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Music Therapy in hospice and palliative care

Clemente Amoroso¹ and Elisabetta Piras²

¹University of Naples Federico II, Italy

²University of Bologna, Italy

Statement of the Problem: Music has always considered a therapeutic element for the human being. There is a wide range of scientific literature on this subject, and the Music Therapy is a recognized discipline. In general, we can say that Music Therapy is a non-verbal psychotherapeutic method that uses musical interaction as a means of communication and expression. The purpose of the therapy is to help people with psychophysical illnesses, as well as social disease, to develop relationships and to facilitate the resolution of problems that can't be dealt with by verbalization. The purpose of the present study is to present a music therapy experience in the context of hospice, starting from the questions: Are there any significant benefits in combining music therapy with standard care? Which are the indicators that allow to identify them? A reflection has made, focused on musical activities carried out in a nursing home for elderly people.

Findings: The results have shown benefits from a qualitative point of view, which pertain to arousal, socialization e.g.. From a quantitative point of view, there was a variation in the need for administration of benzodiazepine in different subjects.

Conclusion & Significant: This last observation encourages us to deepen the research in a quantitative sense. What we want to highlight is the thinking that led to this acquisitions. First results come out an observation of the music therapeutic action in relation to the clinical and social situation as a whole, experienced in a natural situation, in consideration of the general well-being of the person and the material and economic organization of the Institution.

Biography

Clemente Amoroso is a music therapist, a sociologist, and a trainer; he performs music therapy as a freelancer, in his own studio and in agencies and institutions. He is the scientific coordinator of Musicaperta-sound, research, therapy-music therapy for neuro-psychiatric pathologies and autism spectrum disorders of Caserta (Italy). Since 2008 at the Department of Mental Health of the ASL of Caserta, he is Music therapy teacher and sociology of music. He has studied at University of Naples Federico II, the University of Ferrara, University of Music and Dramatic Arts Mozarteum of Salzburg, CEP music therapy school at Assisi.

clemente.amoroso@gmail.com

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