



Music & Memory

Implementation barriers and facilitators

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What is Music & Memory?



- Accredited program with non-profit organisation Music & Memory
- Personalised playlists of a patient's favourite and most memorable music and songs
- Listen to the playlists using iPods with headphones including splitters

Personalised music is defined as: “music that has been integrated into a person’s life and based on personal preference” (Gerdner, 2012)



Source: Music & Memory for Health



What is your on playlist?

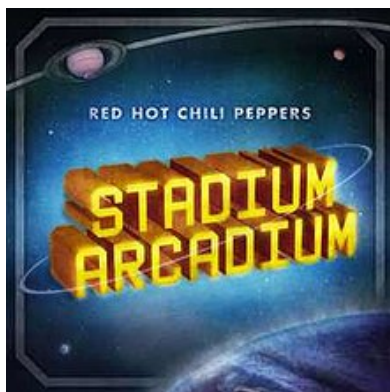


- What type of music do you enjoy listening too?
- What is one of your favourite songs and how come?
- What songs did you play at special events in your life?



Source: Music & Memory for Health

My playlist



Why we did pilot Music & Memory?



- Our brains are hard-wired to connect music with long-term memory
- Therapeutic benefits include: an increase emotional regulation, distress tolerance, enjoyment, self-expression and engagement
- Simple and effective way to bring joy

What did we do?



- 2 sites funded through a start-up grant from the NSW Ministry of Health as part of the NSW Health and the Arts Framework
- 19 sites funded through ACI
- Implementation - sites completed a certification program
- Evaluation

How did we evaluate it?



- **Can Music & Memory be successfully implemented within a NSW health care setting?**
 - Mixed-methods approach: survey, focus group and document analysis
 - Identification of implementation barriers and facilitators

Facilitators	Barriers
Training and practical support	Streaming platforms
Implementation leads	Funding
Integration into routine clinical practice	Equipment storage, distribution, hygiene and safety
Staff engagement	Time to prepare playlists
Observation of beneficial outcomes	Accessing music in different languages
Volunteers	Staff handover



Facilitators



- **Integration into routine clinical practice:** incorporating music questionnaire into the assessment process , care planning and daily care
- **Volunteers:** increased a sense of community and made it less overwhelming
- **Staff engagement:** high level of engagement and commitment

Barriers



- **Time to prepare playlists:** the estimated time to select and download preferred music was 2 hours per playlist
- **Funding:** accreditation fee, playlists and headphones
- **Streaming platforms:** limited access to suitable music technology platforms and internet access

Take home



- Different steaming platforms could be used to improve efficiencies in the playlist development process and reduce cost
- Clarity around roles and responsibilities including dedicated staff to establish playlists
- Integration into routine clinical practice

For more information

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- <https://www.publish.csiro.au/PY/pdf/PY18084>
- On the Couch at ACI booth for afternoon tea today

