

## EVIDENCE FOR MEDICAL MUSIC THERAPY FROM THE COCHRANE LIBRARY

*Dr. Cheryl Dileo*

---

**Abstract:** Without a doubt, music therapists must provide evidence for the effectiveness, cost-effectiveness and safety of music therapy interventions with medical patients to meet the demands of evidence-based practice. Meta-analysis of high quality clinical trials is considered the best form of this evidence. The presenter thus discusses the music medicine and music therapy research currently published in the Cochrane Library, the “Gold Standard” for evidence in medicine. Specifically, the presenter will discuss the reviews in the Cochrane library that she has co-authored, and then provides an overall summary of the most important outcomes that are influenced by music medicine or music therapy interventions across a range of medical populations: cardiac patients, patients receiving mechanical ventilation, surgical patients, patients with acquired brain injury, cancer patients and patients receiving hospice care. She makes recommendations for future research.

