



Service Priorities and Programmes
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From Healing Hands to Healing Melodies- Music therapy with Physiotherapy for Palliative care in TWH- Cases Report

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Introduction

Palliative care with multi-disciplinary approach has been established in TWH since 1999. Music therapy (MT) has been implemented with physiotherapy since 2012. MT is one of the most popular forms of evidenced based complementary therapies in end-of-life care. Common methods are lyric writing, improvisation, Guided-Imagery MT, singing and instruments playing. It aims at improving physical, mental, social, spiritual and emotional conditions. 3 cases were reported February 2012-November 2013.

Objectives

Enhance palliative care

Methodology

Case 1 A 57 years-old gentleman had recurrence liver cancer with bone metastasis. He complained back and hip pain causing intolerable sitting. MT with physiotherapy was provided. Drum Improvisation could extend the sitting tolerance from 20-min to 45-min and the pain was decreased 60% compared to 30% with Transcutaneous-Electrical-Nerve-Stimulation. Pain was also relieved significantly by gentle tapping with boomwackers and playing patient's favorable religious music with relevant instruments. With pain reduction, patient could increase the walking distance from 4m to 18m. Case 2 A sulky 52-year-old gentleman had liver cancer with lung metastasis. Physiotherapy was arranged with Drum Improvisation. He claimed happily that he was set free. He became chatty. With Guided-Imagery MT, he shared his future plan and wished not too painful at the end of his life. He drew a colorful picture to conclude his thoughts thankfully. Case 3 A reticent 50-year-old gentleman had liver cancer. During physiotherapy, he claimed he wanted to thank his relatives for their supports. He also desired to express his love to his daughter with misunderstanding abolition. Lyric writing with patient's favorite melody was used. Lyric was composed with patient with his true feelings. He actively participated into the process. His singing was recorded in a CD with piano accompaniment. The lyric was printed on a nice

paper with a patient-composed title. The whole piece was given to patient's relatives a few days before he passed away. They were all touched and appreciated.

Result

Conclusion: Music has healing power in palliative care. In addition to physiotherapy, it can reduce pain and fatigue, facilitate physical mobility, improve quality of life, enhance a sense of comfort, provide a means for feelings expression, empathy improvement, and relationship-focused care of caregivers. It may worth further exploring its effectiveness in this area.