

# The role of music in oncology

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## Agenda

- Music as a resource for:
  - Psychosocial care
  - Anxiety/stress
  - Pain
  - Resilience and hope
  - Cognition
- Defining music therapy



## The true pandemic

- The burden of illnesses and disabilities in the United States and the world is closely related to social, psychological, and behavioral aspects of the way of life of the population. (IOM, 1982:49-50)
- The Benson-Henry Institute at MGH reports up to 90% of all medical office visits are for conditions related to stress
  - Stress is the true pandemic

# The portal to a new world

- 100% stress
- Fight or flight
- Harpist ≠ music therapy
- Style disorders



## Cancer Care for the Whole Patient (2008)

- Health is determined not just by biological processes but by people's emotions, behaviors and social relationships
- An Institute of Medicine report (2006) states that the purpose of health care is to "continuously reduce the impact and burden of illness, injury and disability, and...improve...health and functioning"
- Psychological and social problems created or exacerbated by cancer- including depression and other emotional problems; lack of information or skills needed to manage the illness...cause additional suffering, weaken adherence to prescribed treatments, and threaten patients' return to health

## Reimagining the portal

- An opportunity to set the values and recommendations from the IOM reports
- My view
  - Engaging resources from positive psychology

# Wellness suggestions

- ✦ Say 10 **gratitudes** each day for what went well.
- ✦ Plan an **exercise** regime:
  - ✦ Ask a friend to go for a walk once a week
  - ✦ Find new places to walk
  - ✦ Find a Livestrong class at your local YMCAS
  - ✦ Find a yoga class for gentle stretching
- ✦ Practice a **breathing** exercise for stress management
  - ✦ Breathe in counting to 4, breathe out counting to 6. Repeat 3 times



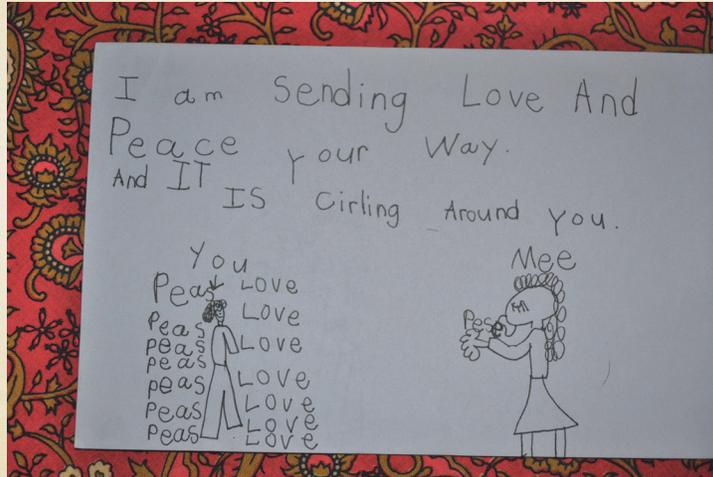
# Wellness diet

- ✦ Look at your **diet**.
  - ✦ Are you eating enough vegetables? Fruit?
  - ✦ Consider a nutrition consult to maximize your dietary intake.
  - ✦ Pack meals with notes for yourself
  - ✦ Plan on having your favorite foods for hospital days
- ✦ Gather **art** materials. What did you like to do as a child or adult that you haven't had time for? What have you always aspired to learn- watercoloring, knitting, etc. This is a great time for handcrafts.
- ✦ What **movies** do you love? What makes you laugh? Or fill you with aesthetic beauty? Line them up for viewing during infusion days.



# Art

## My daughter's art



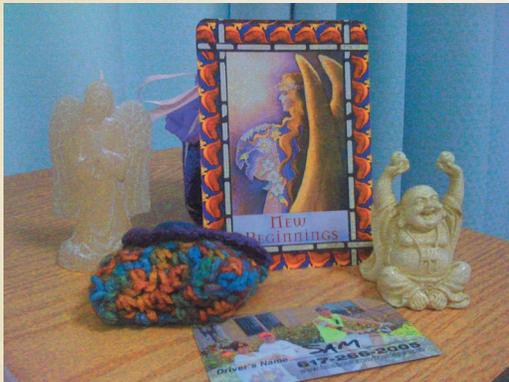
## Meeting the needs of children

It's still me:  
a cancer story

- \* Creating developmentally appropriate messages for children



## Wellness rituals



## Wellness ritual

- Blessings all around



## Suggestions for wellness with music

- Create playlists of music that makes you feel brave and motivated for exercise, to get out of bed or just to get to the infusion appointments. I always used 'I'll never walk alone' because I never did.
- Create playlists of music that make you feel calm and relaxed. Consider using this music 45 minutes before bedtime to help induce sleep. Sleep can easily be disturbed by worry so consider adding
- Films and documentaries about music

## Caring for the caregivers

- What songs make you feel brave when you feel vulnerable?
- What songs make you feel comforted when you are anxious?
- What songs express your grief at a patient's poor outcomes or death?

# Music therapy vs. music medicine

	Music therapy	Music in medicine
Training	1200 clinical hours plus UG degree plus national board exam	None
Assessment	Assessment of communication, cognition, movement, affect through music	None
Treatment	Efficacy-based interventions	None
Clinical results	Targeted outcomes, biologically informed	Luck (+ or -)

## Anxiety

- Non-pharmacologic
- Up-regulated limbic system
- Down-regulated executive functions
- Music is an ideal intervention
- Protocol



## Research

- Both music therapy and music medicine improved mood, anxiety, relaxation and pain, with patients preferring music therapy to music medicine (Bradt, 2015)
- In a study of metastatic breast cancer patients, music therapy showed significant improvements in relaxation, comfort, happiness and heart rate compared to controls (Hanser, 2006)

# Research

## (cont.)

- Adolescent/young adult stem cell transplant patients showed positive trends in hope, spirituality, confidence, mastery and self-transcendence immediately after treatment, as well as improvements in QOL and better defense coping mechanisms after 100 days (Burns, Robb & Haase, 2009; Robb et al., 2014)
- Blood/marrow transplant recipients who received music therapy services showed significantly more positive affect and less negative affect and pain (Fredenburg & Silverman, 2014)
- Adults undergoing chemo who received MT services showed significant improvements in anxiety, fear, fatigue, relaxation and diastolic BP compared with controls (Rosenow & Silverman, 2014)

# Resilience

- Building in the capacity to recover from adversity
  - You can do this
  - This is the best program we have available
  - You can work with your medicine
  - You never walk alone



# Oncology choirs

- based on research
  - QOL, anxiety, cognitive stimulation, social engagement, speech, immune system
- recommended by WHO and UN to meet healthcare needs worldwide
- for patients, caregivers and staff



# Palliative and hospice care

- ✦ Music is a gift for life, until the end of life
- ✦ Life review
- ✦ Music Living Will



# Cancer bonus



# Summary

- ✦ Music meets the psychosocial objectives in support of diagnosis and treatment
- ✦ Music therapy is a biologically based use of music to improve well-beings and to manage symptoms related to chemotherapy, surgery and radiation treatments
- ✦ It isn't all bad

