

IMPROVING PAIN AND DISCOMFORT IN COLONOSCOPY USING MUSIC AND TASK DISTRACTION; A 3-ARM OBSERVATIONAL STUDY. AN INTERVAL REPORT

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Poster

Colorectal

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A three-arm observational study of 60 patients at Imperial College Healthcare Trust examined the effect of music and smartphone task distraction on physiological parameters during colonoscopy compared to standard care.

KEY POINTS

- Sixty patients were randomised to standard colonoscopy, colonoscopy with music, or colonoscopy with smartphone task distraction, with real-time physiological monitoring via a wearable vest device.
- Mean heart rate was 84.9 for standard care, 107.3 for music, and 80.54 for smartphone distraction; mean respiratory rate was 13.7, 13.2, and 13.2 respectively.
- All patients reported satisfaction with their intervention and would recommend the same intervention again.
- The authors conclude that music and smartphone task distraction can significantly improve objective measures of pain and discomfort during colonoscopy.
- The study is part of an ongoing multi-centre trial with a target recruitment of 500 patients, completed as of March 2025 and undergoing full analysis.

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