

Introduction

Music Therapy

- Safe
- Complementary
- Alternative treatment
- Easily integrated in nursing interventions
- Easy access to all patients
- Improves quality of life
- Has anxiolytic and analgesic effects



Evidence-Based Practice

- Several meta-analyses and systematic review studies
- Studies showed music therapy effectiveness in reducing the patients' pain in various health care settings through music therapy interventions

Interprofessional Team

- Nursing
- Recreational therapy
- Rehabilitative therapy
- Administration

Aim

- Our hospital-based sub-acute care unit aims to use evidence-based practice 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 therapeutic services provided that is effective and efficient to promote the best possible patient outcomes.

Patients, staff, and visitors were offered to have a copy the trifold brochure as a quick reference about the music therapy program offered in the unit (seen on the right)



Our Interprofessional Team

- Nursing
- Recreational therapy
- Rehabilitation
- Administration

Process

Our team is available 24 hours a day to answer all of your questions. Please do not hesitate to reach out to us.

Should you decide to participate, please simply call our number of our team to be added to the music therapy program.

Before you decide to take your pain medication, please simply tell your nurse your pain rating level and ensure that you will be listening to the music of your choice thereafter. After you take your pain medication, you may independently listen to your music either through your entertainment equipment or through your own choice of personal music device. Please report to the nurse the duration of time you listened to the music and your pain rating level. There also will be a nurse report to the nurse on how you felt the music provided more relief compared to not having the music therapy. Most patients felt more relaxed and needed fewer doses of pain medication than the time needed for the next dose of pain medication.

For any recommendations and feedback, please reach out to the Administration.

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Music is the food for our soul

Music is medicine

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MUSIC SPEAKS

Music Therapy Program

Transitional Care Unit
Hilander University Medical Center

CarePoint Health

Background

Music therapy is:

- Safe
- Complementary
- Alternative treatment
- Easy access to all patients
- Improves quality of life

Evidence-Based Practice

Numerous studies published regarding the benefits of music therapy in reducing patient's pain, anxiety relief, relaxation, and

Why We Care

The patient's progress and quality of life improvement is important to us.

Aim

- Use evidence-based music therapy as an adjuvant to pain control in admitted patients to reduce pharmacological interventions using the existing facility entertainment equipment located in each patient bed
- Patients can choose a variety of preferred music genres and independently adjust preferred volumes
- Interprofessional collaborative approach to complement existing therapeutic services that is effective and efficient to promote the best possible patient outcomes

Music Therapy

Our music therapy program is simple. We offer the use of music therapy to help reduce patient's pain and prolong the duration for the next dose of needed pain medication. The use of music therapy improves the quality of life for most patients.

Why Should Patients Participate

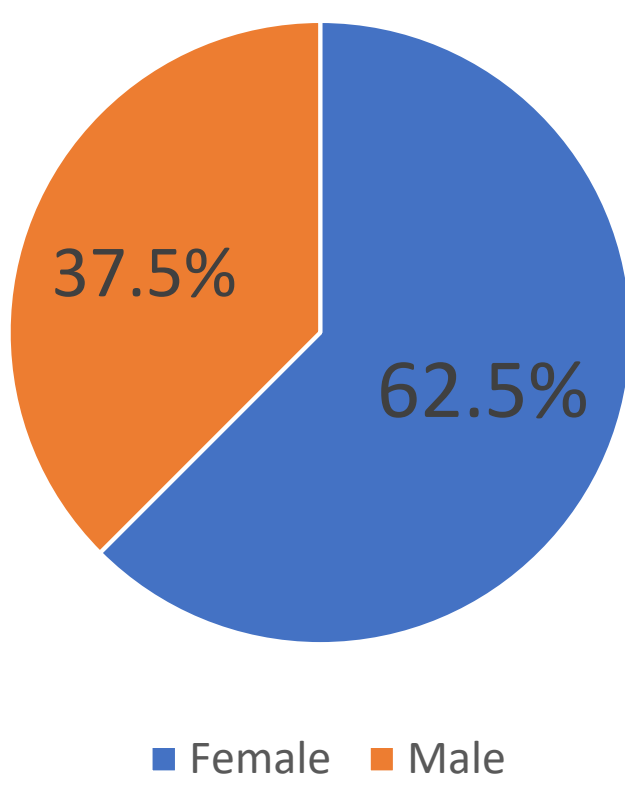
If a patient is currently receiving pain management, we highly encourage the patient to take advantage of participation in our music therapy program -- it is free!

Music therapy is not only for patients who are on pain medication; it is also available to all our patients who may need to decrease anxiety or simply provide some relaxation.

