

WHEN THE PERSPECTIVE HAS CHANGED: MUSIC THERAPY IN THE MEDICAL SCHOOL

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MTC

Music Therapy Course

The Music Therapy Course under the name **"An Introduction to Music Therapy in Medical Setting"** aims to educate and experience medical music therapy to a correct understanding in an individual practice, study, research, guidance, consult, referral to a music therapist, and daily self-use.

MTC is not a certification or certificate, nor is it a medical student or resident who has graduated; consequently, they cannot refer to themselves as "music therapists". To finish this course, students must participate in the class for at least 90% of the course credit in order to accurately grasp medical music therapy.

MTFM MUSIC THERAPY IN FAMILY MEDICINE

Family Medicine Doctors

Principles of family medicine in Thailand

- C** Community and population-based practice
- P** High quality Primary care provider for all age groups
- D** Doctor-patient-family relationship

Holistic Medicine Model

- Biological** Family medicine practitioners exercise holistic care as a primary conceptual framework, physical, psychosocial, and spiritual.
- Psychosocial** Holistic health care provides interdisciplinary, integrated whole-person treatment with the primary patient outcome of achieving optimal quality of life.
- Spirituality** It refers to a person's physical, emotional, spiritual, and social reactions to illness, as well as the influence of the illness on one's ability to meet self-care demands.

Specialist clinic under family medicine department operation

- Geriatric care
- Palliative Care**
- Prevention and Promotion
- Brief Intervention
- Sex Health
- Home Care
- Wellness and Healthy Life Clinic** (Music Therapy clinic, and psychological standard assessment by a clinical psychologist)

Music Therapist

Music Therapy Modalities

Symptoms control

- Pain Management
- Reducing dyspnea
- Minimizing discomfort
- Supporting medical procedure

Cognitive function improvement in elderly

- Memory training
- Improving an executive function
- Emotional management
- Motor function control (falling, endurance, and strength)
- Increase Attention and perception

Psychosocial management

- Behavioral management due to illness
- Bereavement Care
- Caregivers burnout
- Psychiatric patients with mild to moderate symptoms

Spirituality support

- Engaging in the patient's dying process
- Legacy work
- Support patients' self-actualization

Assist family medicine practitioners throughout family meeting procedures and facilitate an Advance Care Plan (ACP) in palliative care practice.

Support medical staff's psychological management and stress alleviation.

Special service (depending on referral and needs for consultation)

- Pediatric symptom management, psychological support, and behavioral management
- Physical and cognitive rehabilitation in PM&R wards
- In community medicine, support health promotion and prevention.
- IPD daycare (due to a lengthy hospital stay)

***Music therapy service fees will be paid by the government under Social Security Scheme (SSS), and Government and/or State Enterprise Officer (OFC) privilege. Ramathibodi Hospital is the only hospital in Thailand that offers this benefit.

LEVEL OF PRCTICE



Figure 1. Medical students chose a musical instrument to play in improvisation in the MTC classroom.

Basic level

Half-day lecture (3 hours)

- Active Lecture
- Demonstration
- Clinical observation

Experience-based Learning (ExBL) were implemented as techniques for instruction.

