

<https://pngset.com/download-free-png-qujeg>

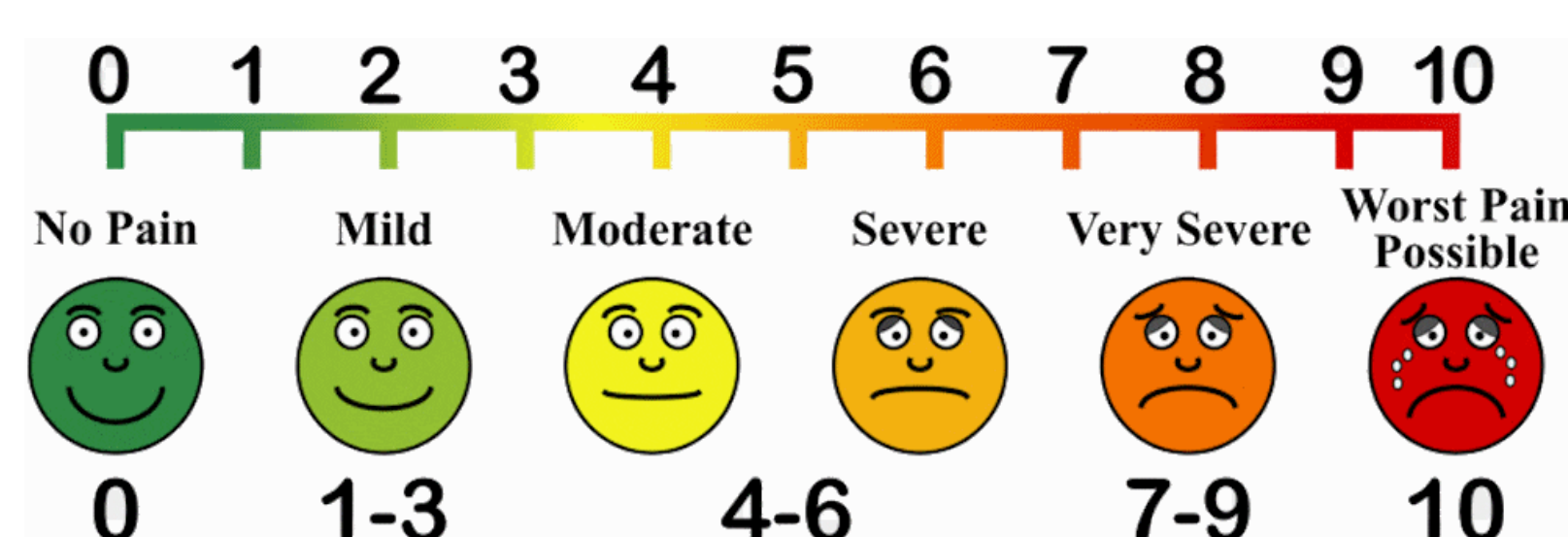
The Effect of Music Therapy on Cancer Pain

Elizabeth Bennett & Jacob Resch
Carroll College Nursing Department



QUESTION

In adult cancer patients, does the use of music therapy result in lower reported pain scores compared to no music therapy?



<https://www.disabled-world.com/health/pain/scale.php>

BACKGROUND

- Every year, 1.6 million people are diagnosed with cancer in the United States.
- Fifty to seventy five percent of all cancer patients suffer pain.
- More than half of cancer patients have insufficient pain control, and about a quarter of them actually die in pain.
- Cancer can occur almost anywhere in the body and is a disease of the genes in cells in the body.
- Cancer patients are often prescribed opioids which have side effects such as nausea, constipation, sedation, and confusion.
- Non-pharmacological interventions can be defined as any intervention intended to improve health or well-being that does not involve the use of any drugs or medicine.
- Music therapy is non-pharmacological intervention that uses interventions such as listening to live music, music-associated relaxation, music guided imagery, singing and chanting, songwriting, and instrument playing to relieve pain.

This work is not an original. This is an evidenced-based practice brief that includes research conducted by professionals. Guidance was provided by Stephanie Burkholder & Melissa Kukulski, professors of NU307: Evidence-Based Practice Research Methods.

STUDY	DESCRIPTION	RESULTS
Adjunctive Effects of Short Session of Music on Pain, Low-Mood and Anxiety Modulation Among Cancer Patients by Fernando et al. (2019).	<ul style="list-style-type: none"> • Controlled crossover clinical study, level II evidence. • 24 patients monitored without music therapy on day 1 and with music therapy on day 2. • Listened to 30 minutes of music and assessed every 4 hours for 24 hours. • Pain, anxiety, and mood measured using visual analog scale and WongBaker Faces Pain Scale. 	<ul style="list-style-type: none"> • Pain levels decreased until the 4th assessment reading when combined with symptomatic therapies. • Music therapy alleviated mood and anxiety as well.
Effect of music therapy on pain and anxiety levels of cancer patients by Krishnaswamy and Nai (2016).	<ul style="list-style-type: none"> • Quantitative and comparative study, level III evidence. • Numeric pain rating scale was used to assess pain scores from 1-10. • Control group kept occupied by being talked to for 20 minutes. • Test group listened to instrumental music for 20 minutes. 	<ul style="list-style-type: none"> • Decrease in pain scores after listening to 20 minutes of music. • Significant difference between post intervention pain scores of the study and control group. • Control group had a decrease in pain score that was not statistically significant.
Non-Pharmacological Practices That Are Used by Cancer Patients for Controlling Chemotherapy-Related Pain by Guner and Kutlurkan (2020).	<ul style="list-style-type: none"> • Descriptive study, level VI evidence • Identified types of nonpharmacologic practices used by cancer patients. • 50 total participants • Assessed location, duration, and specification of pain and preferred method of pain management. 	<ul style="list-style-type: none"> • Preferred nonpharmacological intervention was not music therapy. • No significant difference between pain values before and after music therapy. • Those with higher reported pain scores preferred methods other than music therapy for pain control.
Effect of Music Therapy With Patients on a Post Surgical Oncology Unit by Chaput-McGovern and Silverman (2012).	<ul style="list-style-type: none"> • Pilot study, level II evidence. • 27 patients receiving care in a surgical oncology unit. • Patients completed 5 different 10-point scales at pretest, posttest, and 30-45 minute follow up. • Participants received 20-minute music therapy sessions of patient-preferred live music. 	<ul style="list-style-type: none"> • Significant difference in pain between pretest and posttest, and posttest to follow up. • No significant difference from posttest to follow up. • Music therapy sessions help pain short term.

CONCLUSION

- There was 3 out of 4 studies to conclude music therapy in 20-30-minute sessions is effective at reducing cancer pain short term.
- The studies did not conclude the effectiveness of using music therapy as a replacement for pharmacological interventions.



APPLICATION

- Nurses can use this information to implement the use of music therapy for pain control.
- Nurses can advocate for their patients in providing pain management through nonpharmacological interventions.
- Nurses can provide education about music therapy to their patients, refer patients to music therapists, and advocate to have music devices on the oncology floor.
- Nurses can also use this information to research about the effects of music therapy for long-term pain management.