

Stellingen behorende bij het proefschrift

The Sound of Medicine

Evidence-based music interventions in healthcare practice

1. Every adult having surgery should be offered a music intervention (*this thesis*)
2. Music has a demonstrable neuro-physiological effect, of which healthcare professionals should be aware (*this thesis*)
3. The effect of a music intervention is not primarily dependent on the type of music offered (*this thesis*)
4. Preoperative music exposure can decrease anxious children's discomfort (*this thesis*)
5. Sometimes, parents of a child undergoing surgery may need music more than does the child (*this thesis*)
6. The burden of in-hospital admission for inguinal hernia surgery in 0-3-month-old infants can be decreased by shifting to day care treatment (Massoud et al 2019, *Anesth Analg* 128(3):525-532)
7. A nature view in a hospital room may help decrease patients' anxiety, distress and pain (Ulrich et al 2008, *Herd* 1(3):61-125)
8. The introduction of free market forces in Dutch health care has led to much bureaucracy, distress, and impoverishment of care (vrij naar Sander Heijne, *Er zijn nog 30 miljoen wachtenden voor u*, 2018)
9. Gatekeeping is a pitfall in medical research. Patients and parents should always have the autonomous right to consider benefit and burden of participating in research (Tromp et al 2015, *Am J Bioeth* 15(11):30-32)
10. Niet behandelen is voor veel artsen erg moeilijk, maar soms kan dat toch het allerbeste zijn voor de patiënt (vrij naar P. van Eijnsden in: Ellen de Visser, *Die ene patiënt*, 2019)
11. Geluk is altijd een besluit van je hart (citaat van Mitsuo Aida in: Héctor Garcia en Francesc Miralles, *Ikigai*, 2016)