

Music Therapy: NICU & Bereavement Services

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Music Ice Breaker

- Firework, Katy Perry
- Don't Stop Believing, Journey
- Call Me Maybe, Carly Rae Jepsen
- Girls Just Want to Have Fun, Cyndi Lauper
- I Wanna Dance With Somebody, Whitney Houston

- I Want It That Way, Backstreet Boys
- Despacito, Luis Fonsi, Daddy Yankee, Justin Bieber
- Dancing Queen, ABBA
- Sweet Caroline, Neil Diamond
- Shake It Off, Taylor Swift

Who Am I?

- Juliette, of course!
 - NJ->NYC->CO->FL
- I am a Board-Certified Music Therapist.
- NYU, December 2019
- NICU certification, March 2021

Maisy



BAKING



PLANT GIRL ERA



Fueled by Coffee



Brief History of Music Therapy

- The earliest known references:
 - 1789, in Columbian Magazine titled, “Music Physically Considered.”
 - 1804-1806, two students of physician and psychologist Benjamin Rush, wrote about utilizing music to treat medical diseases in their dissertations.
 - first recorded music intervention to alter dream states during psychotherapy.
 - 1891-1974, Paula Lind Ayers the “song-physician” utilized music to support troops with shell shock during WW1.
 - 1900’s, various associations formed, setting the foundation for the first books, journals, and educational courses. E. Thayer Gaston, the “father of music therapy” was exponential in the organization and expansion of education. The first collegiate training programs were established in the 1940’s.
 - 1998, The American Music Therapy Association was formed!
 - Certification board for Music Therapists (CBMT)

JDCH NICU

- A-D Rooms
 - Most critical cases
 - More care required
- East Side – E rooms
 - 23 beds
 - BPD patients
- East Side – F rooms
 - 20 beds
 - Feeders/Growers



Music Therapy in the NICU

- Music Therapy Definition:
 - “The clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship.”
 - Certification: Certification Board for Music Therapists (CBMT).
- Evidence-based research
 - To continue to set the standard for and provide quality care.
 - Integral for the profession and practice of music therapy.
- In the NICU:
 - Modify the environment
 - Mask ambient noise
 - Reduce overstimulation from alarms, beeping pumps, voices, crying, etc...
 - Create a soundscape

- Enhance the well-being of patients
 - Affect vital signs
 - Pacify the infant
 - Facilitate neurological development
- Support family throughout hospital experience
 - Support bonding
 - Address trauma, stress, anxiety, coping
- Two methods
 - First Sounds: Rhythm, Breath, Lullabye
 - Louis Armstrong Center for Music and Medicine
 - The Standley Method
 - Florida State University

Instruments

- Ocean Disc

- Simulates the sound of the womb.
- Round drum with metal balls.
- Sound is produced in conjunction with therapists' movements.

- Pacifier Activated Lullaby

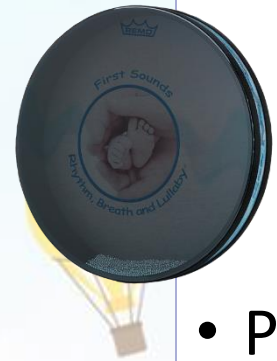
- A specifically wired pacifier and speaker to provide musical reinforcement every time a baby sucks on it correctly.
- Can reduce the length of a premature infants stay by up to a week.

- The Voice

- Careful choice of vowel, pitch, and rhythmic pattern are implemented after evaluation.
- Used to create a container
- MT-BC may utilize voice for entrainment.
- Use of parent's voice

- Gato Box

- Used to entrain to baby's HR
- Aides in improving suck/swallow
- Supports babies into a quiet alert state/sleep state.



Interventions

- **Entrainment**

- Coordination or synchronization of different rhythms.

- **Environmental Music Therapy**

- Human-centered, trauma informed strategy that encompasses a process using metamorphic and associative properties of live music seeking to modulate an individual's perception of the hospital as hostile.

- **Soundscape**

- Implemented to build healthier sonic environments through pinpointing specific sounds to promote healing and restoration as well as reducing sounds that cause stress.

- **Contingent Singing**

- Tailors certain musical elements like rhythm and tempo to match behavioral and physiologic cues and support the infant in achieving optimal stabilization.
- Parental singing for bonding
- Serving as an attuned partner for the infant.

- **Tonal Vocal Holding**

- Matching the voice to the moment, vocal sounds, pitch and rhythm of infants cry to support regulation



Bereavement

Family Centered Care

• Patient:

- Improve quality of life
- Relieve symptoms
- Address psychological/physiological needs
- Support and comfort
- Facilitate communication
- Meet spiritual needs

• Family:

- Assist coping
- Facilitate communication with loved one
- Support Grief and Bereavement
- Legacy Building/Memory making

Heartbeat recording

- Doppler
 - Record 10-20 seconds of the patients heartbeat.
 - Nursing help to find a strong heartbeat is helpful.
 - Upload to garage band.
- Stethoscope
 - Record 30 seconds of patients heartbeat.
 - Allows us to record directly to a mac, ipad, or iphone.
 - Eliminates background noise/interruptions



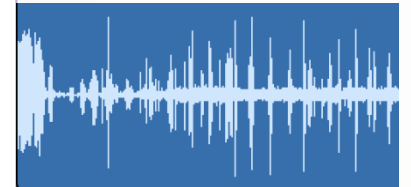
Heartbeat Song

• Song choice

- Parents/Caregivers may choose a song that is sentimental to their family, a song the patient enjoyed, a song they write, or a song that hold the space.

• Production

- Upload song to garage band
- Edit heartbeat recording
- Cut and adjust edited segment
- Import song
- Overlay heartbeat on the song
- Match rhythm of heartbeat with song/adjust song to match rhythm of hearbeat.
- Export as mp3



Questions?

**Please remember to go on
event and fill out the
session survey!**

