



A study to assess the effectiveness of music therapy on pain and anxiety among cancer patients in Pravara Rural Hospital, Loni.

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Abstract

Introduction

The incidence and prevalence of cancer in world, is Global cancer rates could increased by 50% to 15 million by 2002 the predicted sharp increased in new cases from 100 million new cases globally in 2000 to 15 million in 2020 will mainly be due to steadily ageing population in both developed & developing countries and also be current trends in smoking prevalence and the growing adoption of an unhealthy lifestyle. (WHO 2005).

In INDIA, “Cancer Train” offers uncertain route out of despair in India.

In India the “Cancer Express” is a train on which cheap cancer treatment is offered on the more It’s a 10 hour ride from a distant in Punjab with a high prevalence discuses blamed on excessive use of pesticides to a charity cancer hospital in neighboring Rajasthan The government population control body found 103 people with cancer in a sample of 100;000 in one area of Bhatinda compared to 71 in an area near by with lower pesticide contamination

Music therapy, “A systematic process of intervention where in the therapist helps the client to promote health wing music experiences & the relationships that develop through them as dynamic force of change” The purpose of therapy always to help the client relax, cheer up or feel better in some immediate sense helps in inner healing process. In short it help in a physiological, psychological & immunological benefits.

There are many studies conducted Baily 1983 & Boldt 1996 both of which have been shown to increase specifically through music listening. People with cancer who engaged in music also have benefited in the form of greater physical relaxation & in form of decreased nausea & vomiting associated with chemotherapy.

The another study in which music appears to be particularly in the treatment of cancer related pain (Bailey 1983 Beck 1991, cook 1986) & through playing various musical instruments.

Methods:

200 Patients with chronic and advance cancer illness were prospectively evaluated. The effect of music therapy on these patients are reported. Visual analog scale and behavior scale recorded pre and post music therapy scores on standardized data collection forms.

Result:

Utilizing the Wilcoxon signed rank test and a paired t test, music therapy improved anxiety, body movement, facial expressions mood pain, shortness of breath and verbalization.

Sundar, Sumathy (March 2006)

A single case study of a squamous cell carcinoma hypo pharynx patient, to find out if receptive music therapy could be combined with comprehensive counseling and providing health information as a cognitive behavioral intervention to address psychological distress and situational anxiety which are common problems with cancer patients in a hospital environment.

Assessment were done for situational anxiety before, during & after the music therapy and counseling interventions. Pre and post-test composite anxiety scores were compared, which indicated the efficacy of the treatment.

RESULT – Her anxiety level was highest immediately after diagnosis. After music therapy and counseling session, the finding shows that the anxiety level of the client had come down.

Conclusion:

When we are working with cancer patient, who are taking chemotherapy or radiation therapy and patient for whom a medical cure is no longer possible. So, for such a patient music therapy can improve life expectancy of life by addressing the emotional, spiritual and physical needs that may arise during this time.

Music has been found to have a significant impact on reducing the perception of physical pain and chemotherapy induced nausea and vomitings.

Keywords: ASSESS, EFFECTIVENESS, EFFECTIVENESS, CANCER PATIANT

Background:

Suzanne B. Hanser, Ed.D. MT-BC(2005) The presenter details the results of a controlled clinical trial evaluating effects of music therapy with women who have metastatic breast cancer. A longitudinal random groups experimental design comparing music therapy and a usual care control included total sample of 70 patients. Patients assigned to music therapy group received three 45 minute sessions with music therapist over three months and also learned techniques to use music at home. Relaxation, comfort and happiness (using visual analog scale) & cardiovascular arousal (Heart rate & Blood Pressure) were assessed immediately pre/posttest sessions with music therapist.

Depression and anxiety (using the hospital anxiety and depression scale) & quality of life. The author evaluated effects of the music therapy intervention on symptoms, quality of life and cardiovascular arousal in advanced breast cancer patients.

GALLAGHER lisa M., LAGMAN Ruth. (2006) This study was to objectively assess the effect of music therapy on patients with advance cancer disease.

Statement of research:

A study to assess the effectiveness of music therapy on pain and anxiety among cancer patients in Pravara Rural Hospital, Loni.

Research objectives:

- 1) To assess the level of pain and anxiety before implementing music therapy
- 2) To assess effectiveness of music therapy on pain and anxiety among cancer patients.
- 3) To find association with music therapy and several democratic variables.

Materials & methods**Research Approach :-**

The aim of study is to assess the effectiveness of music therapy on pain & anxiety among cancer patient by collecting information from them.

Therefore comparative study approach was adopted.

SAMPLE / POPULATION

The patient who are admitted in Pravara Rural Hospital with cancer.

SAMPLE SIZE

Randomly selected 30 samples.

STUDY DISIGN :-

Quasi Experimental study of pre-test and post-test design with without control group approach were setup.

Pre-Test CQ1	Intervention (X)	Post-test (Q2)
Assessment of pain and anxiety level before implementing music therapy on 1 st day	Music therapy Via tape Recorder	Assess pain anxiety level after sample matting music therapy

TOOLS AND TECHNIQUE :-**TOOLS :-**

Democratic variable

- Anxiety scale
- Visual analog scale for pain assessment.

TECHNIQUE:-

Purposive sampling technique was used

DESCRIPTION OF TOOL :-

A tool is an instrument by which collection of research data is done based on study objective.

