Exploring Music as a Nursing Intervention for the Management of Pain
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Conflict of Interest Disclosure

• Conflicts of Interest for ALL listed contributors.
  • NONE
  • Sandra L. Siedlecki
    A conflict of interest is a particular financial or non-financial circumstance that might compromise, or
    appear to compromise, professional judgment. Anything that fits this should be included. Examples are
    owning stock in a company whose product is being evaluated, being a consultant or employee of a
    company whose product is being evaluated, etc.
  • Taken in part from “On Being a Scientist: Responsible Conduct in Research”. National Academies Press. 1995.

Conflict of Interest Disclosure

• Authors Conflicts of Interest;
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Objectives

• Discuss the theoretical basis for music as a pain management strategy
• Identify study variations that may impact study outcomes, related to music as a pain management strategy
• Evaluate several music experiences

The Theory Behind Music

• Music Therapy
  • Through the ages
• Music
  • Distraction
  • Pleasure
  • Relaxation
• Intention Music Listening as a Nursing Intervention
  • Gate Control Theory
  • Rogers’ Theory of Unitary Human Beings
  • Other

Effect of Music on Pain

• Acute Pain
• Chronic Pain
  • Malignant
  • Non-Malignant
Music

• Any combination of sounds perceived as music by the listener; it can be loud or soft, fast or slow.
• Music can be with or without lyrics
• Music can include the sounds of nature

Music Intervention Variations

• Music Styles
  • Self-Selected
  • Self-assessment
  • Intention
  • Prescribed

• Frequency of intervention
  • Daily?
  • BID?
  • PRN?
Music Intervention Variations

• Duration of intervention
  • 10 minutes
  • 20 minutes
  • 30 minutes
  • 1 hour
  • As needed

Music Intervention Variations

• Music Selection Options

Music Intervention Variations

• Does timing matter?
Music Listening Examples

- Audio clips

Questions?