



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Effectiveness of Music activities program in reducing the pain, improving the emotion and promulgating positive attitude in the chronic illness patient**

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**Introduction**

Literature has shown that Chronic illness patient experienced depression and pain. Music therapy is an inexpensive, effective, safe intervention to promote relaxation and reduce stress. Music therapy can promote health and reduce anxiety, pain and depression. Therefore, a group of nurse had initiated a music activities program for the chronic illness patient in order to help them to reduce the pain feeling, improve their emotion and gain a sense of control and promulgating a positive mind in facing the illness.

**Objectives**

Through music activities program for the chronic illness patient to incorporate the pop songs of the 50-60 centuries to promulgate a sense of control and positive mind to face the illness. With the different sessions of the program (relaxation, percussion, singing and sharing of the theme of positive thinking) to improve patient's emotion, promulgate positive attitude and reduce the pain experienced by them.

**Methodology**

Pre and Post study of the patient's emotional score, pain score were employed. Ten questionnaires of a 4 point likert scale concerning the design of the programs were collected after the program. Qualitative interviews after the program was collected as part of the evaluation. Subjects were (1) inpatient who had admitted to the medical extended care ward with diagnosis of chronic illness. (2) aged 55 or above who could understand the information in the questionnaires and the study objectives; (3) could make consent by themselves; (4) able to read and speak Cantonese & could hear music with or without hearing aids. Demographic data, AMT and types of chronic illness were collected as baseline.

**Result**

From November 2011 to November 2012, total 198 patients were served and 55% were females. The result showed a significance improvement of the emotional score

and pain score ( $p < 0.001$ , paired t-test) of patient who participated in the program. With the overall comment of them were very satisfy with the program design and aim. From the qualitative interview, patient addressed that he would face his illness with strength and one expressed her appreciation and hoped that we could carry on the program for their benefit. In conclusion, the music activities is effective in reducing the stress, pain and improving the emotion and promograting a positive attitude in the chronic illness patient.