

What We Know

- ▶ Music therapy involves the use of music by a board-certified music therapist to evaluate and treat impairments in patients' emotional, physical, cognitive, and social functioning
- ▶ Formal music therapy is more successful than no intervention at reducing pain
 - Hospice patients reported less pain after music therapy sessions that included active and passive music therapy⁽³⁾
- ▶ Research results are conflicting regarding the efficacy of listening to music to control pain in patients with cancer
 - Results were inconsistent regarding the reduction of pain in cancer inpatients while listening to music⁽²⁾
 - Cancer outpatients reported that they experienced less pain while listening to music⁽¹⁾
 - There was no significant difference in pain reduction while listening to music or a 60-cycle buzz⁽¹⁾
 - Cancer patients undergoing invasive cancer-related procedures reported that listening to music bothers them and that they prefer to focus their attention on the procedure⁽⁴⁾

What We Can Do

- ▶ Learn about music therapy for pain in cancer patients; share this knowledge with colleagues
- ▶ Refer appropriate patients to music therapy
- ▶ Assess if patients want to listen to music and what type they prefer
- ▶ Provide a variety of music to patients
- ▶ Use headphones to minimize noise distractions. Ensure headphones are appropriately cleaned and wiped, or use disposable ear pads
- ▶ To ensure quality of care, music therapists should
 - tailor the treatment plan for each patient according to
 - the extent and types of impairments present
 - the patient's goals
 - the patient's prior functional level
 - consistently monitor the patient's progress and modify treatment plan based on the patient's response

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Coding Matrix

References are rated in order of strength:

- M** Published meta-analysis
- SR** Published systematic or integrative literature review
- RCT** Published research (randomized controlled trial)
- R** Published research (not randomized controlled trial)
- G** Published guidelines
- RV** Published review of the literature
- RU** Published research utilization report
- QI** Published quality improvement report
- L** Legislation
- PGR** Published government report
- PFR** Published funded report
- PP** Policies, procedures, protocols
- X** Practice exemplars, stories, opinions
- GI** General or background information/texts/reports
- U** Unpublished research, reviews, poster presentations or other such materials
- CP** Conference proceedings, abstracts, presentations

References

1. Beck, S. L. (1991). The therapeutic use of music for cancer-related pain. *Oncology Nursing Forum*, 18(8), 1327-1337. **(R)**
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3. Krout, R. E. (2001). The effects of single-session music therapy interventions on the observed and self-reported levels of pain control, physical comfort, and relaxation of hospice patients. *The American Journal of Hospice & Palliative Care*, 18(6), 383, 390. **(R)**
4. Kwekkeboom, K. L. (2003). Music versus distraction for procedural pain and anxiety in patients with cancer. *Oncology Nursing Forum*, 30(3), 433-440. **(RCT)**