

Music Therapy Interventions Addressing Pain, Restlessness, Anxiety and Respiratory Comfort

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Introductions

- ▶ Sharla Whitsitt, music therapist with Village Hospice in Lee's Summit, MO near KCMO
- ▶ Maggie Rodgers, music therapist with Brookdale Hospice, Overland Park, KS and Independence, MO

Introductions

- ▶ Tune: "Sing a Song of Sixpence"
- ▶ I'm a music therapist,
- ▶ I sing and play guitar.
- ▶ I work with different people.
- ▶ I get there in my car.
- ▶ I reach all folks with music
- ▶ Regardless of their choice,
- ▶ With guitar and instruments, and,
- ▶ Of course my voice.

Objectives

Participants will

- ▶ Become familiar with the Iso-Rhythmic Principle (IRP).
- ▶ Understand the applications of IRP for decreasing pain perception, anxiety, restlessness, increasing respiratory comfort and elevating mood.
- ▶ Understand the value of these techniques and how they can be applied in their own professional work.

What is Music Therapy?

▶ *"Music therapy is the clinical and evidence-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."*

- American Music Therapy Association
www.musictherapy.org

What is the Iso-Rhythmic Principle?

1. Meet them where they are.
2. Validate, provide for containment.
3. Take them where they need to go.

IRP-How is this done musically?

Incrementally adapt the elements of music:

- ▶ Tempo
- ▶ Volume
- ▶ Pitch
- ▶ Simple/complex accompaniment patterns

Applications of IRP

- ▶ Decrease Pain Perception (Chris/Pt. M)



Applications of IRP

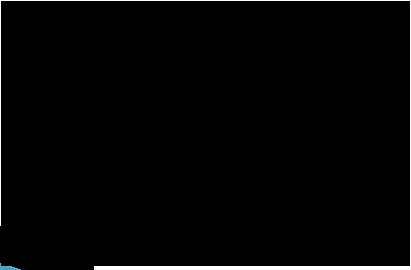
- ▶ Decrease Anxiety/Restlessness (Maggie/Pt. D)



https://youtu.be/_aRUGvSMANv7t=5s

Applications of IRP


- ▶ Decrease Respiratory Discomfort (Karen/Pt. F)



Music Therapy Interventions


Increase respiratory comfort

- ▶ Native American flute playing (Role Play)
- ▶ Cuing deep breathing
- ▶ Music to cue breathing
- ▶ Therapeutic/gentle touch
- ▶ Music and Imagery
- ▶ Improvisational songs



IRP Applications for You

- ▶ MT Techniques that Utilize **Singing or Humming of Patient Preferred Music**
- ▶ Especially with patients who have dementia:
 - One-step directions
 - Greetings
 - Assist with tasks
 - Often nursery rhymes and traditional folk songs work best
 - Help with ADLs
 - Maintain cognitive functioning



RP Applications for You: Singing

- ▶ Music as a distraction and refocus
- ▶ Music to elevate mood
- ▶ Stimulate reminiscing
- ▶ Gain spiritual support and spiritual awareness
- ▶ Maintain/stimulate cognitive functioning

RP Applications for You

▶ Music Therapy Techniques that Utilize **Familiar Recorded Music**

- Normalize environment
- Gain spiritual support
- Maintain cognitive functioning

RP Applications for You

. . . More that Utilize Recorded Music

- ▶ Increase Relaxation
 - tempo of 60 bpm or less
 - simple and predictable arrangements
 - lower spectrum of pitches
 - instrumental, **NO** lyrics
 (See rhythmicmedicine.com)
- ▶ Considerations: Patients must have the ability to focus and communicate for best results.

Summary

Tune: "God Bless America"

Music therapy at end of Life

- For the patients, and their families.
- Of course, the grieving husband or wife.
- It's the rhythm, and the singing.
- Recalling memories—improve our mood.
- Decreased aggressiveness, and pain level too!
- Improve life's quality, and attitude.

References

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- Wilson, B. J. & Gottman, J. M. (1996). Attention—The shuttle between emotion and cognition: Risk, resiliency, and physiological bases. In E. M. Hetherington & E. A. Blechman (Eds.), *Stress, coping, and resiliency in children and families* (pp. 189–228). Mahwah, NJ: Lawrence Erlbaum Associates.

How to Find a Music Therapist

American Music Therapy Association:

findMT@musictherapy.org

or

www.musictherapy.org

Kansas City Metro Music Therapists:

www.kcmmt.org

Evaluation/Q & A's

Thank you for coming!
