

Colwell, C. M., and Fiore, J. (2020). Feasibility of patient-created orff chant as a music-based intervention in supportive cancer care. *Journal of Music Therapy*, 57, 1-31. doi. 10.1093/jmt/thaa019.

Colwell and Fiore (2020) recognize the distress symptoms that receiving cancer care may cause and were curious as to how feasible the two incorporated interventions were for supportive care. They compared the outcome by implementing the traditional treatment of patient-selected singing with accompaniment, to the novel treatment of patient-creating chant using the Orff process. It was found that both music interventions were equally impactful compared to standard care, but the novel intervention was most effective in treating fatigue while the other was most impactful with pain, anxiety and mood. It can be presumed that if treatment facilities want to make positive treatment outcomes and perceptions accessible to patients, incorporating healthcare professionals who can adapt treatment programming to address the varying needs of patients in the moment is crucial in developing an all inclusive treatment program.

Ferrer, A. J. (2007). The effect of live music on decreasing anxiety in patients undergoing chemotherapy treatment. *Journal of Music Therapy*, 44, 242-255. doi.10.1093/jmt/44.3.242.

Ferrer (2007) investigated the effects that familiar live music has on the anxiety levels of individuals while undergoing chemotherapy. It was found that the music therapy intervention caused a significant improvement in lowering anxiety, heart rate, and negative reactions of fatigue, fear and worry., as well as improving their levels of comfort and relaxation. Creating normalized environments and increasing autonomy are often goals associated with music therapy treatment in medical settings, and this research study gives us evidence that this treatment modality has a positive impact on the quality of life of individuals undergoing chemotherapy treatment.

Potvin, N. et al. (2015). Expanding perspective on music therapy for symptom management in cancer care. *Journal of Music Therapy*, 52, 135-167. doi.10.1093/jmt/thu056.

Potvin et al. (2015) recognized how often the human experience is overlooked when analyzing symptom management. They explored the clinical role of music therapy in the patient's process of experiencing symptoms and symptom management in cancer care. It was found that relaxation, therapeutic relationship and intrapersonal relating are important elements of the music therapy process that aided participants, changed their perception of symptom experience, and created a way for their human experience that was shaped by their symptoms to be honored. This text is important to consider when considering the incorporation of music therapy services in treatment settings. When there is a clinician whose role supports the experience of the patients before, during and after treatment, patient satisfaction and perception of validation in their experience of symptoms can be benefitted.

Mondanaro, J. et al. (2020). The effects of clinical music therapy on resiliency in adults undergoing infusion: A randomized, controlled trial. *Journal of Pain and Symptom Management*, 61, 1099-1108. doi.10.1016/j.jpainsymman.2020.10.032.

Mondanaro et al. (2020) recognized the negative effects that may be placed on an individual's psychological well-being while undergoing cancer treatment. They compared the use of music medicine (otherwise defined as pre-recorded music being offered by medical staff), to various live-music therapy interventions, highlighting that the presence of patient-preferred live music can activate the mesocorticolimbic circuit, ultimately allowing for a full psychosomatic healing experience. The researchers found that the music therapy interventions resulted in a notable increase in resilience and decreased pain level due to the availability for patients to express their concerns and experiences within a creative, therapeutic relationship. These findings lead to the idea that when patients engage in music therapy treatment, fortification of biopsychosocial well-being will occur.