven, B. P. L., Jeekel, J., & Klimek, M. (2021). Perception of auditorstimuli during general anesthesia and its effects on patient outcomes: a systematic review and meta-analysis. Canadian Journal of Anesthesia, 68(8), 1231-1253.https://doi.org/10.1007/s12630-