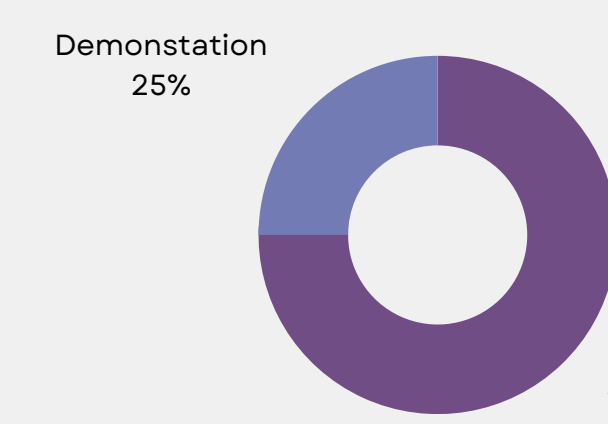


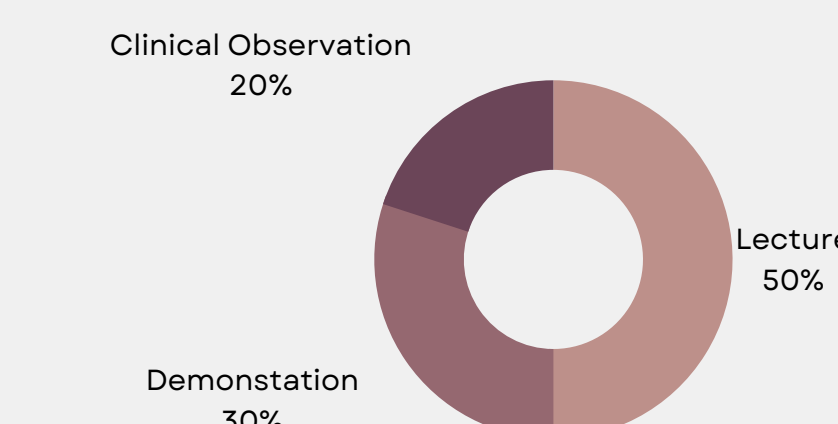
Figure 2. Through a clinical observation class, the family medicine residency assisted in music therapy sessions with music therapist interns.

Advanced level

One month (20 hours)

- Active Lecture
- Demonstration
- Clinical observation

Problem-based Learning Designed (PBL) and Experience-based Learning (ExBL) were implemented as techniques for instruction.



