

Effect of Music Therapy on Nausea and Vomiting in Patients Undergoing Chemotherapy

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Abstract

Introduction: Nausea and vomiting is one of the most side-effects of chemotherapy that in recent years, patients use CAM as music therapy alongside standard cancer treatments for control this side-effects. This study aimed to assess the effect of music therapy on nausea and vomiting in patients undergoing chemotherapy.

Materials and Methods: This randomized clinical trial, one blinded study, was done on 60 gastrointestinal cancer patients. Patients were randomly divided in two music therapy and control groups. Patients in music therapy group, while receiving most inducing nausea chemotherapy drug that ran for gastric and esophagus cancer in 4th day and for colorectal cancer in 3rd day, listened to a quiet music by MP3 Player and head phone for 45 minutes and control group received no intervention. Nausea and vomiting was assessed by Rhodes questionnaire before intervention and 24 hours after intervention. Data were analyzed using descriptive and analytic statistics.

Results: compared with the control group, music therapy significantly reduced patient's nausea score but the rate of vomiting did not show any significant difference between two groups.

Conclusions: music therapy as a method of CAM is effective on acute phase of nausea in cancer patients and recommended to use alongside standard treatments.