

Hospice Music Therapy

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Physical Needs

- Pain management
- Respiratory comfort
- Management of agitation

Music Therapy Outcomes

- Significant reduction of self reported pain¹
- Significant decrease in pain scale scores²
- Significant reduction in observed agitation³
- Reduction in heart rate, blood pressure, and respiratory rate⁴

Emotional Needs

- Quality of life
- Emotional support
- Management of depression and anxiety
- Opportunities for life review and reminiscence

Music Therapy Outcomes

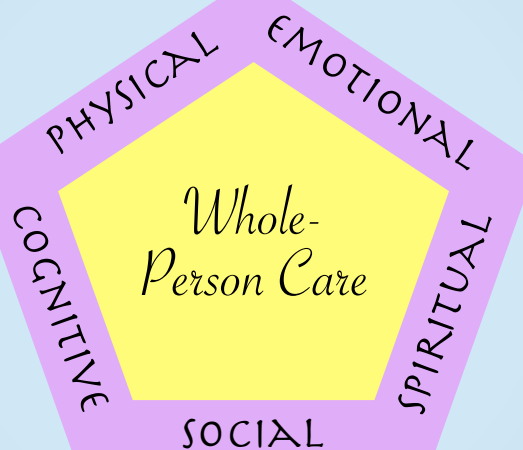
- Significant improvement in Quality of Life Index⁵
- Significant decrease in anxiety and depression^{6,7,8}
- Significant increase in positive affect and decrease in negative affect⁹
- Stimulate life review and reminiscence¹⁰

Cognitive Needs

- Verbal and non-verbal communication
- Management of behavioral symptoms

Music Therapy Outcomes

- Significant improvement in communication among people with dementia¹¹
- Significant reduction in behavioral and psychiatric symptoms of dementia¹²



Spiritual Needs

- Spiritual support
- Resolution of spiritual distress

Music Therapy Outcomes

- Significant increase in reported spiritual well-being¹³
- Improvement in patient and family's experience of spiritual support¹⁴

Social Needs

- Family/caregiver support
- Social connection
- Meaningful shared experiences

Music Therapy Outcomes

- Significant decrease in anxiety and fatigue among family caregivers¹⁵
- Decreased isolation and increased social interaction^{16,10}
- Increased feelings of empowerment, joy and remembrance in caregivers¹⁷

BEREAVEMENT

Bereavement Needs

- Process grief
- Maintain connection with deceased

Music Therapy Outcomes

- Reduction in behavioral distress and grief symptoms in bereaved children¹⁸
- MT sessions provided connection and positive remembrance^{19,20}

Hospice Music Therapy- References

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