



## The Development of an Evidence-Based Music Therapy Program

2015 ANCC National Magnet Conference®  
Session C722

October 7, 2015, 2:30 pm

**Stephanie Morris, MT-BC**  
**Samantha Pon, BSN, RN**

Cleveland Clinic Hillcrest Hospital  
Mayfield Heights, OH

---

---

---

---

---

---

---

---

## Music Therapy Definition

The American Music Therapy Association states:

“Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program” (AMTA, 2015)




---

---

---

---

---

---

---

---

## Music Therapists

- American Music Therapy Association (AMTA) approved college or university program
- 4 year Bachelor's or equivalency degree
- 6 month AMTA approved internship
- Credential: MT-BC
- Advanced Training: Master's Degree, PhD, Specialized Training and Certifications




---

---

---

---

---

---

---

---

## Evidence-Based Practice

### Cancer

- Improve mood disturbances during BMT (Cassileth, et al., 2003)
- ↓ emotional distress and symptoms during RT (Clark, et al., 2006)
- ↓ pain, promote relaxation in terminally ill (Curtis, 1986)
- Improve quality of life/decrease distress in women with breast cancer (Hanser, 2006)
- ↓ nausea & emesis during chemotherapy (Standley, 1992)

---

---

---

---

---

---

---

---

## Evidence-Based Practice

### Cost-Effectiveness

- Decrease costs when providing music therapy for procedural support (Walworth, 2005)

### Cochrane Reviews (Gold Standard)

- Stress & anxiety in coronary heart disease (Bradt & Dileo, 2009)
- Mechanically ventilated patients (Bradt, et al., 2010)
- Psychological & physiological outcomes- cancer patients (Bradt, et al., 2011)
- Brain injury (Bradt, et al., 2010)
- Pain relief (Cepeda, et al., 2006)
- Depression (Maratos, et al., 2009)

---

---

---

---

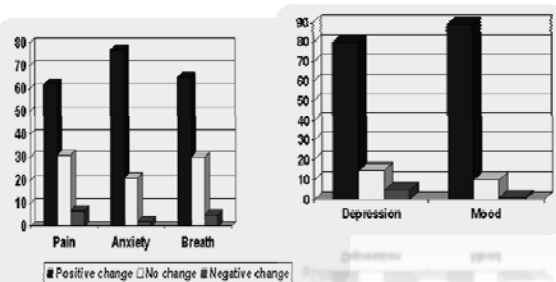
---

---

---

---

## Symptom Study – 200 Palliative Medicine Patients



- Gallagher et al., 2006

---

---

---

---

---

---

---

---

## Music Therapy Treatment Process

- Receive consult
- Assess patient
- Identify goals and interventions
- Treat patient
- Document
- Follow up with patient and family




---

---

---

---

---

---

---

---

## Goal Areas

- Physical
- Physiological
- Cognitive
- Emotional
- Spiritual
- Psychosocial




---

---

---

---

---

---

---

---

## Music Interventions

### Receptive

- Music Listening (Live/Recorded)
- Music-Assisted Relaxation
- Entrainment



### Creative

- Songwriting
- Singing/Humming
- Instrument Playing
- Movement with Music
- Musical Life Review
- Verbal Processing
- Music-Assisted Relaxation

---

---

---

---

---

---

---

---

## Music Therapy Referrals

### Referral Reasons

- Anxiety
- Cognition
- Coping
- Depression/Depressed Mood
- Pain
- Relaxation
- Shortness of Breath
- Speech

### Referral Sources

- Nurses
- Physicians
- Social Work
- Case Management
- Spiritual Care
- Physician Assistant
- Nurse Practitioners

---

---

---

---

---

---

---

---

## MT at Hillcrest Hospital

- Molly's idea
- Pilot program and intern
- Contracted position
- Part-time position
- LIVESTRONG™ Grant
- Full-time position inpatient + 20 hour position in Cancer Center

