

LIVE THERAPEUTIC MUSIC DATA COLLECTION FORM

GENERAL INFORMATION & INSTRUCTIONS FOR USE

This form is intended for use by Certified Music Practitioners[®] (CMPs[®]) and any other therapeutic musicians using live music at bedside. Data collected via this form will be used by MHTP[™] to *determine trends* related to observed patient responses to live therapeutic music. These trends can then be used to help *generate scientifically-testable hypotheses* for empirical research in the field of live therapeutic music.

Goals in creating this form included:

- To determine – *from a therapeutic musician’s perspective* – if/how live music at bedside changed the patient, by consistently collecting observable data (both qualitative and quantitative), as well as anecdotal data.
- To provide a standardized form for CMPs and other therapeutic musicians to use, resulting in a large volume of consistent, reliable data collected across different conditions of patients in many different healthcare settings.
- To produce a general form that might eventually influence forms for hospices and other healthcare organizations.

It is critical to note that this form gives information about whether, and perhaps how much, a patient changes from before to after a music session. ***But it does not justify the conclusion that music was responsible for any change.***

Guidance for answering each question on this form is clearly indicated on the form; e.g., whether to check ‘one’ answer or to check ‘all that apply’. In this document are further explanations, guidelines, and definitions to help clarify how to complete this form consistently.

It is imperative that, prior to using this form to collect any data, the therapeutic musician obtain appropriate permissions for its use from each healthcare organization in which this form will be used. Many organizations have an Institutional Review Board (IRB) that handles such permissions.

This form is intended to be used as a double-sided copy, so it is contained on one sheet of paper.

Demographics

Complete the introductory section of the form using the following guidelines:

Session Date	Date of live therapeutic music session
Time	Beginning time of session
Patient ID	Some unique identification number (<i>not</i> patient's name); e.g., study sequence number, some other confidential identifier
Age	Check one choice
Gender	Check one choice
Patient Location	Check one location where patient was during music session; if patient's location is not identified in the check box choices, specify under 'Non-hospital Medical Facility'
Medical Diagnosis	Check all that apply; if other appropriate diagnoses are not listed, specify in "Other".

Before Music Session – Presenting Conditions

Check *all* "Observed General Conditions" of patient using the following explanations:

Awake	Not in a state of sleep
Confused/Disoriented	Perplexed state; mixed up (e.g., unsure of time, place, personal identity; cannot comprehend why musician is present)
Smiling	Visible smile
Crying	Shedding tears, sobbing
Verbally coherent	Talking rationally (e.g., lucid to time, place, personal identity, presence of musician)
Non-responsive	Comatose, lethargic, etc.
Restless	Unable to stay still or quiet; moving frequently or continually
Agitated	Moving with violence or sudden force; writhing
Moaning	Making a sound resembling a groan
Furrowed brow	Deep wrinkles on the forehead
Clenched hands	Hands closed tightly
Curled up/Tense position	Physically tense; contracted legs, fetal body position
Other	Specify other observable condition(s) as precisely as possible

Complete "Observed Breathing Conditions" of patient by circling *one number* on the scale of 1 to 4 for each line (breathing condition), using the explanations given below.

Because a patient's breathing is so important to choice of appropriate live therapeutic music, it has been broken out in this separate table.

On each line, circle the *one number* on the scale of 1 to 4 that is closest to observations of the patient's breathing conditions. For example, in the first line, if breathing is very erratic, circle #1; if breathing is somewhat erratic, circle #2. If breathing is only occasionally erratic and mostly steady, circle #3; if breathing is steady, circle #4. *Do not* circle labels at ends of scales.

Erratic	Irregular, panting breaths
Steady	Normal respirations per minute (12 - 20 for adult; faster for child)
Shallow	Breaths high in upper chest
Deep	Breaths low in chest/abdomen
Relaxed	Breathing appears to be easy
Labored	Gasping breaths, pursed lips, rattling, shortness of breath
Cheyne-Stokes	Alternating periods of shallow/weak and deep/strong breathing, often observed in someone near end-of-life

Complete “Measured Conditions” of patient using the following guidelines:

Blood pressure, heart rate, and respiratory rate can be obtained manually or automatically via a continuous device. Oxygen saturation is an automatic device function. “Other” objective measures might include monitoring devices for intracranial pressure, HeartMath™, etc. Record any of these objective measures that are available.

Check *all* “Additional Concerns affecting Music Session” using the following explanations:

Hearing impaired	Not able to hear spoken words without aid
Intubated	Breathing tube in trachea
Medical isolation	Patient is in isolation room and/or musician must wear protective clothing
Language barrier	Patient does not speak same language as musician
Hospice care	Patient enrolled in hospice program
Interruption during session	Someone or something interrupts the continuity of the session
Other	Notable variation from normal session protocol/progression; specify as precisely as possible

During Music Session – Types of Music Used

Check *all* “Types of Music Used” using the following explanations:

Familiar	Music likely to be recognized by patient
Unfamiliar	Music not likely to be recognized by patient
Rhythmic	Steady meter/beats per minute
Arrhythmic	Unsteady meter/beats, interpretive
Improvisational	“Free-form” composition; spontaneous
Calming/Sedating	Music played/sung <50 beats/minute
50 to 70 beats/min	Music played/sung near adult human resting heart rate
Stimulating/Upbeat	Music played/sung >70 beats/minute
Other	Any type of music not given above; specify as precisely as possible

Complete “Length of session” and “Instrument(s)/Voice used” using the following explanations:

For “Length of session”, fill in the total playing/singing time, *not* the length of time spent with patient.

For “Instrument(s)/Voice used”, fill in all instruments and/or voice used during the session.

After Music Session – What Changed?

Complete “Observed General Conditions”, “Observed Breathing Conditions”, and “Measured Conditions” using the same explanations as “Before Music Session” instructions above.

Observations are to be made at the end of the last musical piece and before the musician prepares to leave.

Narrative Note

The narrative note can include extra observations, particularly about patient response to music; explanation of music choices; patient or other listener comments; staff comments, etc. Especially interesting here would be indications of pain pre- and post-music session, if applicable and known. Because they are qualitative in nature, data in this Narrative Note are not used in tabulation of quantitative data, but can be used anecdotally, to help explain quantitative changes, etc.

Upon completion of this form, mail it to:

MHTP™ Central Office
Attn: Data Collection Survey
P.O. Box 127
Hillsdale NY 12529