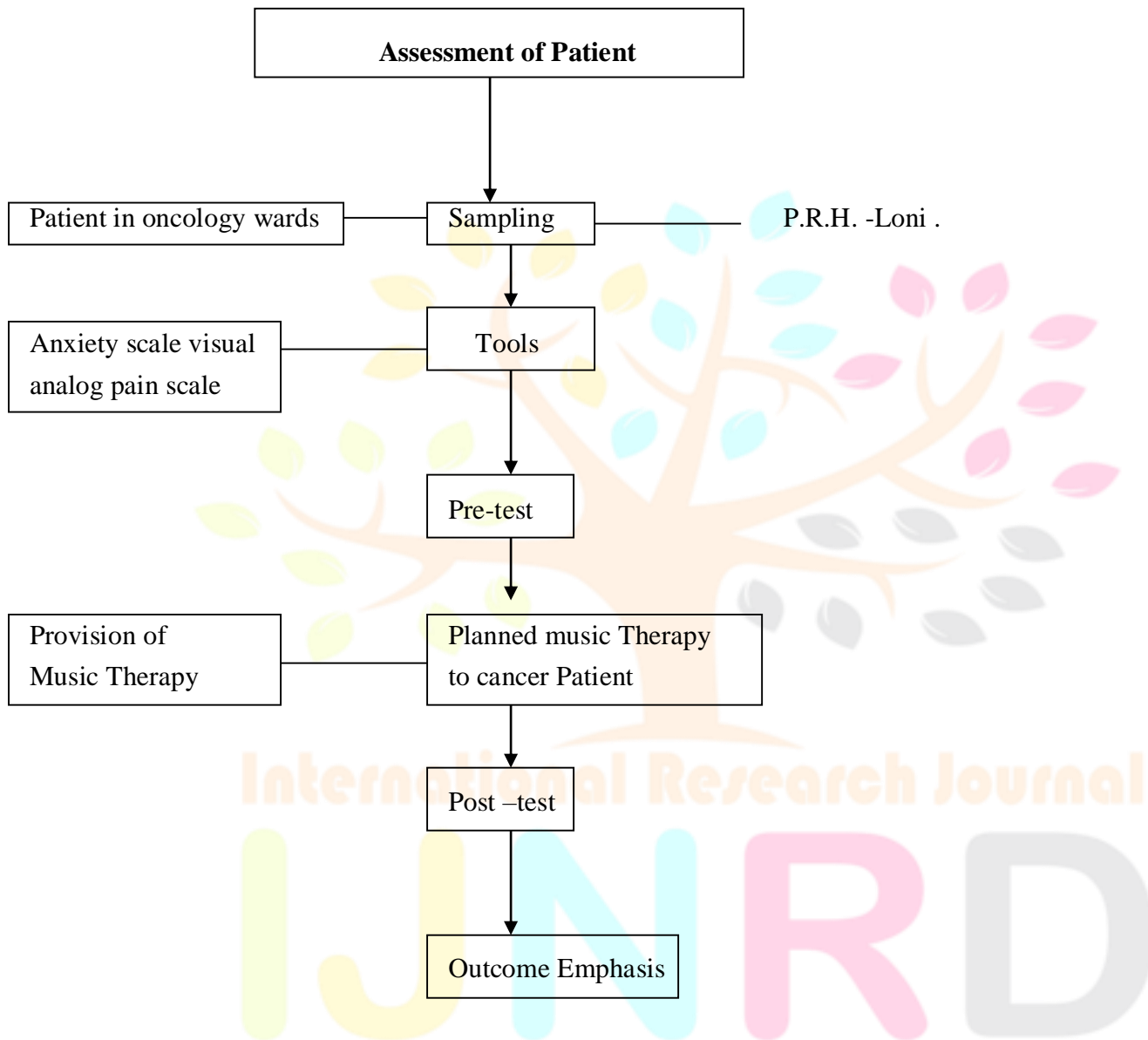
Tool used in study was anxiety scale and visual analog pain assessment scale (Rating scale).

DATA COLLECTION :-

Individual data collected by providing anxiety scale & visual analog pain scale to patient, after that music therapy was given implemented daily for 30 Mints 2 times in a day in comfortable clinical room after that post-test was conducted after 5 days then evaluation was done.

PLAN FOR DATA COLLECTION :-

Individual data was collected by providing anxiety scale and visual analog pain assessment scale to the patient and conducted pre-test and music therapy is given to the patient for five days twice time a day 30 minute and after the post-test was done for the evaluation of effectiveness between pre-test and post-test.

DATA COLLECTION PROCEDURE :-**DATA COLLECTION PERIOD :-**

Before commencing data collection investigators sought the permission from principal of college of Nursing (Appendix A) Medical Superintendent (Appendix B). The nature of study was briefly explained and data was collected from 27th of April to 1st May 2009 in the morning 8.30 am. & in the evening 4.30 pm.

PLAN FOR DATA ANALYSIS :- We had planned for to give a music therapy. We had given a anxiety scale & visual analog pain scale to patients and collected the information. After this we had given music therapy for 5 days & taken a post test. It was completed on 1st of May 09 then the data was analysed in terms of mean and percentage.

DATA ANALYSIS AND INTERPRETATION

In our study we have taken a 30 samples of cancer patient undergoing cancer treatment to assess the effectiveness of music therapy on pain and anxiety.

CONCLUSION :-

When we are working with cancer patient, who are taking chemotherapy or radiation therapy and patient for whom a medical cure is no longer possible. So, for such a patient music therapy can improve life expectancy of life by addressing the emotional, spiritual and physical needs that may arise during this time.

Music has been found to have a significant impact on reducing the perception of physical pain and chemotherapy induced nausea and vomitings.

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