---

---

---

---

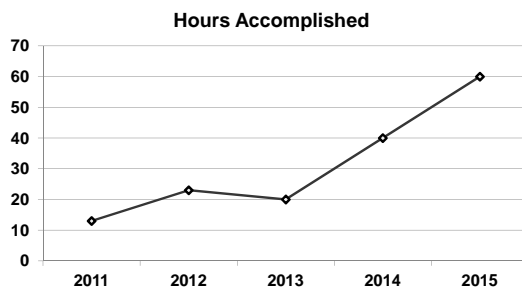
---

---

---

---

## Expansion of MT Hours




---

---

---

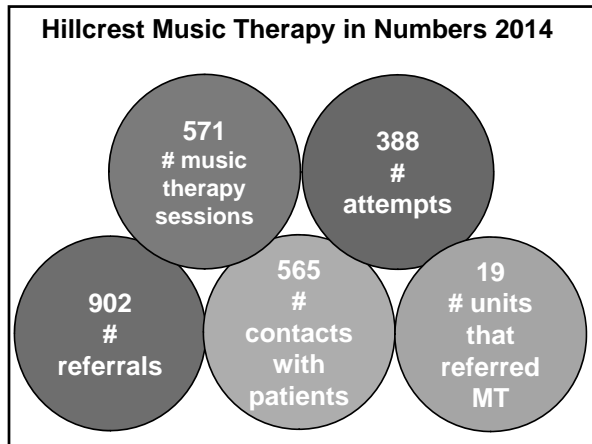
---

---

---

---

---




---

---

---

---

---

---

---

---

**Program Development**

- Visibility
- Education
- Experiencing is believing!

---

---

---

---

---

---

---

---

**Case Study # 1 – Trauma**  
Ms. A, age 21, ICU

Goals	Interventions
• Diversion	• Procedural support
• Anxiety	• Music-assisted relaxation
• Pain perception	• Singing
	• Decision-making
	• Song choices
	• Music discussion
	• Verbal processing

---

---

---

---

---

---

---

---

## Case Study # 2 – Grief

Mr. L, age 30, ICU

### Goals

- Grief/Bereavement Support
- Self-expression
- Coping

### Interventions

- Music listening
- Memory sharing



Impact outside  
of the hospital

---

---

---

---

---

---

---

---

## Case Study # 3 - Vent Weaning

Mrs. W, age 66, CCU, Step Down Unit

### Goals

- Anxiety
- Relaxation
- Depression
- Self-expression

### Interventions

- Music listening (live)
- Songwriting
- Singing
- Song choices
- Verbal processing




---

---

---

---

---

---

---

---

## *Satan's Sitting on My Shoulders*

### Chorus:

Satan's sitting on my shoulders,  
Tempting me to sin.  
Get behind me, get out.  
I can't let him win.

### Verse 1:

I've been angry for a long time.  
I need to make it stop.  
I want to get out from under it.  
I need to be on top.

### Verse 2:

I feel flooded by frustration,  
Discouragement and fear.  
I want dark clouds to leave me.  
The sun to reappear.

### Verse 3:

My faith's an uphill journey.  
But how much can I take?  
I must give control to Jesus  
My very soul at stake.

### Verse 4:

I'm so weary of this suffering  
There's times I want to cry  
Then I think of my Lord, Jesus  
And why he had to die.

### Chorus x 2

---

---

---

---

---

---

---

---

### Case Study # 4 – Oncology

Mrs. S, age 57, Outpatient Cancer Center

- | Goals                                  | Interventions               |
|--|-----------------------------|
| • Creativity                           | • Songwriting               |
| • Coping                               | • Music-assisted relaxation |
| • Self-expression                      | (guided imagery)            |
| • Adjustment to limitations and losses | • Verbal processing         |
|  | • Music discussion          |
|  | • Music listening           |




---

---

---

---

---

---

---

---

### Waiting for the Cancer Change

Verse 1:  
No more IV's, no more pumps in me  
No more pain no more ports  
No more meds, no more suffering

Chorus:  
I just want my life back  
We're going to conquer this  
Winning and dancing  
Happiness is there

Waiting for the cancer change

I want health for us all  
I want routine and consistency  
Return to identity this doesn't define me.  
Don't get sad, get mad

Waiting for the cancer change  
Waiting for the cancer change

Verse 2:  
How could I live without  
The greatest husband here?  
Sarah and Adam I will always be  
Your silly jilly mom.

