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Acknowledgments

We would like to thank Dr. S. Lawrence Librach and the Temmy Latner Centre for Palliative Care, Mount Sinai Hospital (Toronto), as well as Dr. Balfour Mount and Yvonne Corbeil of the Palliative Care Service, Royal Victoria Hospital (Montreal), for their support of this project. Our deep appreciation goes to all those writing about this challenging work, with special thanks to Jenny Martin and Colin Lee for organizing the two conferences to date on music therapy in palliative care. Most of all, our gratitude goes to the courageous men, women, and children—the patients—who continue to inspire our work.

The effects of music therapy-based bereavement groups on mood and behavior of grieving children: a pilot study.

Hilliard MSW MT-BC RE.

Florida State University, Big Bend Hospice.

The purpose of this study was to measure the effects of music therapy-based bereavement groups on mood and behavior of grieving children. Eighteen subjects were assigned to one of two groups: experimental (8 sessions of group music therapy) or control (no group music therapy). All subjects participated in a battery of psychometric tests which measured behavior, mood, and grief symptoms for both pretests and posttests. Statistical analysis indicated a significant difference among subjects in the experimental group for the Behavior Rating Index for children in the home environment and the Bereavement Questionnaire for Parents/Guardians. Although there were no statistically significant differences, mean scores on the Depression Self-Rating Index and the Behavior Rating Index for children in the school environment of the experimental group dropped following treatment. The investigator concluded that participation in music therapy-based bereavement groups served to reduce grief symptoms among the subjects as evaluated in the home. Teacher and self-evaluations were less conclusive. Further research studying the effects of music therapy on grieving children is recommended.

PMID: 11796079 [PubMed - in process]

The effects of single-session music therapy interventions on the observed and self-reported levels of pain control, physical comfort, and relaxation of hospice patients.

Krout RE.

Hospice of Palm Beach County, West Palm Beach, Florida, USA.

This article describes the process and results of a three-month music therapy clinical effectiveness study conducted with terminally ill patients. The purpose of this study was to quantify and evaluate the effectiveness of single-session music therapy interventions with hospice patients in three patient problem areas: pain control; physical comfort; and relaxation. Data from a total of 90 sessions conducted with a total of 80 subjects served by Hospice of Palm Beach County, Florida, were included in the study. Music therapy services were provided by five board-certified music therapists and one music therapist eligible for board certification. The subjects in this study were receiving regularly scheduled music therapy services from the hospice organization. The study used both behavioral observation and subject's self-reporting as methods of data reporting and recording. Subjects were observed for, or self-reported, their levels of pain control, physical comfort, and relaxation, both before and after each music therapy session. The subjects were served in the environments where music therapy services would normally be delivered (i.e., home, hospital, nursing home, or inpatient acute-care unit of the hospice organization). Music therapy services included live active and passive music-based experiences. These were designed to build and to establish rapport with patient or family, to facilitate family interaction and patient control, to provide support and comfort, to facilitate relaxation, to enable reminiscence and life review, to provide a frame-work for spiritual exploration and validation, and to encourage the identification and expression of feelings of anticipatory mourning and grief. A total of six hypotheses stated that there would be significant pre- to postsession differences in each of the three variables: pain control, physical comfort, and relaxation, as measured during two different session and data collection scenarios. These scenarios included the independent observation and recording of the three subject variables and the subject's self-report of each variable. Reliability correlation coefficients were calculated for each of the different session and data-collection scenarios to help assess the correlation between primary and reliability observers. Pearson product moment correlations indicated reliability agreement coefficients of $r = .85$ and $r = .90$. One-tailed t-tests were performed on the collected data for subject pain control, physical comfort, and relaxation. Results of the t-tests were significant at the $p < \text{or} = .001$ (for observed pain control, physical comfort, and relaxation) and $p < \text{or} = .005$ (for self-reported pain control, physical comfort, and relaxation) levels. These results suggest that single-session music therapy interventions appear to be effective in increasing subject pain control, physical

comfort, and relaxation during both data collection scenarios. Based on the results of these tests of the analyzed data, the hypotheses were all accepted. Tables illustrate pre- to post-session changes in levels of all three variables from both session and data-collection scenarios. Copies of the data-collection forms are also included in the Appendix. The discussion section addresses limitations of this study and suggestions for future studies.

Publication Types:

- Clinical Trial
- Controlled Clinical Trial

PMID: 11712719 [PubMed - indexed for MEDLINE]

1: J Palliat Care 2001 Autumn;17(3):167-72

The use of music therapy to address the suffering in advanced cancer pain.

Magill L.

Integrative Medicine Service, Memorial Sloan-Kettering Cancer Center, New York University, New York, New York, USA.

