

## Chapter 25

# Nursing in Integrative Medicine and Nurses' Engagement in Caring–Healing: A Discussion Based on the Practice and Study of Music Therapy and Nursing Care for Patients with Neurodegenerative Disorders

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### **ABSTRACT**

*In 2008, the authors' team started an ongoing project to administer music therapy sessions for patients with neurodegenerative diseases. Studies were made conducted from the “caring” perspective to evaluate the effects of music therapy on the mental health of the patients (Inomata, 2008a, Inomata 2008b) and on the role of nurses in integrative medicine (Inomata, 2008c). On the basis of the findings from these studies, music therapy programs were designed and conducted to meet the different needs of various neurodegenerative diseases. This project was the first ever reported music therapy initiative undertaken as a multi-disciplinary collaborative work and in partnership with a patients' group (Saji, 2010). The findings from four years of running the project are summarized as follows: (1) Music therapy helped maintain/improve the QOL(Quality of Life) level of neurodegenerative disease patients, which would otherwise deteriorate with the progress of symptoms;*

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*(2) There was an improvement in the patients' psychological and spiritual health as exemplified by the expansion of consciousness and rebuilding of relationships; (3) The project increased the feeling of partnership among the multi-disciplinary team members; (4) Care providers shared values such as self-belief and respect for both the self and others; (5) Caring for patients' emotional side by being compassionate and staying with them and/or listening to them resulted in a stronger care provider-patient bond; (6) Nurses were engaged in the building a healing environment as "healers," and the patients found more hope in everyday life.*

### **EFFECTS OF MUSIC THERAPY ON PARKINSON'S DISEASE PATIENTS: QUALITATIVE ANALYSIS OF THEIR MENTAL HEALTH**

Parkinson's disease (PD) patients receiving music therapy were interviewed from the "caring" perspective, and the interview results were qualitatively analyzed to investigate the effects and efficacy of music therapy on their daily lives. Improvements in six categories were assessed: physical function, safety/security function, social function, self-esteem, self-actualization of the purpose of life and learning to live with the disease and aesthetic needs. The effects of music therapy as described by the interviewees followed Maslow's hierarchy of needs.

The process to make the decision to start music therapy started with meeting a doctor that the patient could trust, who then introduced a music therapist to the patient. The decision was not only motivated by the patient's expectations of symptom relief but also linked to his love of music and memories of happy musical experiences. The first sign of the efficacy of music therapy appeared in two sub-categories of "improvement in physical function," namely, "regaining of and/or improvement in language and communication functions" and "improvement in motor function and sensorimotor skills."

It was shown that people with neurodegenerative diseases such as Parkinson's disease and spinocerebellar degeneration could have their basic needs as human beings satisfied to a high degree with the help of music therapy.

### **QUESTIONNAIRE SURVEY ON THE EFFECTS OF MUSIC THERAPY ON PARKINSON'S DISEASE PATIENTS**

On the basis of the findings of section 1 described above ("Effects of music therapy on Parkinson's disease patients: qualitative analysis of their mental health"), a questionnaire survey was carried out from the "caring perspective" in order to substantiate the efficacy of music therapy by comparing the health of PD patients who were receiving music therapy to that of patients who were not. The survey results demonstrated improved social function among patients receiving music therapy, who had more social opportunities, such as socializing with friends.

The survey results suggested that nurses and doctors should play a specific role in music therapy in order to achieve the ultimate objective of improving the holistic health of PD patients. Nurses and doctors should provide information on the patient's condition and needs to the music therapists, subject to the patient's consent. Nurses and doctors should also evaluate the efficacy and significance of music therapy as part of the patient's holistic health management, in collaboration with the multi-disciplinary team and in partnership with the patient himself. The responsibility of making and conducting music therapy programs should be left to the music therapists, who should ensure that the programs meet the specific needs of individual patients.

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