Title:
Oncology Nurses' Knowledge and Perceptions Regarding Music Therapy Effectiveness for Cancer Treatment-Related Symptoms in Adults

Hannah M. Samley, BSN
Department of Professional Nursing Practice, Georgetown University, Washington, DC, USA

Jane M. Fall-Dickson, PhD, MSN, BSN
Department of Nursing, Georgetown University, Washington, DC, USA

Eshetu Tefera, MS
Medstar Health Research Institute, Hyattsville, MD, USA

Session Title:
Rising Stars of Research and Scholarship Invited Student Poster Session 1

Keywords:
Music therapy, Oncology nurses’ knowledge and perceptions and Symptom management

References:

Abstract Summary:
Patients with cancer experience many diverse symptoms related to cancer treatments. It is important for oncology nurses to be aware of efficacious symptom management strategies, including music therapy. This research study explored oncology nurses’ knowledge and perceptions regarding efficacy of music therapy for cancer treatment-related symptoms in adult oncology patients.

Learning Activity:

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>The learner will be able to describe the significance of this study’s purpose to explore oncology nurses’ knowledge and perceptions regarding music therapy.</td>
<td>Information from the poster will be presented, including: 1) Cancer symptoms’ prevalence in the adult oncology treatment setting 2) Music therapy efficacy for management of cancer treatment-related symptoms in the adult oncology treatment setting 3) Oncology nurses need adequate knowledge regarding music therapy for symptom management</td>
</tr>
<tr>
<td>The learner will be able to describe study methods and results regarding this topic, as well as its application to nursing practice.</td>
<td>The poster will be used to present methods and results including: 1) Descriptive, exploratory study used a survey design. 2) Methods included: electronic survey sent via Survey Monkey® by the Oncology Nursing Society (ONS) Marketing Department to random sample of 1,000 active ONS members who met study inclusion criteria. 3) 33-item investigator-created survey with 3 sections:</td>
</tr>
</tbody>
</table>
knowledge; perception; and demographics. 4) Participants had 3 weeks to complete the survey. 5) Statistical analysis included means and frequencies (%), non parametric Kruskal-Wallis test, Chi-square and Fisher exact test. 6) Results: Participants stated they had most knowledge of the rationale of music therapy for pain, anxiety, and depression and that they perceived music therapy to be most effective for pain, anxiety, and depression. There was a significant relationship between the nurse’s perception of music therapy efficacy and the nurse initiating a discussion of music therapy with patients and making a referral. 7) If nurses perceive music therapy to be effective for patients, they are more likely to incorporate it into patient care by initiating a discussion or referral for music therapy. Further research is needed with larger samples of nurses and to examine specific factors that impact the nurse’s knowledge level of music therapy.

Abstract Text:

**Background:** Music therapy has shown efficacy for management of cancer treatment-related symptoms in the adult oncology treatment setting; thus, oncology nurses need adequate knowledge regarding this intervention for symptom management. The purpose of this study was to explore oncology nurses’ knowledge level and perceptions regarding efficacy of music therapy for cancer treatment-related symptoms in adult oncology patients.

**Methods:** This descriptive, exploratory study used a survey design. The research electronic survey was sent via Survey Monkey® by the Oncology Nursing Society (ONS) Marketing Department to a random sample of 1,000 active ONS members who met study inclusion criteria. The 33-item investigator-created survey had 3 sections: knowledge; perception; and demographics. Participants were given three weeks to complete the survey. Statistical analysis included means (SD) for continuous variables and frequencies (%) for categorical variables. For continuous variables, the non parametric Kruskal-Wallis test was used to examine differences between groups’ averages because data normality assumption was not satisfied. Chi-square and Fisher exact tests (cell counts <5) were used to explore relationships for categorical variables.

**Results:** Participants stated they had most knowledge of the rationale of music therapy for pain, anxiety, and depression. Participants also indicated that they perceived music therapy to be most effective for pain, anxiety, and depression. There was a significant relationship between the nurse’s perception of music therapy efficacy and the nurse initiating a discussion of music therapy with patients and making a referral.

**Conclusions:** If nurses perceive music therapy to be effective for patients, they are more likely to incorporate it into patient care by initiating a discussion or referral for music therapy. It is important for oncology nurses to have access to sources of information regarding music therapy, such as a lecture by a music therapist, self-taught modules, and teaching videos, all of which participants stated would be
helpful sources of information regarding music therapy. Further research is needed with larger samples of nurses and to examine specific factors that impact the nurse’s knowledge level of music therapy.


*Complementary Therapies in Medicine, 20*, 409-416.