



Music Therapy – Oncology department

Requesting a total contribution of \$57,980

At the Lakeshore Oncology Clinic, we serve a growing volume of cancer patients. We all know that cancer causes great emotional, physical and social suffering. It's a disease with a strong reputation for impacting the patient's quality of life. Non-drug supportive care is therefore useful and even necessary with this type of pathology.

Of course, over the last few years, cancer survival has been steadily increasing for several cancers. This situation means that the health care and services system have to adapt in order to offer all the necessary support to people affected by cancer. MSSS 2015. The contribution of complementary therapies and various members of the psychosocial team is absolutely essential in cancer care.

Research is therefore unanimous: music therapy sessions aim to reduce anxiety or the perception of pain, foster a sense of well-being, encourage a bond of trust with the care team, offer a space for expression and emotional support, encourage motivation and adherence to treatment, and support care teams in more tense situations. It has also been proven that chemotherapy is better tolerated when patients are more relaxed: the beneficial effects are more pronounced and the side effects less present.

The music requested can be aimed at relaxation or, on the contrary, help patients feel more energetic and enthusiastic. Patients can listen to music, or sing and play musical instruments with the therapist.

Similarly, each patient evolves in a social context that can have a significant impact on his or her progress and the trajectory of his or her illness. While focusing primarily on the patients themselves, the music therapist also seeks to support the patients' families and friends: by involving them in the choice of music, by offering them experiences of musical relaxation during the treatment or visiting period.

The benefit is thus shared by both patient and visitor, who experience a moment of rejuvenation, free from the preoccupations that too often accompany the experience of illness.