

Nondrug Pain and Symptom Management MUSIC

MUSIC – helps patients feel better through

- Relaxation
- Distraction
- Thinking of peaceful or pleasant images and memories
- Energizing the person

Find out the musical likes and dislikes of your patient while he is able to tell you what he prefers.

Patients may enjoy:

- Listening to their favorite type of music
- Singing hymns
- Harp music
- Playing piano, guitar, or other instruments
- Dancing to music
- Listening to ocean sounds or nature sounds
- Children playing instruments or singing

NOTE: The RN or CNA should only administer non-drug therapies that are within his/her particular scope of practice. Please follow the policies and procedures of your facility regarding administration of non-drug therapies.

Adapted from Beth Miller-Kraybill, *Nondrug Pain & Symptom Management in Nursing Assistant End-of-Life: Computerized Educational Program*.

Used with permission of Mary Ersek and HPNA (2009).

Reference: Swedish Medical Center. *Nursing Assistant End-of-Life: Computerized Educational Program*. Pittsburgh, PA: Hospice and Palliative Nursing Association; 2006.