Methodology

- Headphones available when needed
- Patients who chose not to participate in the music therapy program will be compared to those who chose music therapy as their non-pharmacological intervention and/or as adjuvant to pain medications using reported pain ratings
- Differences in outcomes between the groups based on the data collected in three months were compared

Music Therapy Participants' Gender

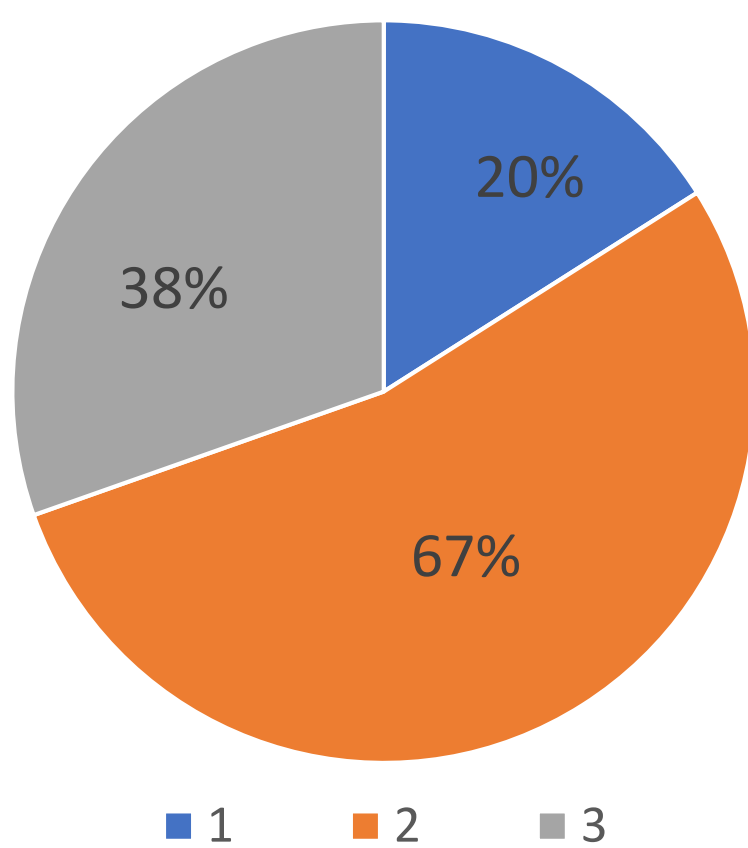


Average age of music therapy participants is 60



Participants in Music Therapy Per Month

N = 34



Results

Music duration: Minimum of 20 minutes to maximum of 2 hours

All music therapy participants chose to take pain medications first and used music therapy as adjuvant to pain management instead of using music therapy as a non-pharmacological intervention.

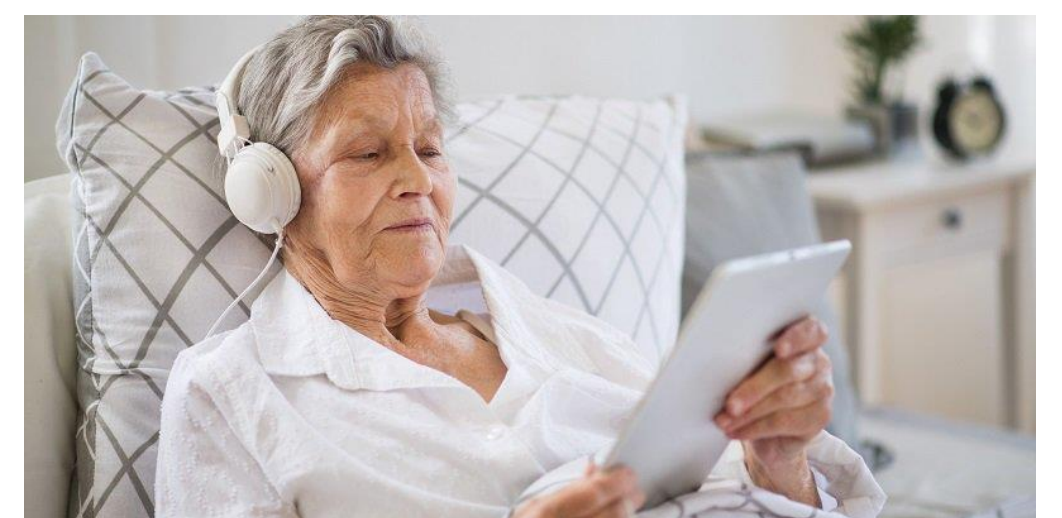
3 participants used ice packs + music therapy + meds that showed longer duration of pain relief compared to those who did not participate in music therapy. There were 90% of the music therapy participants who reported that having music therapy helped their pain management better than simply having pain medications. In contrast, 95% of the non-participants routinely took their pain medication as soon as it was due to be taken.

Challenges and Limitations:

1. Small number of participants
2. Use of evidence-based practice projects is new to the staff
3. Patients preferred to focus on resting quietly and sleeping
4. Music therapy concept is new to patients and staff

Participants reported:

1. More relaxed
2. Distracted from pain
3. Felt better/good
4. Helped with agitation



Conclusion

Even though a small number of patients participated in music therapy, this evidence-based practice project showed that adding music therapy was adjuvant to pain control to reduce frequency of pharmacological interventions. The music therapy intervention is recommended to be added to the hospital's standard nursing intervention list prior to pain medication administration as a result of this project. The interprofessional team decided to continue with the music therapy program as a cost-effective and beneficial non-pharmacological intervention then analyze the data quarterly as part of the quality assurance performance improvement project. This project also inspired the therapy department to initiate evidence-based project using music therapy in motivating patients to improve therapy performance. The use of music therapy has many advantages and will have positive implications for patient outcomes, nursing practice, education, administrative leadership, rehabilitative therapy, and recreational therapy in working as an interprofessional team.

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