Pain associated with advanced cancer is multifaceted and complex, and is influenced by physiological, psychological, social, and spiritual phenomena. Suffering may be identified in patients when pain is associated with impending loss, increased dependency, and an altered understanding of one's existential purpose. Comprehensive pain management aims to address problematic symptoms in order to improve comfort, peace of mind, and quality of life. Music therapy is a treatment modality of great diversity that can offer a range of benefits to patients with advanced cancer pain and symptoms of suffering. Music therapists perform comprehensive assessments that include reviews of social, cultural, and medical history; current medical status; and the ways in which emotions are affecting the pain. A variety of music therapy techniques may be used, including vocal techniques, listening, and instrumental techniques. These techniques provide opportunities for exploration of the feelings and issues compounding the pain experience. Case examples are presented to demonstrate the "lifting", "transporting", and "bringing of peace" qualities of music that offer patients moments of release, reflection, and renewal.

PMID: 11816757 [PubMed - indexed for MEDLINE]

Developing and using a computerized database for music therapy in palliative medicine.

Gallagher LM, Steele AL.

Harry R. Horvitz Center for Palliative Medicine, Taussig Cancer Center, Cleveland Clinic Foundation, Cleveland Music School Settlement, Cleveland, Ohio, USA.

The purpose of this paper is to describe the music therapy program at the Harry R. Horvitz Center for Palliative Medicine, to present different music therapy interventions that are used with individuals who have terminal illnesses, and to introduce initial findings from a pilot study of the effects of music therapy on an inpatient palliative medicine unit. For the first time, a computerized database has been designed to evaluate clinical practice by tracking music therapy intervention effectiveness on common symptoms. Measurement techniques included visual analogue scales and behavioural observation. Music therapy was shown to have a significant effect on common symptoms in advanced cancer patients, suggesting that it should be included in palliative medicine programs as an adjunct to symptom treatment.

PMID: 11816754 [PubMed - indexed for MEDLINE]

an To Kagaku Ryoho 1997 May;24(7):792-9Related Articles, Books, LinkOut

[Hospice program and palliative medicine music therapy

[Article in Japanese]

Nakagami Y.

Salvation Army Kiyose Hospital, Tokyo, Japan.

Hospice and palliative care have important roles for cancer patients in an incurable state to alleviate their total pain and to achieve the best quality of life. Interdisciplinary team-doctors, nurses, therapists, social workers and so on provide effective support in order to fulfill the varying needs of patients and families. Pain relief as a palliative medicine is most urgently required by seventy percent of patients on admission to our Hospice at the Salvation Army Kiyose Hospital. A case is presented with some comments on pain management. Music therapy is also introduced. This is one of the complementary methods for consolation of the mind and body of patients. Some of them seem to find it beneficial.

PMID: 9170516 [PubMed - indexed for MEDLINE]

1: Dimens Crit Care Nurs 1995 Mar-Apr;14(2):78-85
LinkOut

Related Articles, Books,

A relaxation protocol to reduce patient anxiety.

Mynchenberg TL, Dungan JM.

Relaxation and music therapy have shown promise as anxiety-reducing interventions for patients in critical care settings. The challenge for nurses is to incorporate these modalities of care into effective clinical strategies. This article describes one method of introducing relaxation therapy to the anxious patient within the context of the Dungan Model of Dynamic Integration.

PMID: 7889802 [PubMed - indexed for MEDLINE]

Rev Enferm 1999 Apr;22(4):293-8 Related Articles, Books, LinkOut

[Effect of music on children with cancer].

[Article in Spanish]

Camprubi Duocastella A.

Servicio de Hematologia, Hospital Sant Joan de Deu, Barcelona.

This study looked for a relationship between immunity and one's spirits while investigating the effect musical therapy produces on Immunoglobulina A (IgA) found in saliva and a Patient's Opinion on the Likert Scale (OPEL). There were 30 children as patients, 15 in a control group and 15 in an experimental group. They were 5 or 16 years of age and checked into the Sant Joan de Deu Hospital in Barcelona due to neoplastic illness.

Publication Types:

Clinical trial

Randomized controlled trial

PMID: 10514756 [PubMed - indexed for MEDLINE]

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On a personal note: a music therapist's reflections on working with those who are living with a terminal illness.

Hartley NA.

