

MUSIC THERAPY

In tune with rehabilitation



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1. A NEED FOR CHANGE:

METROREHAB HOSPITAL WANTED TO:

Increase the amount of time patients spend engaged in therapy/activity

Create 'enriched environments' particularly for stroke patients to improve participation and increase functional gains

Determine if music therapy could improve rehabilitation service delivery

2. THE EVIDENCE:

Staff rated participants in the music therapy group as more actively involved and cooperative than those in the control group ¹

Significant improvement in family members assessment of participants social interaction in the music therapy group (vs control group) ¹

Music therapy has a positive effect on mood in post-stroke patients, and may be beneficial for mood improvement with stroke ²

Music exposure enhances emotional and cognitive functioning in healthy subjects and in various clinical patient groups ³

3. WHAT WE DID:

Ran a six week music therapy pilot at MetroRehab Hospital

Neurological, Orthopaedics, Reconditioning Inpatients

OPEN group, 1 hour in duration in patient lounge - encouraged patients to exercise choice in the hospital environment

INDIVIDUAL sessions – Registered Music Therapist focused on certain goals identified by the MDT

Referral was from Allied Health and Nursing Teams in consultation with screening from Stroke & Neuro Coordinator (consent obtained)

4. INTERVENTION:

Song writing for motivation and self expression

Familiar song singing for breath regulation and maintaining attention

Playing instruments for social interaction and distraction

Listening for relaxation and pain management

Gait retraining in physiotherapy sessions for Parkinson's Disease to increase gait speed

5. FEEDBACK:

PATIENT SURVEY FEEDBACK INDICATED POSITIVE IMPACT IN THE AREAS OF:

Positive approach to rehabilitation

Assistance with self expression

Self-confidence and enjoyment

STAFF SURVEY POSITIVE FEEDBACK:

Quality of music therapy services provided

Benefit of music therapy for patients

6. OUTCOMES:

Song writing – 3 songs were written by the OPEN Group during the 6 week pilot program

Appropriation of walking speed to rhythm of music in physiotherapy

Increased tolerance time of tilt table standing

Permanent employment of music therapist at MetroRehab Hospital due to success of pilot

7. PATIENT QUOTES:

"...brought out the best in all of us."

"... it was a good change from going to physio/gym and having to work hard at improving physically. It was a nice 'reward' following painful but necessary physio"

"...it was good to think about my own memories..."

"THRIVING IN REHAB"

I've never had an addiction,
But I've got so much pain,
When I take doze pills,
They send me down the drain,
I'm too old for that,
I'm too tired for that,
That's THAT!

They said I had to go to rehab,
And I said no, yes, YES!
I'm getting lots of help here,
With people pushing me up, up, up,
Without pain there's no gain,
I'll go home,
But here I am.

REFERENCES:

1. Nayak, et al. Effect of music therapy on mood and social interaction among individuals with acute traumatic brain injury and stroke. *Rehab Psychology* 2000;45 (3) 274-283

2. Kim, et al. Effects of Music Therapy on Mood in Stroke Patients. *Yonsei Med J* 2011;52(6) 977-981

3. Sarkamo, et al. Music Listening enhances cognitive recovery and mood after middle cerebral artery stroke. *Brain* 2008;131 866-876

CONCLUSIONS:

#1. It made the patients and staff feel good!

#2. Music therapy is a safe space for patients to express their thoughts and feelings

#3. It encouraged patients to think about their rehabilitation phase in a different way - patients felt more motivated to participate and continue with therapy

#4. Music therapy is of benefit in rehabilitation settings and enriched MetroRehab Hospital

#5. A structured referral system, screening and evaluation was crucial to the pilot's success