Chorus  
The loved ones who care  
Couldn't do it without them there  
It takes a huge army  
Staff, family, and friends

Waiting for the cancer change  
Waiting for the cancer change

Bridge:  
Tulips and butterflies need elephants everywhere  
Ellie stomping, her weight has made the change  
Eat well be well. No giving up.  
The journey is difficult and very hard  
I will fight I will conquer I will dance.  
Trust myself, forgive more, my heart is open  
Cancer you picked the wrong girl

Waiting for the cancer change  
Waiting for the cancer change

No more daily tears no more pricks in me  
No more cuts no more leaks  
No more toxins no more cat125  
No more pain no more suffering.

---

---

---

---

---

---

---

---

### ETOH/Neuro/Dementia

#### Goals

- |  |  |
|--|--|
| • ↓ anxiety & use of anti-anxiety meds | • ↓ restraints                             |
| • ↓ amount of sedative meds            | • ↓ self-extubation & central line removal |
| • ↓ risk & improve RASS /CAM scores    | • Improve vital signs                      |
| • Increase readiness for weaning       | • Improve speech & motor responses         |
| • Improve weaning data                 | • ↓ s/s of sun downing                     |
|  | • ↓ critical care length of stay           |

---

---

---

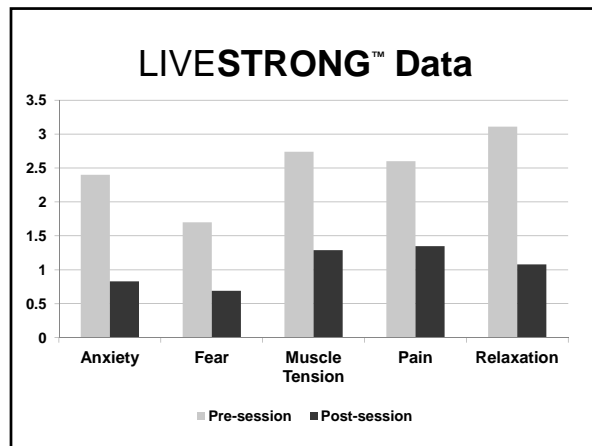
---

---

---

---

---




---

---

---

---

---

---

---

---

**Nursing Perceptions**

Question	Response	ICUs (N = 18)	Cancer (N = 8)	Combined (N = 26)
Do you feel music therapy is valuable in helping to:				
↓ pt. stress	Yes	100%	100%	100%
↓ pt. perception of pain	Yes	100%	100%	100%
↓ pt. anxiety	Yes	100%	100%	100%
↓ pt. depression	Yes	100%	100%	100%
Comfort and solace	Yes	100%	100%	100%
Opportunities for self-expression	Yes	78%	100%	85%

---

---

---

---

---

---

---

---

**Nursing Perceptions**

Question	Response	ICUs (N = 18)	Cancer Ctr (N = 8)	All (N = 26)
Based on your observations, what has been patients' overall response to music therapy?	Positive	100%	100%	100%
What is your response to the music therapy program?	Positive	100%	100%	100%
Do you feel music therapy helps decrease staff stress by making patient management easier or by creating a more relaxing atmosphere?	Yes	83%	100%	88%

---

---

---

---

---

---

---

---



## Nursing Comments

### Cancer Center

- “At first we weren’t sure of how this added service would change our practice. Now I think we have seen so much positive out of it I can’t even quantify it. Patients look for the music therapist and it is a high point of their treatment.”
- “I think music therapy is a great addition to our collaborative care.”

---

---

---

---

---

---

---

---

## Nursing Comments; ICU

- “The music therapy provides a relaxing environment...it can provide a sense of comfort and normalcy...”
- “Music is a big stress reliever for myself.”
- “Provides an overall uplifting mood.”
- “Music therapy is underutilized; only having 1 music therapist makes it a challenge.”
- “So helpful in decreasing anxiety in patients and families overall. Love music therapy!!”

