Introduction
• Nurses are well-positioned to deliver complex interventions (CI) to manage anxiety related to cardiac catheterization (ARCC).
• Education and Music as components of a CI might decrease anxiety levels, BP, HR, and chest pain. However, such CI is yet to be developed.

Aim
• To develop a CI to reduce anxiety in patients undergoing unscheduled cardiac catheterization (CC).

Methodology
• Sidani & Braden’s (2011) methodological framework was used.
• A concept analysis (Walker & Avant, 2019) of ARCC was conducted to understand the problem and determine therapeutic targets of the CI.
• Target: lack of knowledge. The educational component elements were retrieved from a previously validated educational guide (Maciel et al., 2016).
• Target: manifestations of apprehension/tension. The musical component elements were mapped in a scoping review (Batista et al., 2022).

Results
• Educational component: four active ingredients, consistent with the NIC intervention Teaching: Procedure/Treatment (5618). It is delivered verbally and visually in a single 5-minute session.
• Music component: consists of a genreless music piece. Activities are consistent with the NIC intervention Music Therapy (4400) and delivered through earphones in a 20-minute session.

Conclusion and Implication
• EMIRA is a unique CI developed to reduce ARCC.
• Future studies should evaluate the acceptability, feasibility, efficacy/effectiveness of this CI.

References
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2 University of Sao Paulo, Brazil