FAST FACTS: Music as Nondrug Pain Treatment

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 others play instruments or sing live

✓ 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?
  - Consider your music preferences and experiences with music
  - Gather or ask a family member/friend to gather or coordinate items or opportunities necessary for listening to or playing your preferred type of music (providing instruments, devices, live concerts, streaming music, etc…)
  - Gather or ask a family member/friend to gather the needed equipment or device (i.e. phone, computer, tablet, radio, CD/record/cassette player, television, headphones, internet connection, etc…) to listen to music you enjoy
  - Set up or ask a family member/friend to set up the equipment needed prior to the session
  - Document prior to beginning each session what your pain/tension level is on a 0-10 pain scale and do this again at the end of the music session
  - Share your pain ratings with your healthcare team

✓ What Else You Should Do
  - Consider using a Pain Diary to note important information useful to the provider on a regular basis.

Adapted from:
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).