

VIBROACOUSTIC MUSIC THERAPY IN PALLIATIVE CARE: INTERVENTION FOR PATIENTS AND THEIR RELATIVES - KALLIOPE

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Introduction

Palliative care for terminally ill patients also includes the support of their relatives. Psycho-oncological, socio-legal, and pastoral counseling are already well established (Oechsle et al., 2021). However, standardized procedures do not include interventions that address the relationship between the patient and family members. The impending loss affects the relationship and the accompanying life balancing (Boss & Couden, 2002). Feelings like pain and happiness, fear and hope are experienced in a way that was often not known before. In order to share this with each other, it sometimes needs external support. Therefore, listening to music can help to resolve the ambiguities of such situations.

Methods

The music intervention, based on music therapy expertise, allowed patients and their relatives to listen to music together using a resonant SoundPad. It is a thin wooden board with two small speakers connected wirelessly to a mobile device. A selection of well-known music tracks of different genres is stored on it. When

patients and relatives place their hands on it, they can feel the sound waves of the music, transmitted through the wooden board.

KALLIOPE is currently in the clinical trial phase. Through qualitative surveys, the research interest focuses on subjective experiences, especially the description of simultaneously hearing and feeling the music and the attributed effects of the music intervention. The focus is always on the experience of presence and connectedness. In the further course, feedback from ward staff will also be collected. The testimonials will be analyzed from a music therapy point of view. The evaluation is carried out with the help of reconstructive research methods.

Results & Discussion

Feedback to date has been consistently affirmative. So far, the testimonials tend to address the music-listening experience rather than the relationship situation. The implementation of the intervention into the ward routine is still a challenge. The results will be used for further methodological development and the preparation of impact research.

References

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