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MUSIC THERAPY
in Hospice and Palliative Care

Patricia Mulholland, M.A., MT-BC

THE MUSIC THERAPY GROUP

Medicine targets disease and disability

Music targets dignity and ability.

-Oliver Sacks

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What is Music Therapy

The American Association of Music Therapy offers this definition:

- *Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illnesses. (AMTA 2007)*
- ***Music Therapy is the clinical and evidenced based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved Music Therapy program.***

www.musictherapy.org

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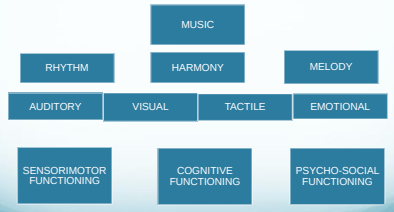
Music Therapy:
Facilitates Multi-sensory Stimulation/Response



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Music Therapy Techniques

- Group/Individual Singing/Instrument Playing
- Lyric Analysis
- Songwriting, Lyric Substitution
- Music Improvisation
- Life Review – Legacy Projects
- Music Listening
- ISO Principle (a form of entrainment using live music)
- Music Recording on CD/DVD
- Progressive Relaxation
- Neurologic Music Therapy Techniques

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The Role of Music Therapy in Hospice and Palliative Care

- **Provides a safe environment for patients to travel through their emotional world**
- **Engages the mind, body, heart and spirit**
- **Offers connection – to self and others**
- **Elicits and supports psycho-spiritual process**
- **Creates opportunities for experiencing meaning, understanding, peace, creativity**
- **Allows family members and loved ones to be together in a heightened way**

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Patient Care Plan Needs Addressed

- Quality of life
- Pain
- Dyspnea
- Confusion, disorientation
- Anxiety
- Depression
- Isolation
- Terminal restless/agitation
- Spiritual

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Family/Caregiver Care Plan Needs Addressed

- Family Cohesion
- Family Conflict
- Anticipatory Grief
- Caregiver Stress
- Caregiver Mood
- Memorial
- Bereavement

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Music Therapy
Job Description

- Completes the music therapy assessment with patient and family when referred in accordance with the interdisciplinary plan of care.
- Plans the music therapy interventions within plan of care.
- Implements the music therapy interventions in accordance with the interdisciplinary plan of care. Guides the patient in the use of creative therapeutic activities for the purpose of improving or maintaining mental and physical function and quality of life.
- Instructs other care team members including, when appropriate, hospice aides and family members in the use of music to achieve individualized care plan goals.
- Evaluates the effectiveness of music therapy services with the patient.
- Documents all services provided to hospice patients and families in the clinical record.
- Terminates therapy services when appropriate..
- Provides in-services to staff, hospitals, nursing homes, and other facilities as requested and determined appropriate by therapist.
- Participates in team meetings and in the on-call schedule as required.
- Perform other related duties as assigned.

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Research
Russell Hilliard

- For participants receiving MT, there was
  - A reduction in perceived pain
  - An increase in physical comfort
  - Decreased anxiety and increased relaxation
  - Increased energy and decreased fatigue
  - Increased quality of life
  - Increased sense of spiritual support
  - Increased amount of time with staff

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Deep Peace

Deep peace on the riding wave to you

Deep peace on the flowing air to you

Deep peace on the quiet earth to you

Deep peace on the shining stars to you

Deep peace on the quiet night to you

Moon and stars pour their healing light on you

Deep peace to you.

Deep peace to you. Deep peace to you.

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The Music Therapy Group

Our Mission:

We are committed to illuminating ability in our clients by providing high quality music therapy services based on individual needs, and to educating the greater public about the science and art of music therapy practice in clinical and wellness settings.

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