FAST FACTS: 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

✓ What Can you Do?
  - Discuss with your loved one their music preferences and experiences with music.
  - Advocate for your loved one to have access to the items or opportunities necessary for using their preferred music as a nondrug pain management.
  - Assist your loved one to gather the needed equipment (i.e. device to listen to music/head phones) and a variety of music options they enjoy.
  - Set up the musical equipment as needed for your loved one prior to the session.
  - Ask your loved one prior to beginning each session what their pain/tension level is on a 0-10 pain scale and 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:
  - Consider using a Pain Diary to note important information useful to the provider on a regular basis.
  - Encourage your loved one to try a non-drug treatment and document the impact on their pain in their Pain Diary.

Reference