ART THERAPY CAN REDUCE PAIN + OTHER SYMPTOMS IN ADULT CANCER PATIENTS.

In this study, 50 adult cancer patients in a hospital setting received a one hour individual art therapy session with a registered art therapist. Pre and post-intervention surveys found a significant reduction in symptoms including pain, tiredness, depression, anxiety, drowsiness, lack of appetite, well-being and breathlessness. (Nainis et al., 2006)

National Pain Awareness Week • #NPAW
BELLY DANCE MAY BE USED IN THE TREATMENT OF FIBROMYALGIA TO REDUCE PAIN + IMPROVE FUNCTIONAL CAPACITY, QUALITY OF LIFE + SELF-IMAGE.

In the intervention arm of this single-blind randomized study, 40 female patients with fibromyalgia participated in two weekly one hour belly dance classes for sixteen weeks. Compared to the control group, they experienced significant reductions in pain and improvements in quality of life, functional capacity and self image when measured at 16 and 32 weeks. (Baptista et al., 2012)

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MUSIC INTERVENTIONS CAN REDUCE PAIN, DEPRESSION/ANXIETY + CONSUMPTION OF MEDICATION IN PATIENTS WITH CHRONIC PAIN.

In the intervention arm of this single-blind randomized study, patients with chronic pain received two daily sessions of a receptive relaxation music intervention for sixty days. At day 60, compared to the control group they experienced a significant reduction in pain, depression/anxiety and the consumption of anxiolytic agents. The effect of the music intervention was sustained for up to two weeks following the intervention. (Guélin et al., 2012)

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