

# GRAND ROUNDS

**Thursday, December 1, 2022**

**Location: Zoom** (please [RSVP](#) for link)

**4:30pm- 6:00pm**

## **Embedding Music in Care**

**Dan Cohen, MSW**

Under-utilized as a calming, enlivening medium, it turns out that the right music does more than reduce anxiety and depression. It also reduces falls, the perception of pain, delirium, brain fog and the need for antipsychotics.

Where does music fit into care for the deeply forgetful as well as those with Parkinson's, and Huntington's? How do we find music for those who cannot articulate their preferences? Why should healthcare *care* about embedding music? How are hospitals using music today? What does the research reflect?

Healthcare is always on the lookout for better interventions. A large and growing body of research adds to our confidence that music used in the right way can generate quality of life and quality of care outcomes that medications cannot. Medical professionals open to appropriate music-based interventions often gain a valued tool.

We will look at music's impact during the progression of the disease as well as how music as medicine enhances patient outcomes and satisfaction.

Please RSVP [here](#) or to [bioethics@stonybrookmedicine.edu](mailto:bioethics@stonybrookmedicine.edu)



*In 2006 when Dan Cohen heard a journalist state that enjoyment of music on iPods was ubiquitous. His response was that this did not apply to healthcare or long-term care recipients. He offered to set up nursing home residents with their favorite music on Long Island including Stony Brook's LI State Veterans Home. After watching the deeply forgetful "light up," when connected with music that held personal meaning, he founded the nonprofit Music & Memory to train and support a methodology to allow widespread application of personal music. A video of one resident, Henry, at 50 million views, became, and still is, the most viewed video on anything relating to dementia globally. He has trained healthcare teams at more than 5,000 nursing homes, assisted living communities, hospitals, hospices, adult day and home care programs. More recently, he founded Right to Music to make personalized music a standard of care; and to integrate the non-pharmacological benefits of music into the education of all future health care professionals. Alive Inside, a documentary which won the Sundance audience award, chronicles his work, and that of others, is an inspirational story of hope for the deeply forgetful.*