

Music Therapy to Reduce Pain Intensity in Post Fracture Surgery Patients : Systematic Review



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ABSTRACT

Introduction: Fracture is a loss of continuity of bone, either total or partial, is usually caused by trauma, which is characterized by a history of trauma fracture, pain and swelling in the broken bones, deformity, musculoskeletal dysfunction, breaking the continuity of the bone, and neurovascular disorders. **Purpose:** The purpose of this study is to identify the effectiveness of music therapy in reducing pain scale on postoperative patients with fracture so it can be added to the understanding of nursing in caring for patient with postoperative fracture pain. **Method:** This systematic review was carried out according to the PICO model. Keywords in the search for evidence based in this literature review include: "pain scale", "music therapy", "postoperative", "fracture". Database searches or databases were carried out in December 2022 using Google Scholar, PubMed, Neliti, and Genius. **Result:** Music therapy applied to the patient with postoperative fracture can reduce the pain scale level. **Discussion:** One of the treatments from the nursing field that can help reduce pain scale level in patients with postoperative fracture pain is music therapy. **Conclusion:** Based on the analysis that has been done by the author, it can be concluded that music therapy helps to reduce the pain in postoperative fracture by the activation of brain stem reticulum because a signal to inhibit pain is sent to the spinal cord, and this causes the gateway to close.

Keywords: pain scale, music therapy, postoperative, fracture

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INTRODUCTION

Fracture is a bone discontinuity that can be caused by trauma and non-trauma. This is based on the opinion of experts such as Smeltzer and Bare (2012), fracture is a break in bone continuity and is determined according to its type. Fractures occur when bone is subjected to stress greater than it can absorb. The National Center for Health Statistics (NCHS) conducted research and stated that in the United States within one year there were 1.3 million fracture patients receiving treatment in hospitals and nearly 7000 patients died (Michelle, 2010). In Fitra and Yusnita's research (2021), fractures were the most common occurrence at Arifin Achmad Hospital in the Dahlia Room. Data were obtained from the Medical Record (RM) for the last three years, fractures occurred in 2014 as many as 303 incidents, in 2015 there were 208 incidents and in

2016 during 4 months from January to April as many as 114 incidents. Every fracture will always undergo surgery followed by administration of analgesics to reduce pain during the surgical process. When the analgesic working period is over, the patient will complain of pain. This is evidenced by the fact that many patients still complain of pain even though they have received analgesic therapy (Darsono, 2011). The pain felt by patients with these complaints is actually normal because the body is injured and the healing process is not perfect. Significantly pain can slow recovery (Potter & Perry, 2006). Broadly speaking, there are two management methods for dealing with pain, namely pharmacological management and non-pharmacological management. Pharmacological management that is commonly used is opioid analgesics, the

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purpose of giving opioids is to relieve pain (Smeltzer & Bare, 2003). Nonpharmacological management for dealing with pain consists of various physical handling measures including skin stimulation, skin nerve electrical stimulation, acupuncture (Tamsuri, 2007). Distraction is an act of diverting attention to other things besides pain so that the patient does not focus too much on pain (Andarmoyo, 2013). Music distraction can distract from pain so that a person feels relaxed (Marmi, 2012 in Fitra and Yustina, 2021). One of the non-pharmacological actions is by giving music therapy which can reduce physiological pain, by diverting one's attention from pain. Music that suits an individual's mood from the start is the best choice (Potter & Perry, 2006). Classical music therapy can stimulate the body to release endogenous opioids, namely endorphins and enkephalins which have morphine-like properties, namely to reduce pain (Huges, 1975 in Fitra and Yustina, 2021). One of nursing interventions that are useful to manage pain in post operative fracture patients is music therapy. Music therapy in part of complementary therapy to relieve pain using music as a distraction. The purpose of this study is to understand the effect of music therapy for pain management in postoperative patients with fractures. Hopefully it can provide insight related to pain management for postoperative fracture patients.