Music therapists are constantly called upon to justify their work through research projects and evaluation processes. Rarely do we get the opportunity to talk personally about our work, the effects it has on us as music therapists, indeed, as human beings. This paper traces my own journey as a music therapist working with the terminally ill. Using audio extracts of music improvised with patients at the end of their lives, the concept of "attention" in music is addressed and explored. The paper will investigate: a) What is the difference between the quality of attention that is available to ourselves and our patients "in" music, as opposed to other ways of being together?; b) What does musical experience, particularly when achieved through improvisation, enable us and our patients to be that we cannot achieve in other ways?; c) Can "being in music" with another person fulfill a sense of longing that is evident in people at the end of their lives? In her book *Waiting For God*, Simone Weil suggests, "Those who are unhappy have no need for anything else in this world other than people capable of giving them their attention..." (1). Can the improvisation of music offer a unique and uncomplicated medium for being close?

PMID: 11816752 [PubMed - indexed for MEDLINE]

1: Support Care Cancer 2001 May;9(3):156-61

Music therapy in palliative medicine.

Gallagher LM, Huston MJ, Nelson KA, Walsh D, Steele AL.

The Harry R. Horvitz Center for Palliative Medicine, Cleveland Clinic, Taussig Cancer Center, Ohio 44195, USA.

A partnership between The Cleveland Clinic Foundation and The Cleveland Music School Settlement has resulted in music therapy becoming a standard part of the care in our palliative medicine inpatient unit. This paper describes a music therapy program and its impact on patients, their families, and staff. A service delivery model is suggested for implementation and integration of music therapy within palliative medicine. Specific music therapy interventions, evaluation and documentation techniques are also mentioned. A description of patient and family responses to music therapy, staff satisfaction, and effectiveness of interventions is presented.

PMID: 11401099 [PubMed - indexed for MEDLINE]

: J Palliat Care 2001 Autumn;17(3):142-6

Music therapy as psychospiritual process in palliative care.

Salmon D.

McGill University Health Centre, Palliative Care Service, Royal Victoria Hospital, Montreal, Quebec, Canada.

This paper proposes a theoretical framework for understanding how music therapy elicits and supports depth experiences in palliative care. The author explores music therapy as a containing or sacred space in which ventures into the realm of psychospiritual awareness may safely occur. The ultimate goal is to facilitate the process of connecting to that which is psychologically and spiritually significant for the patient, thereby transforming experiences of suffering into those of meaning.

PMID: 11816753 [PubMed - indexed for MEDLINE]

1: J Palliat Care 2000 Spring;16(1):35-8 Related Articles, Books, LinkOut

Music therapy in palliative care for hospitalized children and adolescents.

Daveson BA, Kennelly J.

Royal Children's Hospital Foundation/ABC Learning Centres, Brisbane, Australia.

Publication Types:

Review

Review, tutorial

PMID: 10802962 [PubMed - indexed for MEDLINE]

Investigations into synchronisation of heart rate and musical rhythm in a relaxation therapy in patients with cancer pain].

[Article in German]

Reinhardt U.

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OBJECTIVE: Registration of the influence of musical rhythm on synchronisation and coordination of heart rate. **DESIGN:** Randomized pilot study. **PROBANDS:** 28 patients with chronic cancer pain in a stable phase of the disease. **Intervention:** 14-day training of a relaxation therapy designed for improving the falling asleep, including a 30-minute lullaby-like, rhythmically dominated music with gradually decreasing tempi. No training in the control group. **OUTCOME MEASURES:** Continuous registration of heart rate and comparison with musical beat on day 1 and 15. Analysis of the degree of synchronisation, i.e. the coordination of systole and musical central time point (1st beat of the 6/8 time alla breve). Recording of the time of falling asleep and registration of the patient's subjective evaluation of the relaxation therapy and the pain intensity using verbal rating scales. Documentation of the use of analgetics. **RESULTS:** Under the relaxation therapy trained patients showed an increasing synchronisation and coordination of heart rate and musical beat. At a musical tempo between 48 and 42 beats per min a very stable 2 : 3 synchronisation occurred. Trained patients who reported the best relaxing and analgetic effects showed the highest degree of synchronisation. Relaxation therapy led to an improvement of falling asleep and to a decrease in consumption of analgetics. **CONCLUSIONS:** Lullaby-like music within a special range of tempi can induce a trainable synchronisation of heart rate, functionally associated with the formation and intensity of a relaxation reaction. Further investigations are promising, however, substantial improvements in the measurement and documentation methods are needed.

Publication Types:

Clinical trial

Controlled clinical trial

PMID: 10460982 [PubMed - indexed for MEDLINE]

: J Palliat Care 2001 Autumn;17(3):147-54

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Gallagher LM, Steele AL.

Harry R. Horvitz Center for Palliative Medicine, Taussig Cancer Center, Cleveland Clinic Foundation, Cleveland Music School Settlement, Cleveland, Ohio, USA.

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