The effect of music on Blood Pressure and Heart Rate before PET-CT scanning.

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BACKGROUND:
Patients referred to our department due to possible malignancy are often anxious and in a nervous state of mind. Previous study suggest that music could have a relaxing effect in these patients. To avoid inexpedient muscle uptake of the tracer, patients are supposed to rest approximately one hour between the injection of F18-FDG and image acquisition. Therefore, comfortable music could have a possible effect in order to prevent muscle uptake, as well as creating a relaxing atmosphere for the patient.

AIM:
To evaluate the effect of music played for patients in the period between injection of F18-FDG tracer and PET-CT scanning.

METHODS:
The music used was MusiCure®, a composition by Niels Eje, played on Music Player® (Maysound, Vejle, Denmark – see fig.) with the purpose to create a relaxing atmosphere. 30 patients listened to the music during the rest period and 30 patients did not. Blood Pressure and Heart Rate were registered before and after the rest period. After the scanning patients with music were asked:
1) If they prefer to listen to the music.
2) To evaluate the effect of the music.
3) If they prefer to choose the music themselves.

RESULTS:
All 30 patients answered the questions and agreed that they preferred listening to music, motivated by the pleasant atmosphere, which was created by the music played. 4 patients prefer to choose the music themselves. All patients found the opportunity to listen to music as a good idea. The difference between Blood Pressure and Heart Rate was not measurable.

CONCLUSION:
100% prefer to listen to music. 100% wanted the music because it was pleasant. 13% preferred to select the music themselves. Music has no demonstrable effect on Blood Pressure and Heart Rate. Since all patients prefer to listen to music and all find the music pleasant and there is no negative effect, the music may have a role in the clinical everyday.