METHOD

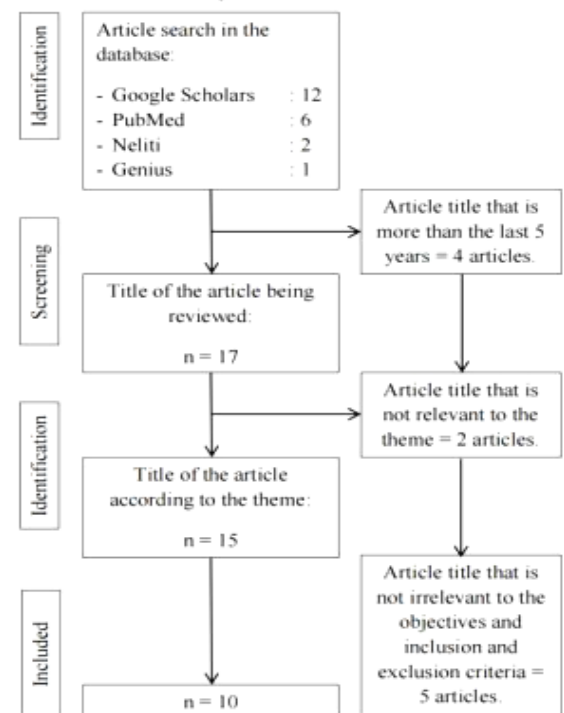
This systematic review was conducted according to the PICO model. PICO is a clinical information search method which is an acronym of 4 components: P (patient, population, problem), I (intervention, prognostic factor, exposure), C (comparison, control), and O (outcome). (Liberati, et al, 2009). The PICO in the literature review is P: fracture patients, I: music therapy, C: article with control and experimental group as well as independent group for post and pretest, O: pain reduction. Keywords are short words that can describe the contents of an article or document (Figueroa, et al. 2014). Keywords

make it easy for every article reader to be able to quickly find out the essence of the article. Keywords in the search for evidence based research in this literature review include: pain scale, music therapy, postoperative, and fracture.

A search for databases or databases in this literature review will be conducted in December 2022. The databases used include Google Scholar, PubMed, Neliti, and Genius. The author opens Google Chrome then types the keywords Google Scholar, PubMed, Neliti, and Genius. one by one in the new menu tab. Detailed explanations regarding search results based on search engines can be seen in table 1.

Inclusion criteria is criteria when it is fulfilled causing the candidate of object to be the object of this research. Inclusion criteria including journal with English or Indonesian languages, journal article from the past 5 years, relevant with the topic, original. While exclusion criteria is criteria outside inclusion.

Search Results and Study Selection



This research is a review study that is systematically done by collective article that are relevant with the theme which is "Effect of Music Therapy to Reduce Pain in Postoperative Patients With fracture". This research was done by reviewing experiment or study that was done in 2018-2022 with keyword "Music Therapy", "Fracture", "Terapi Musik", "Fraktur", "Pain Scale", "Post-operative". A total of 21 article was collected from Google Scholar (n=12), PubMed (n=6), Neliti (n=2), Genius (n=1). Title of the article journal that are not relevant, journal that exceed past 5 years are excluded 4 article. After that article with title not relevant were excluded 2, and lastly article that irrelevant are 5. So in the end the chosen article are 10.

RESULT

Article List from Searching Result A total of 10 articles used as samples were identified and presented in the following table 2.1.

Pain management on fracture patients after post operation is one of the most common findings that nurses need to pay attention to routinely, as pain can disturbed patient comfort and impaired their daily activity. One of the nursing interventions that can be done to reduce pain according to 10 article journals above is using music therapy. This study below shows results about the previous article that was already chosen in the form of a table 3.1.

DISCUSSION

Health problems that are often encountered and become a problem in health care centers around the world, one of which is fracture (Budhiartha, 2009). A fracture is a break in a bone, usually caused by trauma or physical exertion. The strength and angle of the force, the state of the bone, and the soft tissue around the bone will determine whether the fracture is complete or incomplete (Price and Wilson, 2006). According to Helmi (2012), the clinical manifestation of this fracture is pain. Pain in patients with fractures is sharp and stabbing, sharp pain is also usually caused by bone infections due to muscle spasms or pressure on sensory nerves. The main cause of fractures is the result of traffic accidents. Complications that often occur in fracture surgery are infection, delayed union, nonunion and mal-union, damage to blood vessels or anterior compartment syndrome, nerve trauma especially to the common peroneal nerve, and movement disorders of the ankle joint. In addition, nursing problems that often occur in post-fracture surgery clients will cause pain (Muttaqin, 2005).

