

Clinical Notes

Scenario:

Your team is a group of music therapists on the Professional Advocacy Committee of the American Music Therapy Association. Your committee has been asked to make a multimedia presentation to the Continuing Education Committee of the California Medical Association on the value of using music in the treatment of patients. If accepted, your presentation will become part of their series of webinars to educate physicians on a wide range of topics.

Possible topics to cover (these are only suggestions and are not a requirement for a superior presentation):

1. What is Music Therapy?
2. How long has music been used in healing?
3. How does music help in the treatment of patients?
4. What scientific evidence is there that music therapy works?
5. Are some kinds of music more effective than others?
6. How widespread is the use of music in medicine?
7. How are any hospitals, clinics or doctors' offices in our area using music?
8. Can music be used to maintain wellness as well as in treatment of illness?
9. Describe a firsthand report from someone that feels music helped him or her recover from an illness.
10. How can you get more people interested in using music therapy?

Possible Sources

Newspapers, musicians, medical experts, music teachers, videos, CD's and Internet websites. Email or interview experts with questions about the topic.

Internet links for additional resources are on page 2 of this scenario.

Bibliography

Be sure to have a printed bibliography to hand to the judges before you begin your presentation. You are encouraged to cite all of your sources including graphics. A simple web tool to organize your bibliography can be found at <http://citationmachine.net/>.

2009 CyberQuest 5th Grade Resources

American Music Therapy Association

<http://www.musictherapy.org/>

Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illnesses. Research in music therapy supports its effectiveness in a wide variety of healthcare and educational settings.

- Frequently Asked Questions: <http://www.musictherapy.org/faqs.html>
- List of media stories about music therapy: <http://www.musictherapy.org/media.html>

University Hospitals Case Medical Center

<http://www.musicasmedicine.com/about/history.cfm>

History of Music Therapy

Listen to our music therapy public service announcement

Prevention magazine

http://www.prevention.com/cda/article/music-as-medicine/ff9350d1fa803110VgnVCM10000013281eac_____/health/natural.remedies/0/0/0/1

Exciting research suggests that the brain responds to music almost as if it were medicine. It may regulate some body functions, synchronize motor skills, stimulate the mind--even make us smarter. This article gives examples of how music can be used in therapeutic situations and everyday life, including types of music.

Music as Therapy: Docs use Tunes as Treatment

<http://www.msnbc.msn.com/id/30990170/>

Music as Medicine, Researchers explore how melodies can help regulate heart, boost hormones

Article contains links to videos about how music is used with patients; a short ad precedes each video, but the videos are well worth sitting through the ad.

U.S. News and World Report

<http://health.usnews.com/articles/health/brain-and-behavior/2008/07/17/music-as-medicine-for-the-brain.html>

Article: Music as Medicine for the Brain

Medscape Journal of Medicine

<http://www.medscape.com/viewarticle/569013>

Brief video and description of a study conducted at Harvard Medical School measuring the effect of music on amount of sedation needed.