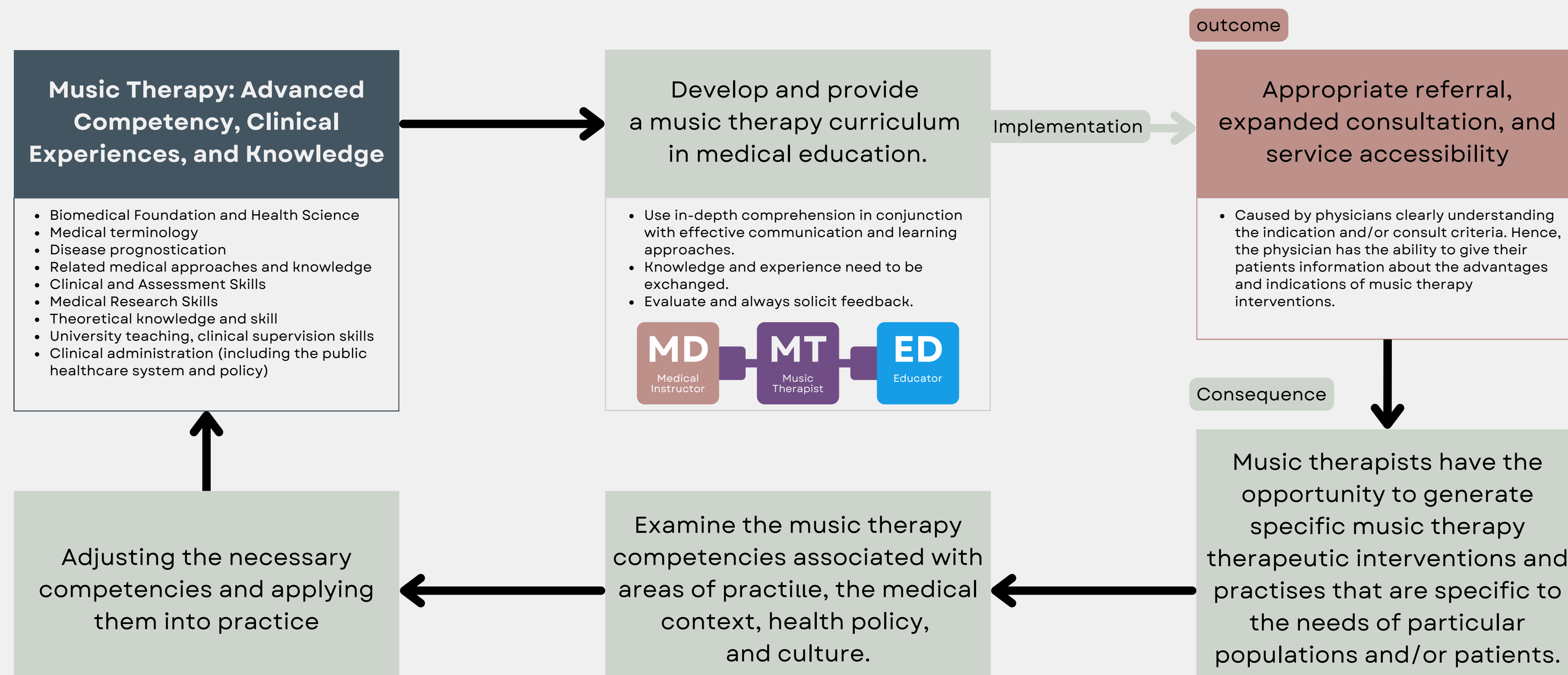
DOCTORS FAQ IN THE MTC CLASS

Patient's indication and consultation criteria	Effectiveness and Evidence-based medicine (EBM)	Referral system and clinical procedure	Expectation outcome or possibility to achieve	Session length required (duration, and frequency) for achieving clinical goals
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Furthermore, the practitioner frequently inquires about how other healthcare providers employ music as medicine based on personal talent, as well as music for wellness through self-use. This MTC, however, has been transformed into a Hermeneutic Phenomenology study by a music therapist intern who has the opportunity to assist and observe in MTC class throughout her internship.

Karnjananonkul, P., Jittivadhna, K., Nagaviroj, K., & Tayrattanachai, N. (2023). Physicians' Experiences and Perspectives on the Use of Music Therapy in Family Medicine at Ramathibodi Hospital. In Refereed Proceedings of the 1st International Conference in Palliative Care and Family Health Nursing. Thammasat University Rangsit Campus, Thailand.

ROAD MAP OF MTC DEVELOPMENT



THE PARTICIPATION

The highest proportion of MTC participants were medical students because MTC is included in a selective course in Primary Care Medicine subject, which is provided by the family medicine department.

