

## 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:

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).