Neurologic Music Therapy pilot on the Intermediate Neuro Rehab Unit at Trafford General Hospital

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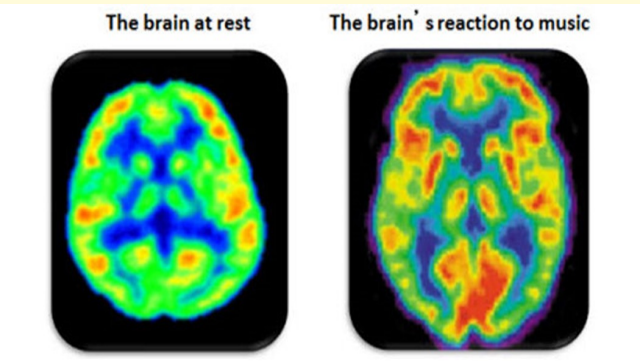
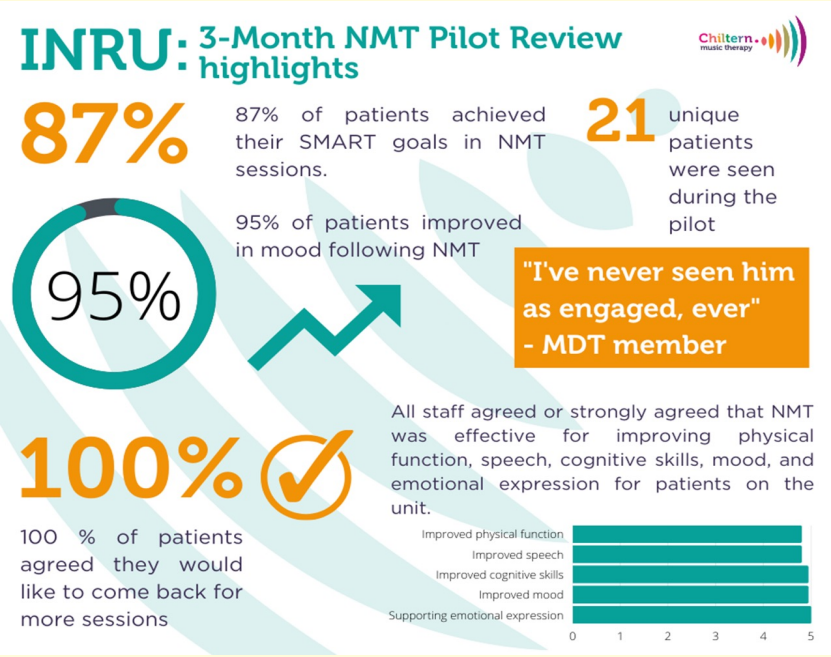
Introduction

The use of Neurological Music Therapy (NMT) and evidence-based music therapy intervention in neurorehabilitation has a growing foundation of literature outlining positive outcomes for patients and families. NMT is based on a neuroscientific model and the influence of music on functional changes in the non-musical brain and behaviour functions. The research-based system features 20 standardised clinical techniques for speech & language training, cognitive training, and sensorimotor training. NMT can be used with people who have a range of neurological conditions. Music therapy is a HCPC registered allied health profession. The pilot project was charitability funded by the Trust on the 35-bed intermediate neuro rehab unit (INRU) at Trafford General Hospital.



Aims of the pilot

- To improve outcomes for patients at discharge
- To evidence the benefits of Neurologic Music Therapy to staff, patients and families in the context of UK hospital care
- To evidence the need for expansion of the service within project hospital site and further sites in UK
- To evidence a need for further research using UK data



Discussion

The data collected clearly demonstrates the positive impact of Neurologic Music Therapy on the INRU and that it adds value to the service in the following ways:

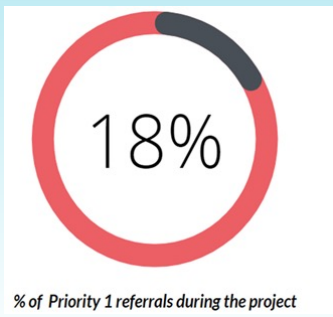
- Patients have access to increased intensity of rehab through NMT
- Neurologic Music Therapy can improve functional areas including speech/communication, cognitive skills and physical function
- Integration of an NMT service provided the MDT with new techniques to support rehab, new ways to engage patients, and creative approaches to use in functional assessments

Referral criteria for NMT

P1 – Patient not engaging in any therapy

P2 – To supplement the patient's current rehab program

P3 – To support quality of life, leisure and enjoyment



Methods of assessment & data collection

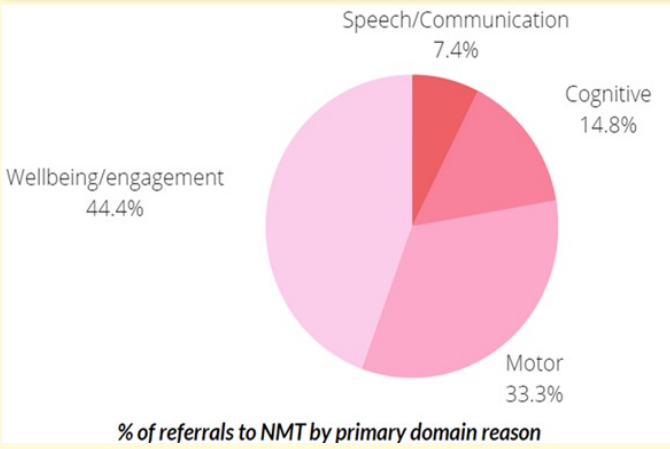
Mix of individual and group sessions with patients, 1 day per week over 12 weeks from May – July 2022.

- Aphasia friendly mood rating scales
- Monitoring % of SMART goals achieved across treatment intervention
- Chiltern Music Therapy (CMT) matrix
- Case studies
- Evaluation survey for patients and staff (Staff and patient's feedback

SMART goals were set in liaison with the MDT.

Conclusion

It is strongly recommended that the INRU implements a permanent NMT service to include individual and group sessions, as well as a therapeutic music group for staff. The service should be at least two full days per week to meet the demand of patient referrals



Patient feedback *"I think it is a really good idea and I hope it carries on for other patients. It lifts your mood as well as giving you a workout. Everyone comes out happier than when they went in. I am able to forget about my troubles while I'm in music therapy. It lifts your mood from one week to the next. Something to look forward to from week to week"*

Staff feedback *"It really improved patients moral and added diversity into therapy sessions. It used a holistic approach to work towards patients' goals and incorporated all aspects of MDT working"* occupational therapist

Acknowledgements

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