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1: Tidsskr Nor Laegeforen. 2005 Jun 2;125(11):1497-9.

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[Therapeutic use of music in nursing homes.]

[Article in Norwegian]

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BACKGROUND: There is growing interest in the therapeutic use of music in nursing homes. The difficulties inherent in medical treatment of this population warrant further studies of music as a therapeutic modality. MATERIAL AND METHODS: This is a review of articles on the use of music and music therapy in geriatrics. Findings from a nursing home project, "Music in the late stages of life", have been compared with those reported in the literature, particularly from meta-analyses and systematic reviews. The distinction between music therapy, music medicine and individualised music has been taken into account. RESULTS AND INTERPRETATION: The evidence base for using music therapeutically in nursing homes is still insufficient. There is a lack of consensus about criteria for the use of different types of music therapy, and most studies have methodological limitations or are insufficiently defined. Approaches to measurement and evaluation vary. Meta-analyses have tried to overcome this problem by emphasizing effect size. A widely shared conclusion is that music can supplement medical treatment. The cost is low, there are few side effects, and music gives a high level of patient satisfaction. Clinical experience and analyses of effect size indicate that music has a specific potential in nursing homes. It can enhance well-being and alleviate symptoms like agitation, anxiety, depression, and sensomotor symptoms in neurodegenerative diseases; it may also contribute in palliative care at the end-of-life stage.

PMID: 15940317 [PubMed - indexed for MEDLINE]

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