UNIVERSITY OF SASKATCHEWAN
School of
Rehabilitation Science
COLLEGE OF MEDICINE
REHABSCIENCE.USASK.CA

104 Clinic Place
Saskatoon, SK S7N 2Z4 Canada
Telephone: 306-966-6579
Fax: 306-966-6575

Faculty Project Proposal for MPT Research Projects 2023-24

Personal Information

Name:	**Stephan Milosavljevic**	**NSID:**	**stm217**
Email Address:	**stephan.milosavljevic@usask.ca**	**Telephone:**	**3063611859**

Project Details

Project Title:	**Exploring the analgesic effects of preferred music on pain: Reviewing the literature and constructing a pilot investigation.**		
Expected Start Date:	**24th March 2024**		
Project Length:	☒ Full Project (300 Hours)	☐ Half Project (150 Hours)	
Project Level	☐ First Year	☐ Second Year	☒ First or Second Year
Project Type:	☐ Clinical	☒ Biomedical	☐ Quality Improvement
☐ Retrospective Chart Review	☐ Other (specify):		
Will this project be linked to a research clinical placement?	☐ Yes / ☒ No		
If yes, have you received approval from the Academic Coordinator of Clinical Education? Please attach a letter of support	☐ Yes / ☒ No		

Project Description

Include background, research topic, and description of general duties.

Evidence suggests music is not only enjoyable, but it also has the potential to modulate pain. The supervisor has a considerable catalogue of downloaded research manuscripts that review and explore for this effect. However, the use of music in a therapeutic rehabilitation setting has not been thoroughly investigated.

Recent student-based research (2012) projects in New Zealand explored for the effect of laughter and nature documentaries that might act as potential distractors for perceiving the presence of experimental pain (ice water). Laughter demonstrated some beneficial effects on pain perception threshold in the NZ students' pilot trial. Interestingly video-based distraction did not change pain perception. However, laughter is not easily adapted to a clinical setting – but may be possible.

Given the latest digital technology (Spotify etc) music is readily adaptable to a clinical setting and there is there is a logical argument to introduce the patients own preferred music into the personal and clinical setting as potential for a targeted intervention for pain modulation. This needs some further exploration and thus the student will undertake a review of the current literature on the benefit of music for pain modulation and design a pilot study exploring for the effects of music on experimentally induced (cold) pain. Dr Teresa Paslawski will also provide collaborative supervision and guidance.