

Music can help quicker recovery after surgery

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A new study shows that music played during surgery can help patients recover. The study was conducted by doctors at India's Maulana Azad Medical College. They played flute music to a female patient while she was having

her gallbladder removed. Before the operation, doctors gave the woman anaesthetic drugs to put her to sleep. Anaesthetics block pain signals and totally relax a patient's muscles while they are asleep. However, even when anaesthetics make us sleep, the part of the brain that helps us listen stays partly active. Doctors say patients can still hear music. This means patients need fewer painkilling drugs, wake up faster, and are more alert after surgery.

The lead researcher, Dr Tanvi Goel, explained why music is so helpful to patients having surgery. She said her research shows "that this is more than just simple background music". She said music was important because it helped patients feel less pain and need fewer painkillers. Co-researcher Dr Farah Husain agreed. Dr Husain is a senior specialist in anaesthesia. She is also a music therapist. She believes music has an important part to play in the operating theatre. She said: "Our aim is early discharge after surgery. Patients need to wake up clear-headed, alert... and ideally pain-free." She said music helps pain management and reduces patients' stress after they wake up.

Sources: cancernursingtoday.com / bbc.com / news-medical.net

Writing

Music is the best therapy. Discuss.

Chat

Talk about these words from the article.

study / music / patients / flute / operation / doctors / pain / sleep / drugs / alert / research / painkillers / specialist / anaesthesia / therapist / pain management / stress

True / False

- 1) The article says operations are better if doctors listen to music. T / F
- 2) A patient listened to flute music while her gallbladder was removed. T / F
- 3) Anaesthetics are drugs to stop people feeling pain during surgery. T / F
- 4) Anaesthetics make people unable to hear any sound at all. T / F
- 5) Music in the operating theatre can help patients feel less pain. T / F
- 6) Music cannot change the amount of painkilling medicine someone needs. T / F
- 7) A doctor said patients should be alert after they wake from surgery. T / F
- 8) The doctor said music can make some patients feel more stressed. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|---------------|
| 1. surgery | a. main/head |
| 2. recover | b. stop |
| 3. removed | c. release |
| 4. block | d. get better |
| 5. alert | e. lowers |
| 6. lead | f. wide awake |
| 7. specialist | g. goal |
| 8. aim | h. operations |
| 9. discharge | i. expert |
| 10. reduces | j. taken out |

Discussion – Student A

- a) What do you think of music?
- b) What do you think of patients listening to music during surgery?
- c) When and where can music help us?
- d) Why do we all love and hate different types of music?
- e) Should everyone learn to read music and play an instrument?
- f) What effect does music have in hospitals?
- g) What songs would you choose if you had an operation?
- h) Should surgeons listen to music when they operate?

Phrase Match

1. while she was having her gallbladder
 2. doctors gave the woman anaesthetic drugs
 3. anaesthetics block pain
 4. anaesthetics make us
 5. patients need fewer painkilling
 6. this is more than just simple background
 7. Dr Husain is a senior specialist
 8. She is also a music
 9. in the operating
 10. music helps pain
- a. therapist
 - b. drugs
 - c. management
 - d. music
 - e. signals
 - f. removed
 - g. theatre
 - h. sleep
 - i. in anaesthesia
 - j. to put her to sleep

Discussion – Student B

- a) What do you think about what you read?
- b) Why do people love music so much?
- c) What do you think of music therapy?
- d) Have you ever had surgery?
- e) What do you think of painkillers?
- f) How stressful is staying in hospital?
- g) When is music most important in your life?
- h) What questions would you like to ask the doctors?

Spelling

1. help inasptte recover
2. They played tufel music
3. Before the topreiona
4. block pain sglsian
5. stays tlypar active
6. wake up faster and more tarel
7. The lead sherrreace
8. need fewer rnislpkaei
9. Dr Husain is a senior iieslapcts
10. She is also a music pesthtira
11. an important part to play in the nearotipg theatre
12. Our aim is early ahsrcqied after surgery

Answers – Synonym Match

1. h	2. d	3. j	4. b	5. f
6. a	7. i	8. g	9. c	10. e

Comprehension Questions

Listen to / read the news article. Answer these questions.
(Answers are on p. 27 of the 27-page PDF.)

1.	In which country was a study into music therapy conducted?
2.	What kind of music did doctors play to a woman in surgery?
3.	What did doctors remove from the woman?
4.	What do anaesthetics block?
5.	What might patients need fewer of with music therapy?
6.	What does music help patients feel less of?
7.	What is Dr Farah Husain an expert in besides anaesthesia
8.	Where does Dr Husain think music has an important part to play?
9.	What does Dr Huasin want to do to patients after surgery?
10.	What did Dr Husain say music can manage?

Speaking – Instruments

Rank these with your partner. Put the best musical instruments at the top. Change partners often and share your rankings.

- Flute
- Drums
- Violin
- Piano
- Saxophone
- Accordion
- Harmonica
- Electric guitar

Answers – True False

1	F	2	T	3	T	4	F	5	T	6	F	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.