

Use of Classical Music Therapy as a Behaviour Modulator in the Management of Paedodontic Extraction Patients: A Pilot Study

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ABSTRACT

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INTRODUCTION

Extractions are common surgical procedures carried out in the paedodontic clinic and area major cause of dental anxiety (Kumar, 2017). Classical music listening has been suggested to beneficially impact health via stress-reducing effects. This music can help reduce or dampen clinical sounds helping to relax the patients (Maulina et al., 2017; Bradt & Teague, 2018; Das et al, 2021). The objective was to determine if music has a relaxing effect on paedodontic patients' anxiety prior to extractions. The objective was to determine if the quality of music plays a role in relaxing paedodontic patients prior to extractions of deciduous teeth

METHODS

This pilot study is a randomized controlled clinical study to assess classical music therapy as a behaviour modulator in the management of paedodontic extraction patients. This study was conducted among patients attending the Paedodontic clinic at the University of Benin Teaching Hospital (UBTH) Benin City and who met the selection criteria set for the study.

Six Children aged 6 to 10 years were administered a raffle draw (After appropriate consent and assent were obtained) grouping them into three groups A, B and C. Group A add a popular age appropriate afropop song played, Group B had a Classical rendition played and group c had no music during the extractions. Measurements of the Pulse, blood pressure and temperature were taken prior to the start of the procedure and the values recorded. Another measurement of the Pulse rate, Blood pressure and temperature of the patient was taken and recorded on each patient recording chart after the procedure.

RESULTS

The results showed no statistically significant associations between if music was played and the affectation on the procedures being carried out. There was also no statistically different result between the different genres of music. However, the pulse rates for children who didn't have any music interventions seemed to be higher than those who got the various music interventions but this was statistically insignificant.

Patient	group	Pre temp	Pre blood pressure	Pre-Pulse rate	Post temp	Post blood pressure	Post pulse rate
1	C	36.4	100/80	93	36.4	100/80	97
2	A	37.0	91/70	88	37.2	91/70	90
3	A	36.7	96/62	89	36.8	97/63	91
4	B	37.2	99/75	91	37.2	100/75	93
5	C	36.8	90/65	90	36.9	92/65	96
6	B	36.7	98/77	94	36.7	98/76	96

CONCLUSION

The influence of music as an intervention which could alleviate the anxiety of children undergoing extractions cannot be ruled out from this study. A larger study with more participants may be required to show the true relationships between music and anxiety from children. The Authors intend to carry out a larger study to investigate these possible relationships.

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