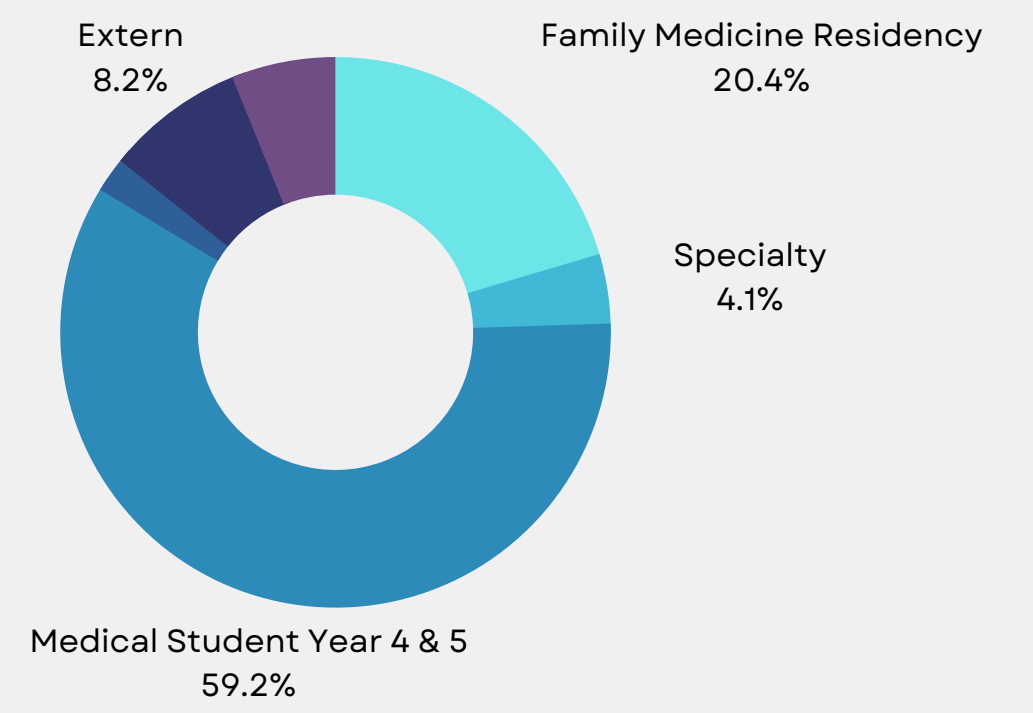


Figure 5: Depicts the MTC participation ratio by education level and specialization type.

While 20.40% of participants were Family Medicine Residency. However, 4.1% were specialty, Preventive medicine, and Urban Medicine.

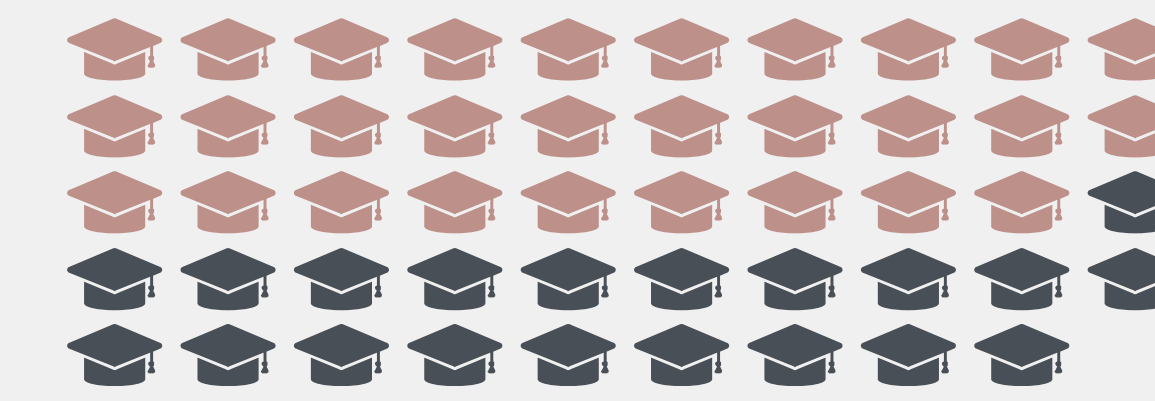


Figure 3. The proportion of medical students, externs (59%), and medical residencies, specialization (41%), who participate in MTC.

Almost 50 medical students, externs (59%), and residencies, specialty (41%), not only in family medicine but in other practices, enrolled in the MTC in the last 2 years. This statistic shows the result between April 2021 to July 2022

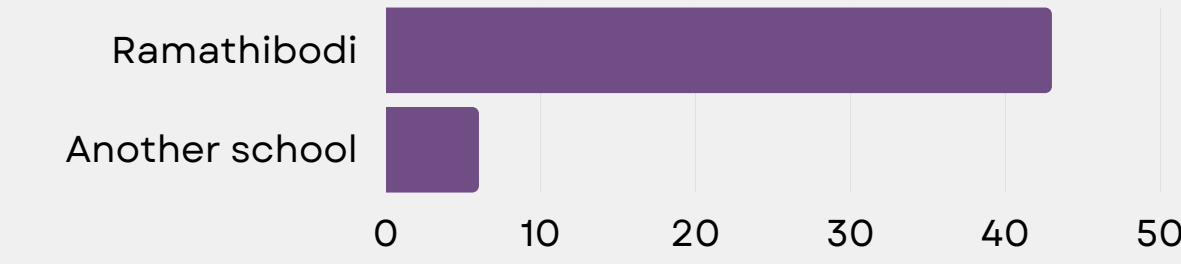


Figure 4. The proportion of MTC participants (divided by medical school)

Forty-three (88%) of the participants were from Ramathibodi Medical School, while six (12%) were from another.

