

## FAST FACTS: Non-Drug Treatment: Music

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

### ✓ You May Enjoy:

- Listening to your 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

### ✓ Preparing for Music Therapy

- Consider your music preferences and experiences with music
- Gather a device to listen to music and headphones (if comfortable to use); and a variety of music options you enjoy
- Set up the equipment as needed prior to the session
- At the beginning of each session, document what your 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 healthcare team.

### ✓ What Else You Should Do

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

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### References:

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).

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