

The Effects of Music Therapy on Pain in Patients with Neuropathic Pain

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Korhan EA et al. – The aim of this study was to investigate the effect of relaxing music on pain intensity in patients with neuropathic pain. The results of this study implied that the inclusion of music therapy in the routine care of patients with neuropathic pain could provide nurses with an effective practice for reducing patients' pain intensity.

Methods

- Thirty patients, aged 18–70years, with neuropathic pain and hospitalized in an Algology clinic were identified as a convenience sample.

Results

- Participants received 60minutes of music therapy.
- **Classical Turkish music** was played to patients using a media player (MP3) and **headphones**.
- Participants had pain scores taken immediately before the intervention and at the 30th and 60thminutes of the intervention.
- Data were collected over a 6-month period in 2012.
- The patients' mean pain intensity scores were reduced by music, and that **decrease was progressive over the 30th and 60thminutes of the intervention, indicating a cumulative dose effect.**