Based on research conducted by Harefa (2010), related to music therapy on pain intensity and the results of the study indicate that the most recommended music for therapy is Mozart music therapy. This is because Mozart's music has a balanced tempo and harmonization of tones, unlike rock, dangdut or other types of music. Pain can be treated pharmacologically and nonpharmacologically. Pharmacologically using drugs (narcotics), non-opioids or NSAIDs (Nonsteroid Anti-Inflammatory Drugs), adjuvants, and non-analgesics, while nonpharmacologically usually with skin stimulation, electrical stimulation of transcutaneous skin nerves, acupuncture, placebo

administration, relaxation techniques, guided imagination, biofeedback, hypnosis, and therapeutic touch (Tamsuri, 2007). One of the nonpharmacological actions is by giving music therapy, which can reduce physiological pain, by diverting one's attention from pain. Nurses can use music creatively in a variety of clinical situations. Patients generally prefer listening to music. Music that suits the mood of the individual from the start is the best choice (Potter & Perry, 2007).

CONCLUSION

Based on the analysis that has been done by the author, it can be concluded that music therapy is proven to be able to reduce pain in postoperative patients due to fractures.

SUGGESTION

The results of this literature review are expected to be a basic reference for health workers, especially nurses, to use music therapy interventions as a form of nursing care in treating postoperative fracture patients.

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Table 1.1 Data Search

Data Research	Data Sources	Year	Number of Article	Total
02 - 10 - 2022	Google Scholar	2022	12	21
02 - 10 - 2022	PubMed	2022	6	
02 - 10 - 2022	Neliti	2022	2	
02 - 10 - 2022	Genius	2022	1	

Table 2.1 Article List

Author	Year	Title	DOI
Oktaffrastya Widhamurti Septafani, Sonu Eky Reza Rahman, Henny Purwandari	2021	The Effect of Keroncong Music Therapy On The Reduction Of Pain Intensity In Post-Trauma Patients	DOI: 10.30994/sjik.v10 i1.712
Muhammad Arif, Yuli Permata Sari	2019	Efektifitas Terapi Musik Mozart Terhadap Penurunan Intensitas Nyeri Pasien Post Operasi Fraktur	e-ISSN : 2540- 9611 p-ISSN : 2087- 8508
Candra Kusuma Negara, Achad Murjani, Anna Martiana, Fajar Kurniawan	2019	Guided Imagery Using Classical Music On The Reduction In Pain Level of Fracture Patients	e-ISSN: 2527- 8819 p-ISSN: 2527- 8800
Muhammad Firdaus	2020	Efektifitas Teknik Distraksi Musik Klasik Mozart untuk Mengurangi Nyeri Pada Pasien Post Operasi Fraktur Di Ruang Dahlisa RSUD Arifin AchmadPekanbaru	

Ade Fitriani, Fidy Anisa Firdaus, Fidiyanti Amatilah, Haryani	2021	The Effect of Music Therapy to Lower Pain Scale among Post- Operating Patients	DOI: https://doi.org/10.56359/gj.v2i1.13
Alvaro Ortega, Felipe Gauna, Daniel Munoz, Gerardo Oberreuter, Hayo A.Breinbauer, Loreto Carrasco	2019	Music Therapy for Pain and Anxiety Management in Nasal Bone Fracture Reduction: Randomized Controlled ClinicalTrial	DOI: 10.1177/0194599819856604 http://otojournal.org
Suhartiningsih, Erna Noviana, Ageng Abdi Putra	2021	Efektifitas Terapi Musik Instrumental Terhadap Perubahan Skala nyeri Pada Pasien Fraktur Di Ruang Bedah RSUD dr. R. Soedjono Selong	ISSN: 2621-5152
Rhona Sandra, Siti Aisyah Nur, Honesty Diana Morika, Wira Melyca Sardi	2020	The Effect of Classical MusicTherapy On Pain Levels Post OP Fracture Patients In The Surgical Ward Of Dr. Resodiwiryo Padang Hospital	e-ISSN: 2540-961 p-ISSN: 2087-8508
Chichi Hafifa Transyah, Reska Handayani, Alfajri Aulia Putra	2021	Pengaruh Terapi Musik Klasik Terhadap Tingkat Nyeri Pasien Post Operasi Fraktur	E-ISSN: 2685-4023
Fitra Mayenti, Yunita Sari	2020	Efektifitas Teknik Distraksi Musik Klasik Mozart untuk Mengurangi Nyeri pada Pasien Post Operasi Fraktur	DOI: 10.36565/jab.v9il.193