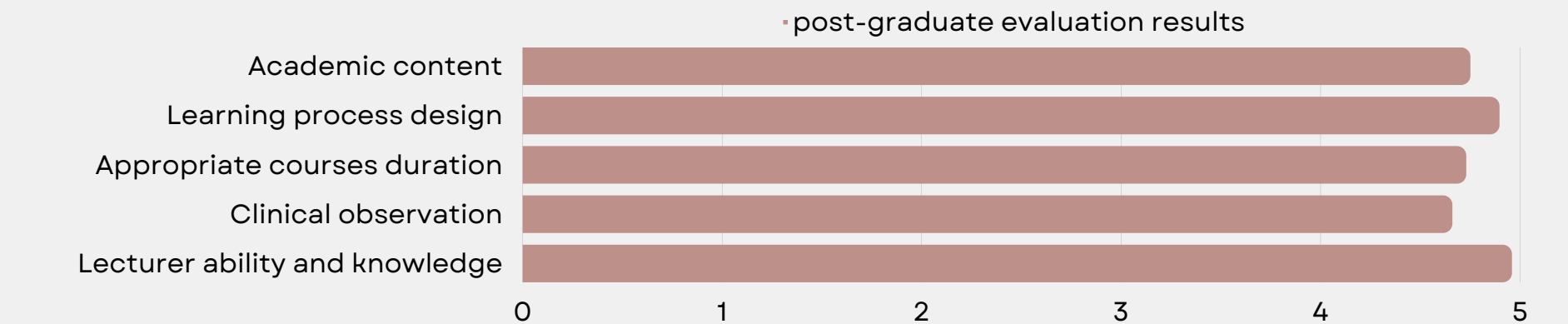


Figure 6. The post-graduate evaluation results of 49 medical students and residencies to evaluate learning-instruct management from April 2021 to July 2022

COURSE SYLLABUS (BASIC)

Music Therapy in Hospitals

Courses	value (%)
Bereft History of Music Therapy	5
Definition Music Therapy	10
Basic Principle and Theory of music therapy	
Music and Brain: Biomedical Foundations of Music as Therapy	30
Therapeutic Function of Music	
ISO principle	
Music therapy in a medical setting	
Music therapy procedure	30
Assessment in music therapy	
Ethics, Competency, and Risk in Music Therapy	
Music Therapy intervention (Demonstration)	25

Table 1. Course Syllabus (Basic) of An Introduction to Music Therapy in Medical Setting

Course Syllabus (Advance)

Music Therapy in Medicine

Courses	value (%)
Music Therapy Overview	
Bereft History of Music Therapy	5
Definition of Music Therapy	
Basic Principles and theory of music therapy	
Music and Brain: Biomedical Foundations of Music as Therapy	10
Therapeutic Function of Music; and ISO principle	
Music therapy and medicine	
A Biopsychosocial Perspective of Health, Illness, and Music Therapy	25
Medical Applications of Music Therapy	
Music Therapy and Palliative Care	
Music Therapy and Geriatrics Care	
The Music Therapy Clinical Process	
The Clinical Process	10
Assessment in music therapy	
Ethics, Competency, and Risk in Music Therapy	
Consult and Referral to Music Therapy	5
Music Therapy interventions (Demonstration)	30
Music Therapy Clinical Observation	20

Table 2. Course Syllabus (Advance) of Music Therapy in The Hospital

