

Level-1 Evidence is needed for the Implementation of Music as a New Treatment in Healthcare

There is growing evidence that music may play an important role in many fields of healthcare.

However, level-1 evidence is largely lacking, or is not searched for and proven by adequate studies, which makes it not possible to implement music structurally as a new treatment in healthcare.

Anno 2016, music as a medical treatment modality is only used in a few centers and institutions, but not accepted and applied as an official medical treatment modality.

The goal of our project is to search for level-1 scientific evidence in order to prove that music can be effective in cure, care and prevention in healthcare. Only in this way we can convince the (critical) medical care organisations that music should be structurally used as a new treatment modality and should be implemented in the guidelines for treatment and prevention.

In spite of the numerous studies that have been performed in the past years in Europe, the USA and China, towards the influence of music in the treatment and better recovery of diseases, music is still not used as a medicine in our societies.

We have RCT's on Music vs. no music treatment in burn wounds and surgery in children, and have performed systemic reviews/meta-analyses on surgery in children, on premature born babies and patients with hypertension.

Implementation of music in healthcare needs to be established by level-1-evidence and making of official guidelines.