Table 3.1 Literature Review

Author	Title	Intervention	Sample	Design Method	Outcome
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<p>Oktaffrasya Widhamurti Septafani, Sonu Eky Reza Rahman, Henny Purwandari</p>	<p>The Effect ofKeronco ng Music Therapy On The Reductio n Of Pain</p>	<p>Keroncong music therapy</p>	<p>Nganjuk District Hospital, with a total 22 fracture patients in a</p>	<p>Pre-experimental with the age grouppre-post test approach. To testthe success of atreatment by comparing the condition before</p>	<p>● Before intervention, from 22 respondents, almost all respondents (18) experienced</p>
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	<p>Intensity In Post-Trauma Patients</p>		<p>month. The inclusion criteria include adult patients at least 21 years, conscious patient and 24 hours post op.</p>	<p>and after being treated (pain level are compared)</p>	<p>severe pain intensity aged 31-40 years old, 4 respondents or 18 % aged above 40 years old experienced moderate pain. (this may related to elderly had decrease pain perception)</p> <ul style="list-style-type: none"> ● Post trauma pain intensity after being given keroncong music therapy: showed that of 22 respondent half of the respondents (50%) had moderate pain intensity. After being given keroncong music therapy, they felt less pain and their body became
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					<p>more relax</p> <ul style="list-style-type: none">● The results indicate almost all respondents with severe pain intensity after benign given music therapy experienced a moderate decrease in pain intensity.● To note in here need to be supported by respondent willingness to do music therapy and to follow the orders of the researchers in accordance with the SOP● The Wilcoxon test results show that p value = 0,000 $\leq \alpha = 0.05$ so that H_0 is accepted, meaning that there is an
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					effect of keroncong music therapy on reducing the intensity of post-traumatic pain at the Nganjuk Regional General Hospital.
Muhammad Arif, Yuli Permata Sari	Efektifitas Terapi Musik Mozart Terhadap Penurunan Intensitas Nyeri Pasien Post Operasi Fraktur	Mozart Music Therapy	15 patients, in the room Ambun Suri floor 1 and 2, RSUD Dr. Achmad Mochtar Bukittinggi April-October 2018	Pre-experimental design using one group pretest posttest. Later the researcher will give a sheet for numeric rating scale 0-10. For the prevention researcher do the intervention by giving mozart music therapy for 30 minutes.	<ul style="list-style-type: none"> ● Before the intervention or mozart music therapy mostly respondent pain scale is on scale severe, 11 people (73.3%) ● After the intervention using mozart music therapy more than half of the pain scale decrease to moderate 8 people (53.3%) ● Mozart music

					therapy is effective to decrease pain intensity for patient post operation fracture in Room Ambun Suri RSUD Dr. Achmad Mochtar Bukittingi year 2018.
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<p>Ade Fitriani, Fidya Anisa, Firdaus, Fidiyanti Amatilah, Haryani</p>	<p>The Effect of Music Therapy to Lower Pain Scale among Postoperative Patients</p>	<p>Music therapy</p>	<p>137 people who were assigned randomly with 68 participants in the intervention group and 68 participants in the control group</p>	<p>Experiment on 17 respondents, for the intervention music therapy classical using observation and questionnaire Experiment on 36 respondents. for the intervention classical music using observation Experiment on 15 respondents, for the intervention therapy music using numeric rating scale and observation Experiment on 15 respondents, for the intervention classical therapy music Experiment on 20</p>	<ul style="list-style-type: none"> • Respondents pain before and after giving classical music therapy (piano strains) with an average difference of 0.90 and p value =0.000, where there is a decrease in pain after the intervention • The majority of patients experiencing moderate pain as many as 36 (100%)
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				<p>respondents, for the intervention music classical therapy using NRSExperiment on 34 respondent, for the intervention music and therapy pain response usingNRS and FPSR</p>	<p>respondents and pain scales after being given classical music in therapy in postoperativepatients, the result is that the majority of patients experience mild pain as many as 23 (63.9%) respondents</p> <ul style="list-style-type: none"> • The difference in the intervention group of 2.65 and the difference in the control group 1.59. The confounding factor has no effect on pain response, namely past pain experiences (p value-0.387), gender (p-value-0.068) and music
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					<p>culture (p-value = 0.599)</p> <ul style="list-style-type: none"> the p value was 0.001, thus the p value > α (0.001 0.05) so it can be concluded that Mozart therapy can be effective in reducing the pain intensity of Postoperative Fracture Patients The results of the paired T-test analysis showed that the p value = 0,000 (p < 0.05). There is an effect of classical music therapy on reducing pain intensity in post hernia surgery patients
Candra	Guided	Guided	Responde	Quasi-	There is an

