The Development of an Evidence-Based Music Therapy Program

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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)
- δ emotional distress and symptoms during RT (Clark, et al., 2006)
- δ pain, promote relaxation in terminally ill (Curtis, 1986)
- Improve quality of life/decrease distress in women with breast cancer (Hanser, 2006)
- δ 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

<table>
<thead>
<tr>
<th>Referral Reasons</th>
<th>Referral Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>Nurses</td>
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<tr>
<td>Cognition</td>
<td>Physicians</td>
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<tr>
<td>Coping</td>
<td>Social Work</td>
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<tr>
<td>Depression/Depressed Mood</td>
<td>Case Management</td>
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<tr>
<td>Pain</td>
<td>Spiritual Care</td>
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<tr>
<td>Relaxation</td>
<td>Physician Assistant</td>
</tr>
<tr>
<td>Shortness of Breath</td>
<td>Nurse Practitioners</td>
</tr>
<tr>
<td>Speech</td>
<td></td>
</tr>
</tbody>
</table>

### 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

- Graph showing hours accomplished from 2011 to 2015.
Hillcrest Music Therapy in Numbers 2014

- 571 # music therapy sessions
- 388 # attempts
- 902 # referrals
- 565 # contacts with patients
- 19 # units that referred MT

Program Development

- Visibility
- Education
- Experiencing is believing!

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

Goals
- Diversion
- Anxiety
- Pain perception

Interventions
- Procedural support
- Music-assisted relaxation
- 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
- Creativity
- Coping
- Self-expression
- Adjustment to limitations and losses

Interventions
- Songwriting
- Music-assisted relaxation (guided imagery)
- 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
Happiness is there
Waiting for the cancer change
I want health for us all
The journey is difficult and very hard
I will fight I will conquer I will dance.
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 silly 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
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
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 CA125
No more pain no more suffering.

ETOH/Neuro/Dementia

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

#### Question Response ICUs (N = 18) Cancer (N = 8) Combined (N = 26)

<table>
<thead>
<tr>
<th>Question</th>
<th>Response</th>
<th>ICUs</th>
<th>Cancer</th>
<th>Combined</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you feel music therapy is valuable in helping to:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>§ pt. stress</td>
<td>Yes</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>§ pt. perception of pain</td>
<td>Yes</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>§ pt. anxiety</td>
<td>Yes</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>§ pt. depression</td>
<td>Yes</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>Comfort and solace</td>
<td>Yes</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>Opportunities for self-expression</td>
<td>Yes</td>
<td>78%</td>
<td>100%</td>
<td>85%</td>
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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
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