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The Effectiveness of Music Therapy in the Pediatric Population

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**Background & Significance**
- Very few people in their right mind would say that they enjoy being at the hospital; especially children.
- The scope of Pediatrics is defined as patients ranging from 1 day old to 18 years old.
- Medications can be used as an intervention to treat pain however, it can have adverse effects on the patient and also increases the cost of care for the patient and the hospital.
- Non-pharmacological interventions have shown to have positive effects on pain and anxiety while in the hospital. Music Therapy is one of these studies.
- Music therapy (MT) is defined as, “the systematic use of music or musical elements-along with the resulting interpersonal relationship with a trained music therapist to achieve optimal health outcomes...” (The Effectiveness, 2010)
- Nurses are able to implement music therapy in care. Decreasing fear, anxiety, and ultimately pain will enhance the patient’s experience at the hospital and will lessen the burden of performing care on the patient, decrease stress on caregivers, and ease the provision of care on health professionals.
- Being in a strange environment can cause anxiety and fear which increase pain perception. 25 weeks children.

**Methods**
- Narrowed search with descriptive keywords: music therapy, music therapy for children in pain, pediatric music therapy
- Selected high quality articles
- Systematically reviewed the articles
- Synthesized the article findings
- Made evidence-based practice recommendations based on the article findings

**Results**
- Music therapy reduces pain in some pediatric patients (Klassen, Liang, Tjosvold, Klassen, Hartling, 2008)
- More research needs to be performed (Naylor, Kingsnorth, Lamont, McKeever, Macarthur, 2010)

**Limitations**
- Limited amount of high quality research
- Lack of heterogeneity in the studies
- Differences in outcomes between studies
- Personal factors of individual patients

**References**