<p>Kusuma Negara, Achad Murjani, AnnaMartiana, Fajar Kurniawan</p>	<p>Imagery Using Classical Music On The Reduction In Pain Level of Fracture Patients</p>	<p>therapy image using classical music mozart</p>	<p>nts in this study were patient post fracture surgery in the Hospital (22 responde nts) after they fulfilled all the inclusion criteria. The research was held on 07 may- june7 2018.</p>	<p>experimental pre- test and post-test group approach. The researcher will conduct a pain assessment 5 minutes prior before therapy. The guided therapy image uses classical music with intensity of 60-80 dB and a volume of 40- 50% for 20 minutes. Using earphones with frequency 1 times a day for 2 days at the same time, giving after 24 hours after fracture surgery. After that the pain will measure again 10 minutes post therapy.</p>	<p>effect of guided imagery using classical music to reduce pain scale for patients after fracture surgery in the hospital. ● Before therapy 9 patient had moderate pain, 9 patient had mild pain ● After the therapy wilcoxon test shows that there is effect of classical music therapy on scale reduction in fracture patients.</p>
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Alvaro Ortega, Felipe Gauna, Daniel Muñoz, Gerardo Oberreuter, Hayo A. Breinbauer, Loreto Carrasco	Music Therapy for Pain and Anxiety Management in Nasal Bone Fracture Reduction	Music therapy	Patients were recruited who were diagnosed with displaced nasal bone fractures with	Patients were randomized with a sequence of permuted blocks from a mobile application for smart phones (Randomizer) and designated to 1 of the 2 groups which are control group	<ul style="list-style-type: none"> No significant difference in diastolic blood pressure was found between the music and control groups (P =
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	<p>n: Randomi zed Controlled Clinical Trial</p>		<p>indication for a nasal bone fracture reduction at the Otorhinol aryngolog y Service of San Juan de Dios Hospital. The inclusion criteria for this study were patients aged 18 years, with 7 to 15 days between the initial trauma and the reduction procedure</p>	<p>and music group.For both groups, a protocolized closed reduction ofthe nasal fracturewith local anesthesia was performed. The music group heard music through headphones duringthe pre-, intra-, and postprocedural periods of the intervention. Physiological variables (blood pressure and heartrate) were measured. An anxiety survey (State-Trait Anxiety Inventory)and the visualanalog scale for measuring pain were also applied</p>	<p>.1189). However themusic- exposed group maintained a stable systolic blood pressure during the whole experience. This difference was statistically significant under a GEEanalysis, indicating that the music grouphas a lowersystolic blood pressure (P <.0001). ● Anxiety levels of themusic groupwere significantly lower than those of thecontrol group(P < .0001) ● Patients under musicexposure</p>
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					<p>scored their pain lower than those in the control group when measured immediately after the procedure was ended. This difference was significant (P = .0004)</p>
<p>Muhammad Firdaus</p>	<p>Efektifitas Teknik Distraksi Musik Klasik Mozart untuk Mengurangi Nyeri Pada Pasien Post Operasi Fraktur Di Ruang Dahlisa RSUD Arifin Achmad Pekanbaru</p>	<p>For experiment group was given classical music therapy mozart</p>	<p>30 samples, divided into two groups. 15 people for the control group and 15 people for the experimental group. Classical music therapy was given for 15 minutes for 3 days.</p>	<p>Design this study is quasi experiment with non randomized control group pretest posttest design in 1st – 10th 2017 March in Ruang Dahlisa RSUD Arifin Achmad Pekanbaru</p>	<p>There is a significant difference between the pain scale of the control group and experimental group.</p> <ul style="list-style-type: none"> ● By giving classical music mozart therapy help to reduce pain for postoperative patient in dahlia room RSUD Arifin Achmad Pekanbaru

