

The Impact of Patient-Chosen Music on Pain and Anxiety during Outpatient Hysteroscopy

Objective

Outpatient hysteroscopy is a cost-effective procedure which can help reduce long NHS waiting lists.

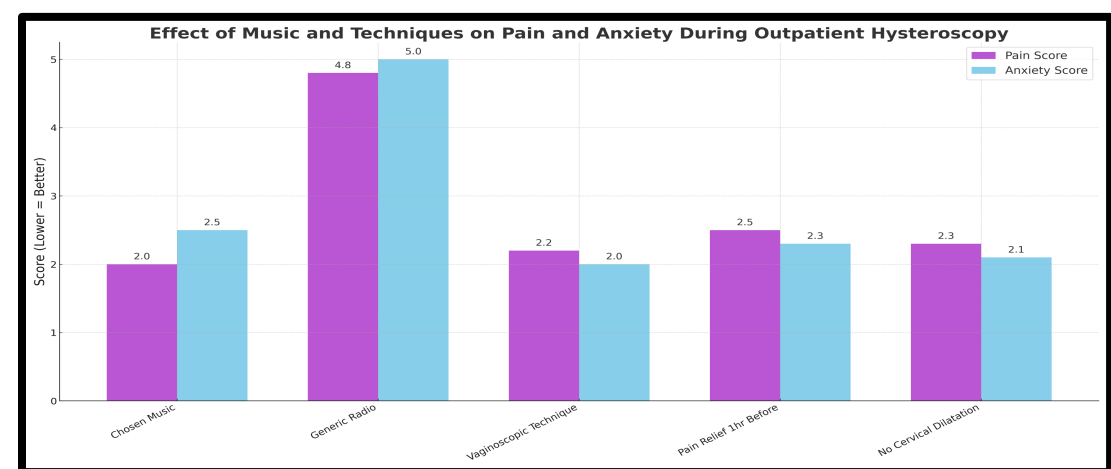
However, it is limited by patient pain and anxiety levels, with procedures often abandoned for this reason.

The objective of this Quality Improvement Project is to evaluate the effect of specific, patient-chosen music on pain and anxiety levels, as well as number of abandoned procedures.

Method

Patients undergoing outpatient hysteroscopy for heavy or post-menopausal bleeding were offered the option of specific music during the procedure via a smartphone; if declined, a random radio station was played. Post-procedure, patients completed a feedback form based on the BSGE satisfaction survey and the Visual Analog Scale for pain. Additional data on variables such as vaginocopy, anaesthetic type, and cervical dilatation were collected to assess their impact on pain and anxiety.

A total of 30 patients participated: 16 chose specific music (e.g., ABBA, Bon Jovi, mindfulness, piano chills) and 14 listened to generic radio. Those in the music group reported significantly lower pain and anxiety, describing a more relaxed experience. No procedure was abandoned due to patient choice, indicating that audio options supported compliance, though patient-chosen music enhanced mood. Significant reductions in discomfort were also observed with use of the **vaginocassette technique**, **simple analgesia 1 hour pre-procedure**, and **no cervical dilatation**—all of which were readily modifiable procedures. Variables such as BMI, age, parity, bleeding indication, biopsy/polypectomy, Entonox, and local anaesthetic choice showed no impact on pain or anxiety. Qualitative feedback emphasized that **staff friendliness and professionalism** were the most helpful factors—enhancing the importance of compassionate care alongside technical interventions.



Law HY, Ng DYT, Chung CD. Use of music in reducing pain during outpatient hysteroscopy: Prospective randomized trial. *J Obstet Gynaecol Res.* 2021 Mar;47(3):904-912. doi: 10.1111/jog.14608. Epub 2020 Dec 17. PMID: 33336450.