---

---

---

---

---

---

---

---

**“A hospital is a place where joy and sorrow meet.”**




---

---

---

---

---

---

---

---



## References

- Bradt, J., & Dileo, C. (1996). Music for stress and anxiety reduction in coronary heart disease patients. *Cochrane Database Of Systematic Reviews*. doi:10.1002/14651858.cd006577.pub2
- Bradt, J., Dileo, C., & Grocke, D. (1996). Music interventions for mechanically ventilated patients. *Cochrane Database Of Systematic Reviews*. doi:10.1002/14651858.cd006902.pub2
- Bradt, J., Dileo, C., Grocke, D., & Magill, L. (1996). Music interventions for improving psychological and physical outcomes in cancer patients. *Cochrane Database Of Systematic Reviews*. doi:10.1002/14651858.cd006911.pub2
- Bradt, J., Magee, W., Dileo, C., Wheeler, B., & McGilloway, E. (1996). Music therapy for acquired brain injury. *Cochrane Database Of Systematic Reviews*. doi:10.1002/14651858.cd006787.pub2
- Cassileth, B., Vickers, A., & Magill, L. (2003). Music therapy for mood disturbance during hospitalization for autologous stem cell transplantation. *Cancer*, 98(12), 2723-2729. doi:10.1002/cncr.11842
- Cepeda, M., Carr, D., Lau, J., & Alvarez, H. (1996). Music for pain relief. *Cochrane Database Of Systematic Reviews*. doi:10.1002/14651858.cd004843.pub3
- Clark, M., Isaacks-Downton, G., Wells, N., Redlin-Frazier, S., Eck, C., Hepworth, J., & Chakravarthy, B. (2006). Use of Preferred Music to Reduce Emotional Distress and Symptom Activity During Radiation Therapy. *Journal Of Music Therapy*, 43(3), 247-265. doi:10.1093/jmt/43.3.247
- Curtis, S. (1986). The Effect of Music on Pain Relief and Relaxation of the Terminally Ill. *Journal Of Music Therapy*, 23(1), 10-24. doi:10.1093/jmt/23.1.10

## References

- DeLoach Walworth, D. (2005). Procedural-Support Music Therapy in the Healthcare Setting: A Cost Effectiveness Analysis. *Journal Of Pediatric Nursing*, 20(4), 276-284. doi:10.1016/j.pedn.2005.02.016
- Gallagher, L., Lagman, R., Walsh, D., Davis, M., & LeGrand, S. (2006). The clinical effects of music therapy in palliative medicine. *Supportive Care In Cancer*, 14(8), 859-866. doi:10.1007/s00520-0050013-6
- Hanser, S., Bauer-Wu, S., Kubicek, L., Healey, M., Manola, J., Hernandez, M., & Bunnell, C. (2006). Effects of a Music Therapy Intervention on Quality of Life and Distress in Women with Metastatic Breast Cancer. *J Soc Integr Oncol*, 04(03), 116. doi:10.2310/7200.2006.014
- Holt, S. (2014). Cochrane corner: Music to reduce stress and anxiety for people with coronary heart disease. *Advances In Integrative Medicine*, 1(2), 98. doi:10.1016/j.aimed.2014.05.001
- Maratos, A., Gold, C., Wang, X., & Crawford, M. (1996). Music therapy for depression. *Cochrane Database Of Systematic Reviews*. doi:10.1002/14651858.cd004517.pub2
- Musictherapy.org.. (2015). *American Music Therapy Association / American Music Therapy Association (AMTA)*. Retrieved 25 June 2015, from <http://musictherapy.org>
- Standley, J. (1992). Clinical Applications of Music and Chemotherapy: The Effects on Nausea and Emesis. *Music Therapy Perspectives*, 10(1), 27-35. doi:10.1093/mtp/10.1.27

### Contact Info

- **Stephanie Morris, MT-BC**
  - [morriss4@ccf.org](mailto:morriss4@ccf.org) 440-312-1294
- **Samantha Pon, BSN, RN**
  - [pons@ccf.org](mailto:pons@ccf.org) 440-312-9015

---

---

---

---

---

---

---



**Cleveland Clinic**

Every life deserves world class care.

---

---

---

---

---

---

---