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

References