

FAST FACTS: Non-Drug Treatment: Music

Music therapy: Listening to (or playing) music as a form of enjoyable distraction.

✓ Your Loved One May Enjoy:

- Listening to their favorite type of music
- Singing hymns or other favorite songs
- Listening to instrumental or harp music
- Playing piano, guitar, or other instruments
- Dancing
- Watching children playing instruments or singing



✓ How Does It Work?

- Research indicates that listening to your preferred style of music can:
 1. Reduce pain
 2. Lower blood pressure, heart rate, and respiratory rate

✓ Assisting with Music Therapy

- Discuss with your loved one their music preferences and experiences with music
- Provide your loved one with a device to listen to music and headphones (if comfortable to use); provide a variety of music options they enjoy
- Set up the equipment as needed for your loved one prior to the session
- At the beginning of each session, ask your loved one what their pain level is on a 0-10 pain scale; do this again at the end of the music session.
- Document pain ratings so you can share with your loved one's healthcare team.

✓ What Else You Should Do

- Write down and share information about your loved one's pain with their healthcare provider
- Use a [Pain Diary](#) to note important information useful to the healthcare provider
- Encourage your loved one to try a non-drug treatment and document the impact on pain

Reference:

1. Adapted from: 1. Fouladbakhsh, J.M., et al., Nondrug therapies for pain management among rural older adults. *Pain Manag Nurs*, 2011. 12(2): p. 70-81. 2. The Nursing Home Pain Management Algorithm Clinical Trial, R01 NR009100, 7/1/05 – 4/30/10; Mary Ersek (PI) Used with permission of Mary Ersek and HPNA (2009).
2. Lunde, Sigrid Juhl*; Vuust, Peter; Garza-Villarreal, Eduardo A.; Vase, Lene., May 2019; *Music-induced analgesia: how does music relieve pain?*, PAIN, Volume 160, Issue 5, p 989-993.

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