<p>Chichi Hafifa Transyah, Reska Handayani, Alfajri Aulia Putra</p>	<p>Pengaruh Terapi Musik Klasik Terhadap Tingkat Nyeri Pasien Post Operasi Fraktur</p>	<p>Music classical therapy</p>	<p>Purposive sampling as much 10 people, responde nts are patients who experienc ing pain due to postopera tive fracture on the extremities</p>	<p>The research design is a pre- experimental approach to GroupPretest- Posttest design. Measurethe pain scale firstin patients usingthe NumericRating Scale thenlistens to classicalmusic through theMF4 already provided. The classical music is listened to for about 20 minutes,after that painscale is measuredagain.</p>	<p>There is an effect of classical music therapy on reducing pain levels in postoperative fracture patients.</p> <ul style="list-style-type: none"> ● The average pain level of patients before classical music therapy was given was 5.3 (moderate category) ● The average patient pain level after classical music therapy was given was 2.8 (mild category)
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<p>Suhartiningsi, Erna Noviana, Ageng Abdi Putra</p>	<p>Efektifitas Terapi Musik Instrumen- tal Terhadap Perubahan Skala nyeri Pada Pasien</p>	<p>Instrumental musictherapy</p>	<p>Purposive sampling using as many as 26 people in Ruang Bedah RSUD Dr. R. Soedjono Selong</p>	<p>Design is one group pretest- posttest design. Sampling using Purposive sampling of 26 people. The observation method was used to observe pain</p>	<p>Instrumental music therapy is ineffective in changing the pain scale of patients with fractures. ● Fracture pain levels are felt by respondents</p>
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	Fraktur Di Ruang Bedah RSUD dr. R. Soedjono Selong			seen in respondents by using the Bourbonais pain scale checklist to determine pain intensity. Data analysis using the Wilcoxon SignedRank Test	before (pre test) given instrumental music therapy treatment moderate pain as manyas 21 people (80.8%) and a fraction of the fracture pain level felt by respondents before (pre test) given instrumental music therapy treatment was mild pain as manyas 5 people (19.2%) <ul style="list-style-type: none"> ● Fracture pain levels are feltby respondents after (post test) given instrumental music therapy treatment is mild pain asmany as 22people (84.6%) anda fraction of
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					the fracture pain level felt by respondents after (post test) given instrumental music therapy treatment moderate pain as manyas 4 people (15.4%)
Rhona Sandra, Siti Aisyah Nur, Honesty Diana Morika, Wira MelycaSardi	The Effect of Classical Music Therapy On Pain Levels Post OP Fracture Patients In The Surgical Ward Of Dr. Resodiwiry Padang Hospital	Classical music therapy	16 respondents sample that fulfill the inclusion criteria was taken. Patient is postoperative fracture patient in the hospital.	This research use pre-experiment design with one group design pretest and posttest. This research was conducted in August 2019 in Bangsal Bedah RS. Dr. Reksodiwiry Padang The patient will be given intervention with music therapy	<ul style="list-style-type: none"> ● Before the intervention, patient pain level in average is 7 or severe that are controlled ● After intervention, the average pain levels are 5 or moderate ● Based on the data, for the result there is effect of classical music therapy on pain level for post op fracture

					patient (reduce). This procedure is helpful for patient with pain scale mild or moderate
Fitra Mayenti, Yunita Sari	Efektifitas Teknik Distraksi Musik Klasik Mozart untuk Mengurangi Nyeri pada Pasien Post Operasi Fraktur	Distraction technique music classic Mozart	30 people with 15 control groups and 15 experimental groups with instruments NRS (Numeric Rating Scale)	Quasi Experimental Research Design, non randomized control group pretest posttest design. This research was conducted on 01 till 20 March 2017 in Ruang Dahlia RSUD Arifin Achmad Pekanbaru. For the intervention the patient will be given distraction technique using music classic Mozart	There is an influence of giving classical music mozart to fracture pain. <ul style="list-style-type: none"> ● In the control group pre with standard deviation of 0.68 and post control with a standard deviation of 0.66 and P Value for the control group 0.129 which means P value > 0.05. ● In the group pre-experiments with a standard deviation of 0.53 and post experiment with standard deviation

					0.69 and P value 0.000 which means P value < 0.05 so it can be concluded there is a significant difference between the control group and the experimental group after treated
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