



## **Music Therapy – Oncology department**

### **Requesting a total contribution of \$54,416.00**

Music therapy has shown a range of benefits for oncology patients, addressing both psychological and physiological needs. Here are some key benefits:

#### **Reduction of Anxiety and Stress:**

- Music therapy helps lower anxiety and stress levels in cancer patients, providing a calming effect that can improve overall well-being.

#### **Pain Management:**

- Engaging in music therapy can help reduce the perception of pain. It acts as a distraction and can alter pain perception by stimulating the brain to release endorphins.

#### **Emotional Expression and Support:**

- Music therapy provides an outlet for patients to express their emotions, which is particularly important for those who may find it difficult to verbalize their feelings.
- It helps in processing complex emotions and can provide a sense of emotional support.

#### **Improved Quality of Life:**

- Participation in music therapy sessions has been associated with an improved quality of life.
- Patients often experience enhanced mood, better sleep, and an overall sense of well-being.

#### **Enhancement of Physical Rehabilitation:**

- Music therapy can support physical rehabilitation by improving motor skills and coordination.
- Rhythmic auditory stimulation, for example, can help in gait training and movement.

#### **Reduction of Treatment Side Effects:**

- Music therapy can help alleviate some side effects of cancer treatment, such as nausea and fatigue.
- It can provide a sense of normalcy and routine, which can be comforting during treatment.

#### **Cognitive Benefits:**

- It can aid in cognitive function, helping patients with memory, attention, and executive functions, which can be affected by both the illness and its treatment.

#### **Social Interaction:**

- Group music therapy sessions provide opportunities for social interaction, reducing feelings of isolation and helping build a support network among patients.



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**Spiritual Support:**

- For some patients, music therapy can offer spiritual solace and connection, helping them find meaning and peace during their cancer journey.

**Enhancement of Treatment Compliance:**

- By improving mood and reducing anxiety and pain, music therapy can encourage patients to adhere more closely to their treatment regimens.

Overall, music therapy serves as a complementary treatment that can significantly enhance the overall care and support provided to oncology patients.