

# Effects of Education and Music on Anxiety, Healing Process and Quality of Life in Patients Undergoing Coronary Artery Bypass Grafting

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**Objective:** The research was applied on patients undergoing coronary artery bypass grafting (CABG) as a quasi-experimental design to determine the effect of education and music on the level of anxiety, the healing process and quality of life.

**Methods:** The study population located within the Foundation University Hospital and Training-Research Hospital in the province of İstanbul and included the patients undergoing CABG. Data was obtained by face-to-face interviews and follow-up using "Patient Information Form", "Patient Follow-up Charts", "State-Trait Anxiety Inventory" and "SF-36 Quality of Life Scale". For evaluation of the data, frequency, percentage, mean, standard deviation, Pearson's chi-square test, Fisher's Exact test, independent samples t-test and repeated measures ANOVA were used.

**Results:** Trait anxiety level of the experimental group patients in the pre-operative and post-operative clinic was lower than the control group. In the experimental group, the length of stay in intensive care unit and hospital was found to be shorter than the control group. Blood pressure, heart rate, respiratory rate and body temperature levels were found to be significantly decreased in the experimental group. All parameters of SF-36 Quality of Life Scale were found to be significantly higher in the experimental group than the control group.

**Conclusion:** The findings of the study showed that CABG guided education and music decrease the level of anxiety, reduce healing process and increase the quality of life and the implementation of this method in CABG patients is recommended.

**Key words:** Anxiety, CABG, quality of life, music, preoperative education