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## Interprofessional Webinar Series



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# Music Therapy Strategies for Symptom Management

Lucanne Magill, DA, LCAT, MT-BC

Manager, Creative Arts Therapy

MJHS Institute for Innovation in Palliative Care

## Disclosure Slide

Lucanne Magill, DA, LCAT, MT-BC, has no financial arrangements or affiliations with any commercial entities whose products, research, or services may be discussed in these materials. Any discussion of investigational or unlabeled uses of a product will be identified.

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## Overview

- Purpose: to provide information about the use of music therapy strategies to assist in the treatment and management of symptoms.
- Data trends in reports examining the effects of music therapy on a range of disease-related symptoms.
- Overview of assessment, treatment and evaluation procedures used to address symptoms related to hospice and palliative diagnoses.
- Indications for referral and treatment.

# Definition

- Music Therapy: Use of personalized music therapy interventions and psychotherapeutic processes with a licensed professional music therapist
- Treat symptoms and issues—medical, psychosocial, cognitive, spiritual, grief
- Is relationship-based: Patient-caregivers-therapist; the artistic and psychological processes are dynamic forces for change

# Theoretical Perspectives

- Music alters physiological responses
- Music alters mood
- Music facilitates communication

# Theoretical Perspectives

1. Music: Multifaceted medium
2. Dynamics elicit responses
3. Relationship between music and memory
4. Dynamic and malleable
5. Is time-sequenced
6. Provides social context
7. Biopsychosocial, cultural, spiritual domains

# Music Therapy and Pain

Music therapy is a non pharmacologic approach known to reduce pain and improve comfort

- Theoretical and empirical studies: Mechanisms-- distraction, perceived control, emotional engagement
- Single-session and repeated interventions are effective in increasing pain control, physical comfort, and relaxation
- Subjectivity: Comprehensive perspective of pain experience
- Use of preferred music that brings contentment is key



# Music Therapy and Pain

- Cognitive—Potential for music to refocus attention away from the pain experience; associations, memory retrieval, reflection on meaning, imagery, and visualization
- Affective—Music may alter mood associated with chronic and life-threatening illnesses; e.g., depression, anxiety, fear, anger, sadness.
- Sensory: Neuromechanisms in pain modulation
- Role of endorphins—Music may stimulate endogenous system of pain modulation.

Magill-Levreault, L. Music therapy in pain and symptom management. J Palliat Care 1993 Winter;9,4:42-8.

# Music Therapy and Agitation

Music therapy strategies can reduce agitation and enhance comfort.

- Music is a nonpharmacologic anxiolytic known to reduce anxiety and tension.
- Can reduce aggressive or agitated behaviors, improve mood, improve cooperation with daily tasks, such as bathing
- Reduce isolation: Verbal/nonverbal expression, socialization, cognitive stimulation

# Music Therapy and Dyspnea

Music therapy can improve relaxation and reduction of anxiety associated with dyspnea.

- Promotes relaxation: Activate parasympathetic response, reduce muscular tension, respiratory rate, heart rate, blood pressure
- Provides auditory stimuli: Adaptation to pulse of rhythm
- Distraction from stimuli

# Music Therapy and Mood

- Music and mood are inherently linked.
- Music engages a wide range of neurobiological systems that influence cognition and emotional responses.
- Memory and association with music—key role in emotional response

# Systematic Reviews: Symptoms

Music therapy interventions improve symptoms in patients.

- Bradt J, Dileo C, Grocke D, Magill L. Music interventions for improving psychological and physical outcomes in cancer patients. Cochrane Database Syst Rev. 2011 Aug 10;(8):CD006911.
- Bradt J, Dileo C. Music interventions for mechanically ventilated patients. Cochrane Database Syst Rev. 2014;12:CD006902.

# Procedures

- Referral through CAT Manager—need; assignment
- Assessment: Comprehensive—to review issues, needs and human experiences potentially shaping symptoms
- Treatment plan; collaboration with IDT
- Personalized treatment approaches: Designed to address symptoms
- Long term: Focus on components of patient-family experiences
  - meaning; life contributions; communication; dignity; family coping

# Assessment Tools

- Verbal report: Qualitative and 10-point Likert Scale—patient pre-post report of pain, tension-anxiety, mood, fatigue
- Verbal report: Psychosocial, familial, emotional issues; areas of meaning and fulfillment; relationship with music, etc.
- Clinician's subjective assessment: Tension/relaxation, facial tension/expression, breathing pattern, affect, orientation, *overall presentation*
- VAS, FACES, FLACC: Used to help LCAT assess
- Narrative report
- Assessment: Ongoing

# Individualized Treatment Strategies

- Entrainment: The merging with, synchronizing to the dynamics of music; iso-principle: Music reflects mood of patient
- Vocalizations: Chanting, toning, humming: Use of gentle rhythms, improvised tones to regulate breath, focus attention
- “Circle Technique” (Magill L, 2009)
- “Mindful Music Listening” (Magill L, 2000)
- Music and Imagery





## Entrainment



## Vocalizations: Chanting

## “The Circle Technique”





## “The Circle Technique”



# Music and Guided Imagery

- Music with guided images
- Progressive relaxation
- Nature, environmental scenes preferred by patient

## Case Example: Albert

- 60, Stage IV Lymphoma
- Multiple roles in life

### Inner Peace:

“ In this moment, there is beauty.  
In this moment, time is full.  
There is joy, there is peace,  
In this moment now. ”

# Indications for Referral to CAT

- Challenging symptoms: Pain, respiratory, agitation, insomnia, fatigue, mood
- Patient/family: Distress, dynamics, caregiver strain,
- Anticipatory grief, life review, existential quest
- Pediatrics: Patients, family members
- Coping issues
- Actively dying, IPU
- Special procedures, extubation
- Bereavement

## Conclusion

- Music therapy helps improve various symptoms experienced by patients receiving hospice care.
- Treatment approaches must be individualized and maintain patient/family-centered focus.
- Music Therapists conduct ongoing assessments and evaluations and adapt strategies and treatment plans accordingly.
- Within the context of the therapeutic process, music therapy can address symptoms of suffering and enhance patient/family sense of meaning at end of life.



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# Music Therapy Strategies for Symptom Management

Q/A