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Pain modulation by audiovisual distraction during local cystoscopy

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Abstract:

Introduction: Cystoscopy is one of the most common urological procedures used for either diagnostics, therapeutics or for surveillance. It may be performed under local- or general anaesthesia because the procedure is associated with pain and discomfort.

Aims: The aim of the study was to compare the levels of perceived pain during local cystoscopy with and without audiovisual distraction (AVD).

Methods: A randomized control study was performed at the local cystoscopy theatre of the Urology Division at charlotte Maxeke Johannesburg academic hospital. Approximately half the patients already booked for the local rigid cystoscopy procedure were exposed to a distracting musical video during the procedure (study group) while the control group was not. Pain levels were measured using a numerical visual analogue scale.

Results: A total of 91 patients participated in the study with 48 patients in the study group and 43 patients in the control group. The Visual Analogue Scale (VAS) ranged between 1-5/10 in the study group and 1-8/10 in the control group. The mean VAS was (2.52 ± 1.2SD) in the study group and (4.97 ± 1.35SD) in the control group (P<0.001).

Conclusion: Audiovisual distraction during local rigid cystoscopy is highly recommended and advised to be more widely used as a routine measure to reduce cystoscopy induced pain.

Key words: cystoscopy, audiovisual distraction, cystoscopy induced pain

Running title: Audiovisual distraction during cystoscopy

Key messages: AVD is recommended during cystoscopy under local anaesthesia since it improves the patient's perception of procedure induced pain.