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TREATING PALLIATIVE CARE PATIENTS IN PAIN WITH THE BODY TAMBURA A PROSPECTIVE CASE STUDY AT ST. JOSEPH'S HOSPICE FOR DYING DESTITUTE IN DINDIGUL/ SOUTH INDIA

A prospective case study was carried out with patients of St. Joseph's hospice for Dying destitute in Dindigul/Southindia. Patients were treated with a treatment at baseline and on the next day. Outcomes were measured quantitatively by using a numeric rating scale (0-10, 10 maximum intensity of pain felt) at baseline, directly after treatment and at the day after the treatment to determine the description of the intensity of the pain.

Results: Ten patients (5 women and 5 men) participated in the study. The majority described the therapy as a pleasant experience. The pain intensity at baseline was reduced from $8.3 \pm SD 1.16$ to 4.6 ± 1.52 at day one and from 4.6 ± 2.07 to 2.4 ± 1.58 at day two.

Conclusion: A clinical relevant pain reduction was described as a short time outcome, the therapy was received and perceived well. Forthcoming research should include a control group, randomization, a higher number of participants and a longer period of treatment.

Biography

Cordula Dietrich has completed her medical specialisation in psychiatry and psychotherapy in 2005. Since then she has been working in her own private practice in Berlin as a psychotherapist, musictherapist and relaxationtherapist. Besides her medical education, she is a trained classical singer and underwent a further training in receptive music therapy. Since 2010 she was seriously involved in two research studies in receptive music therapy with the Body Tambura in the field of palliative care in Lazarus hospice in Berlin and St. Joseph's hospice in Dindigul/ Southindia. She recently completed her further training in palliative medicine. She is the chief trustee and founder of Zuflucht e.V germany, which is constantly supporting the work of St. Joseph's hospice/ Dindigul, Southindia.

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