The Expert Says-Summer 2014

According to Richard Fratianne, MD, founder of MetroHealth's Burn Care Center in Cleveland, Ohio, music therapy is ideal for those seeking pain relief.

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How does music therapy help burn patients deal with pain?
While patients are concentrating on participating in the musical experience, they can't think about the pain and all the things that make them anxious.

How do you measure a burn patient's pain and anxiety levels during music therapy?
To do this, we ask the patients to self-describe their level of pain and anxiety before, during and after their dressing change, while a nurse and the music therapist also observe and evaluate the same things. And we measure their pulse and respiratory rates and the stress hormones their body produces before and after music therapy is used.

Is music therapy used to alleviate the pain of other illnesses?
Doctors have begun to use music therapy to treat patients receiving chemotherapy in cancer wards.

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http://beta.docker.realhealthmag.com/article/chronic-pain-music-therapy-25718-2166