Music Therapy Strategies for Symptom Management

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Disclosure Slide

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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.

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.


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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References: Music Therapy and Agitation (Cont’d)


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Q/A