

Study on factors that hinder the use of music therapy in management of in-patient cancer patients at Kenyatta National Hospital.

Introduction: Cancer is a burden not only in Kenya, but also globally as it contributes to the highest mortality rate among the patients. Although great advancements have been made through the conventional cancer management strategies, limited focus has been put on music therapy as a complimentary management strategy at Kenyatta National Hospital. Music therapy is a non-pharmacological intervention that uses active music and passive listening techniques. Cancer may cause extensive emotional, physical and social suffering among patients. Study findings show that use of music therapy in the integrative treatment of cancer patients is a therapeutic option since it helps to improve symptoms and treatment side effects and may improve positive outcomes among patients.

Objectives: To establish factors that hinder integration of music therapy as part of management of cancer patients at Kenyatta National Hospital, Nairobi. The study will aim to establish the socio-demographic characteristics of patients in the oncology unit, to establish their perception of music therapy and to establish the reasons and factors that may contribute to integration of music therapy in management of cancer patients at the hospital.

Methodology: Data collection will be done through Face-to-face and online interviews using structured questionnaires to determine the use of music therapy as complementary care in management of patients being managed at cancer treatment units. All consenting cancer patients who satisfy the inclusion criteria will be interviewed as they continue with care in the oncology unit.

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Track Classification: Music and Music Therapy