# Requirements

1. Choose a holistic health intervention that is of interest to you. The following is a sample of possibilities to choose from. Feel free to choose other interventions that are not on the list.
	1. Acupuncture
	2. **Music/Sound Therapy**
	3. .
2. Using the Chamberlain library resources find at least one professional nursing article that addresses your chosen holistic health intervention. (Directions for using the library are located in the student resources area in the course home.) You may use books, web sites, or any other reputable professional sources to obtain additional information.
3. Create a PowerPoint® Presentation to share the information you found including:
	1. Description of the therapy
	2. Benefits and risks of the therapy
	3. Basic techniques of the therapy (if applicable)
	4. Expected outcomes of the therapy
	5. Describe how the intervention can be a tool to promote health and wellness throughout the lifespan.
	6. Who might benefit most from the intervention?
	7. The nurse’s role when caring for people who use this holistic health intervention. Consider situations appropriate for the use of this intervention.

The article from the school library is :

1. International Journal of Palliative Nursing (INT J PALLIAT NURS), 2010 Oct; 16(10): 499-504 (13 ref)
2. Publication Type:
3. journal article - questionnaire/scale, research
4. Language:
5. English
6. Major Subjects:
7. Music Therapy -- Evaluation -- Tanzania
Palliative Care -- Evaluation -- Tanzania
8. Minor Subjects:
9. Qualitative Studies ; Questionnaires ; Human ; Culture ; Spiritual Care ; Male ; Female ; Adult ; Middle Age ; Aged ; Tanzania
10. Abstract:
11. There has been much written to support **music** **therapy** as an adjunct **in** managing **pain** and anxiety **in** palliative care **patients** **in** Western societies, but little written on its use **in** developing countries. **In** light of increasing numbers of terminally ill **patients** **in** Tanzania owing to HIV/ AIDS and cancer, limited access to opioids, and a growing interest **in** palliative care support, this study looks at the application of **music** **in** this context. The study reviews the history and principles of therapeutic **music** and outlines its role **in** palliative care. A qualitative study was conducted by questionnaire of 17 professionals involved **in** home-based palliative care **in** Tanzania. Findings include beliefs about the power of **music**, how **music** is being used to bring comfort to the dying patient, and the most important aspects of helpful **music** to many Tanzanian palliative care **patients**. **Music** can powerfully affect body, mind and spirit. It is vocal **music**, which is an accepted therapeutic **music** tool used to bring comfort to the palliative care patient and their family members. Finally, **music** is an active and participatory activity **in** Tanzanian culture, even for the dying.
12. Journal Subset:
13. Blind Peer Reviewed; Double Blind Peer Reviewed; Editorial Board Reviewed; Europe; Expert Peer Reviewed; Nursing; Online/Print; Peer Reviewed; UK & Ireland

# Preparing the Assignment

This assignment will be submitted in the form of a PowerPoint® presentation. One source for directions on using this program is the Microsoft website.

Most presentations will consist of 10- 17 slides containing the following information:

Title (1 slide)

Introduction and description of holistic health intervention (2-3 slides)

Benefits and Risks (2 slides)

Techniques (1-3 slides)

Expected Outcomes (1-2 slides)

Tool for promoting health and wellness (1-2 slides)

Nurse’s Role (1-2 slides)

Summary (1 slide)

References (1-2 slides)