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## Interprofessional Collaborative Music Therapy Program as Adjuvant to Pain Control to Reduce Pharmacological Interventions

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**Purpose:** Music therapy is a safe, complementary, and alternative treatment method that can easily be integrated in nursing interventions. Studies have reported that music therapy has anxiolytic and analgesic effects. Several meta-analyses and systematic review studies have shown the effectiveness in reducing the patients' pain in various health care settings through music therapy interventions. *Aim:* A hospital-based sub-acute care unit aims to use evidenced-based music therapy as an adjuvant to pain control in admitted patients to reduce pharmacological interventions using the existing facility entertainment equipment that is easily accessible to patients in their rooms. The facility entertainment equipment is an innovative and economical medium for music therapy because all rooms have it and patients can choose a variety of preferred music genres and independently adjust preferred volumes. An interprofessional collaborative approach to music therapy is used to complement the existing therapeutic services that is effective and efficient to promote the best possible patient outcomes. The interprofessional team, which consists of nursing, rehabilitation, recreational therapy, and administration, initiated a collaborative music therapy program to add into the facility's standardized nursing non-pharmacologic interventions before a pain medication is given.

**Methods:** The music therapy program is used to compare the effectiveness of individual music therapy as adjuvant to pain control with that of the current practiced nursing non-pharmacological pain interventions. Exclusion criteria are patients who do not perceive music to reduce or distract pain and deaf patients. Participating patients selected their chosen music genre as their music therapy and collaborated with the interprofessional team their pain rating before and after music therapy. Patients who chose not to participate in the music therapy will be compared to those who chose to use music therapy as their non-pharmacological intervention using reported pain ratings. This evidence-based project will compare the differences in outcomes based on the data collected in three months.

**Results:** This evidence-based project is ongoing. The music therapy intervention will be added to the hospital's standard nursing intervention list prior to pain medication administration once the project results show the benefits of music therapy.

**Conclusion:** Findings will have implications for patient outcomes, nursing practice, education, administrative leadership, rehabilitative therapy, and recreational therapy in working as an interprofessional team to develop a cost-effective beneficial music therapy program.

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**Title:**

Interprofessional Collaborative Music Therapy Program as Adjuvant to Pain Control to Reduce Pharmacological Interventions

**Keywords:**

interprofessional collaboration, music therapy and sub-acute care

**Abstract Summary:**

A hospital-based sub-acute care unit aims to use evidenced-based music therapy as an adjuvant to pain control in admitted patients to reduce pharmacological interventions using the interprofessional collaborative music therapy program.

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