

Proceedings of the 5th International Conference of the International Association for Music and Medicine IAMM

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Foreword

Music Therapy: how has it influenced my professional life? Reflections of a doctor oncologist specialist in palliative care.

Between June 7 and 10, 2018, the 5th IAMM Conference was held in Barcelona (Spain) with great scientific interest and a very pleasant atmosphere for all the participants. The proximity of the sea, the port of Barcelona and its boats, as well as the flow of recreational and sports boats, relaxed the brief moments of rest between sessions.

In addition to the wonderful environment, the World Trade Center of Barcelona, the quality of the presentations, communications and posters allows Núria Escudé, Fabrizio Acanfora and myself to ask all those who presented their research, experiences, and science in the field of music therapy and medicine to express their interesting contributions in brief writings. The reason for this book is none other than to preserve these valuable contents, remember them, reread them and allow those who for different reasons could not attend the Conference to access these valuable contents.

I do not want to miss the opportunity to present this book without expressing, as a medical oncologist dedicated to the care of patients with advanced and terminal cancer, my experience “accompanying” recognized music therapists.

As doctors, as it cannot be otherwise, we are focused on scientific knowledge, technology, evidence and soundness of results, clinical guidelines and, to a lesser extent, our own experience. I do not forget that we must add the “art” of medical practice, our capacity for empathy, to transmit security and to show sincerity in the face of what we do not know, and in front of the unfortunate prognosis of many currently incurable diseases.

The daily closeness with the dying patient told me how important it is to heal and, when it is not possible, to alleviate the suffering of the end-of-life situation. Medicines and technologies are needed to achieve this, but something else is missing.

I had no idea of what music therapy was until one day, as I have

explained several times, Professor Andrew Rossetti showed up in my little office at the Hospital del Mar in Barcelona. His enthusiasm and persuasive ability convinced me in a few minutes that personalized, structured and technically adapted music could provide moments of relaxation and well-being to patients like the ones I was treating. In a few months, and later, under the direction of Mrs. Núria Escudé, we managed to implement music therapy in patients with cancer admitted to the palliative care unit of our hospital. Several music therapists coordinated by Mr. Jordi Mercadé and dozens of students of the Master of Music Therapy at the University of Barcelona have joined in. I keep an immense memory for their vocation, quality, work and ability to integrate into our healthcare team. Above all, I keep in mind every day the expressions of happiness of the patients for those moments of abstraction from their problems, their prognosis and their serious clinical situation. But what has surprised me most about music therapy is the ability of this discipline to project the outflow of emotions and experiences, when not of the intimate confessions of the patients. Music therapy is communication.

I have become, with more or less success, an advocate of music therapy as a magnificent complementary treatment in health care at the end of life. However, I believe that we must raise the levels of training, teaching, research, integration, financing, and homologation of training studies to practice as a music therapist.

I want to congratulate and encourage the whole world of music therapy to advance in the implementation of new programs, in all hospital areas, social health centers and in the patient's homes. More training, evaluation of results and demonstration of the scientific evidence of this complementary treatment, will help improve matters.

I cannot end this brief prologue without showing my appreciation to the contributors of this book for their enthusiasm and encouragement. To Fabrizio Acanfora, the coordinator of this book, who has brought it into reality with his enthusiasm. To the palliative care team of the Hospital del Mar in de Barcelona, directed by Dr. Cristina Farriols. To the group of music therapists of my hospital headed by Núria Escudé and Jordi Mercadé, to the intern

students and, especially, to the patients with advanced and terminal cancer without whom our project would have been impossible.

JOSEP PLANAS DOMINGO
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Preface

The strong link between music and health has been known for millennia, but with the advent of the modern era and the beginning of the scientific revolution, music has been confined to an almost exclusively aesthetic role in our society. Only relatively recently, researchers and clinicians have rediscovered the potential of music, and its non invasive and non pharmacological therapeutic effects are now widely recognized also by the scientific community.

With this book, we want to help to spread the incredible advances that have been done in the field of music and medicine, collecting a selection of articles and abstracts presented at the 5th International Conference for Music and Medicine of the International Association for Music and Medicine IAMM that was held in Barcelona in June 2018.

As always, the IAMM International Conference has covered an extremely wide range of topics and areas of application ranging from oncology, geriatrics, palliative care, psychiatry, neuroscience, and many others.

Over three hundred researchers, doctors, musicians and music therapists have gathered together for three days generously sharing their knowledge and latest research in the field.

It was impossible to capture the content and enthusiasm from all the valuable contributions that were presented at this conference, but we hope that this book will furnish to scientific and groups and professionals all over the world an excellent reference book. We also hope that this will be a trigger to stimulate further study and research in all the areas and topics covered during our Conference.

Fabrizio Acanfora
Organizing committee

5th IAMM International Conference
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Introduction

The International Music and Medicine Conference is a milestone, a very special moment; it's the bringing together of experiences and research that put Music Therapy in a scientific and humanizing perspective at the same time.

When, at the 4th International Music and Medicine Conference in Beijing, it was announced that Barcelona would host the 5th International Congress of the IAMM, I felt terribly nervous, but at the same time I was honored and excited. It was time to receive music therapists, doctors and professionals related to the field of health and neuroscience in my hometown, Barcelona!

Memories of my first experience as a music therapist in a hospital setting came to my mind: it's October 2010, Andrew Rossetti starts a new project at the Hospital del Mar in Barcelona but suddenly, for professional reasons, he has to go to New York to work at the Beth Israel Hospital. As a "gift", he leaves us with a first implementation of a Music Therapy program in palliative care with patients with advanced and terminal cancer.

It was for me a big challenge: music therapy in a hospital? How will the medical team receive it? I still remember being terribly nervous at my first interview at the Palliative Care unit. My colleagues helped me put together all my published research and, with the advice of Andrew Rossetti and Dr. Joanne Loewy of the Beth Israel Hospital, I was ready to start this adventure that became my passion and work.

When working in a hospital, you need to speak the same language as the doctors. This is the first lesson I learned: we have to realize, think, and work like them, with the only difference that doctors use medicines and perform medical interventions, while music therapists use music and music therapy techniques.

I want to thank Dr. Planas for teaching me the importance of presenting music therapy projects in hospital ethics committees with scientific rigor. I also want to highlight his motivation and encouragement to publish all the research we have done, inspiring us to always look for something new to investigate, for spreading music therapy in all media and encouraging its implementation in more hospital settings.

During all these years I have observed how Music Therapy is important for the patient's well-being. It decreases anxiety, influences relationships with family members and creates a more comfortable atmosphere in the hospital.

As music therapists we have to feel privileged: we use our music to help others. Smiles, tears, hugs, gratitude, clinical records full of touching phrases. This must remind us of the power of music therapy that offers our patients moments of happiness without losing the rigor of sound science.

I am also grateful to my mentor, Dr. Serafina Poch, who introduced me to the world of Music Therapy and taught me the fundamental importance of connecting with the emotional sphere of my patients.

In the course of these years I have learned the importance of working in an interdisciplinary team. Music therapists, doctors, volunteers, healthcare team, university interns; each one giving their precious contribution to the achievement of a common goal: to improve our patients' health and well-being.

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