

## Personalized Music & Evidence-Based Research

*“The closer we get to the songs that have deep emotional connection for a person, the more therapeutic ‘dose effect’ we see.”*

~ Mark Hammond, M.D.  
30-year Geriatrician



**“Music has powerful (and visible) effects on the brain.”**

*ScienceDaily*

<https://www.sciencedaily.com/releases/2017/04/170412181341.htm>

**Jonathan Burdette, M.D.**

**Professor & Neuroradiologist**

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***Intensive & Critical Care Nursing 47*** “Music Intervention to Prevent Delirium Among Older Patients admitted to a Trauma Intensive Care Unit and a Trauma Orthopedic Unit”

Johnson K<sup>1</sup>, Fleury J<sup>2</sup>, McClain D<sup>3</sup>  
doi: 10.1016/j.iccn.2018.03.007.

Epub 2018 May 4.

**CONCLUSION:** Music addresses pathophysiologic mechanisms that contribute to delirium; neurotransmitter imbalance, inflammation and acute physiologic stressors. Music to prevent delirium is one of few that provide support in a critical care setting.

<https://www.ncbi.nlm.nih.gov/pubmed/29735284>



***The Journal of Prevention of Alzheimer’s Disease*** “Increased Functional Connectivity After Listening to Favored Music in Adults with Alzheimer Dementia” The research, published by a team at University of Utah Health in Salt Lake City, set out to examine a mechanism that activates the attentional network in the salience region of the brain. The results offer a new way to approach anxiety, depression and agitation in patients with dementia. Activation of neighboring regions of the brain may also offer opportunities to delay the continued decline caused by the disease. This demonstrates reactivity in part of the brain that facilitates attention span and focused skills ...”staying on task.”  
<https://www.ncbi.nlm.nih.gov/pubmed/30569087>

***Gerontology & Geriatric Medicine*** “An Individualized Music-Based Intervention for Acute Neuropsychiatric Symptoms in Hospitalized Older Adults With Cognitive Impairment: A Prospective, Controlled, Nonrandomized Trial” RESULTS: Agitation, negative mood, and positive mood all benefited from the music-based intervention, with resulting large effect sizes. Resisting care level also significantly benefited from the intervention, with a resulting medium effect size. Conclusion: These findings indicate that an easily implemented and reproducible music-based intervention, which is well tolerated and without adverse side effects, can be an effective way to reduce neuropsychiatric symptoms associated with dementia on a hospital unit.

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Schroeder et al. Research <https://journals.sagepub.com/doi/10.1177/2333721418783121>

Anecdotal and evidence-based research, using solid research methods, have shown a reduction in the areas of: medication, anxiety, agitation, behaviors, resistance to care, falls, swallowing difficulties, physical and verbal altercations, feeding tubes, depression, and pain. It has also shown improvements in nutrition, positive mood, communication, participation in activities, therapies, and more. Providing personalized music benefits individuals regardless of diagnoses. For individuals with a diagnosis of dementia, the impact is often profound.



***Journal of Music Therapy*** “The Effects of Music on Pain: A Meta-Analysis”

Jin Hyung Lee, PhD, MT-BC Volume 53, Issue 4, 1 December 2016, Pages 430–477

Results: Analysis of the 97 included studies revealed that music interventions had statistically significant effects in decreasing pain on 0–10 pain scales.

Conclusions: Considering all the possible benefits, music interventions may provide an effective complementary approach for the relief of acute, procedural, and cancer/chronic pain in the medical setting. Main outcomes were pain intensity, emotional distress from pain, vital signs, and amount of analgesic intake.

<https://doi.org/10.1093/jmt/thw012>

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The MusicPrescription4Life™ program is empowered by Thriving4LifeSM, a nonprofit organization that helps individuals and those that care for them to thrive and be the best version of themselves.