



## **A review of the effect of music therapy on the level of pain in burn patients**

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### **Abstract**

Burn is a danger that threatens people in different ways every day. Burns are the sixth cause of death in Iran, and official statistics also indicate that in 2015, 48,000 cases of burns leading to hospitalization were reported in the country. Burn patients who have to endure painful treatment procedures often experience a high degree of anxiety, including daily dressing and debridement, which is one of the daily care of burn patients, this care is due to the damage to the patient's skin. It can be accompanied by anxiety and severe pain. Since painkillers often have narcotic properties and their repeated use is addictive, and the dosage of narcotics increases as the body becomes resistant, we are looking for non-pharmacological treatment and protection methods. Music therapy is one of the types of supportive and non-pharmacological treatments for increasing the quality of sleep and reducing stress and anxiety in patients. Therefore, we sought to investigate the effectiveness of music therapy on pain management in burn patients. By conducting a search in internal and external databases and examining related intervention researches conducted in this field, we realized that music therapy can be a suitable treatment method to reduce pain and anxiety in burn patients. After searching, we realized that it is appropriate to study music therapy on pain tolerance threshold in patients.

**Keywords:** Music therapy, pain management, burn patients



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