

 **Change idea:** *IMPLEMENTATION OF WEEKLY MUSIC THERAPY SESSIONS*

**Predictions**

- The setting up of a weekly music group
- It will be attended by service users and staff alike
- Boredom will be reduced through activity and the environment will feel more pleasant
- During activity, therapeutic relationships will begin to build and develop

**Plan**

To carry out a psychodynamic music therapy session, running between 1:30pm to 2:15pm on Monday afternoons. The group is open for service users to attend for as much as they wish and for ward staff members to also participate

**Do**

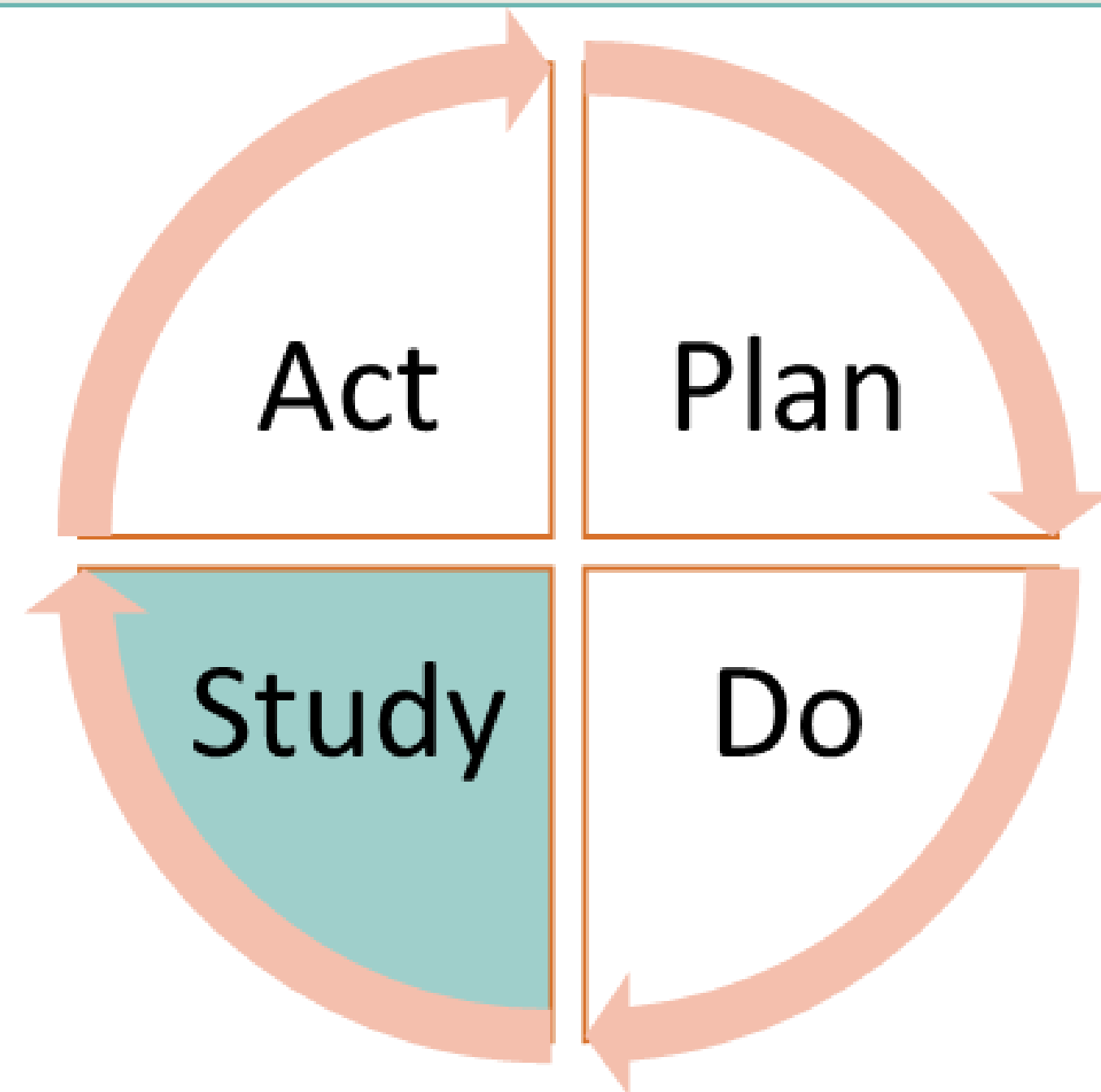
The sessions have ran for the past nine weeks and it was noted that when live music was on the ward, it was less austere. As with music therapy sessions, if the session is causing distress or overstimulation, then the music is changes in terms of style, tempo and dynamic resulting in a change of behaviour.

**Study**

There have been a number of different interactions, which have assisted the service user in being expressive, including a service user who was thought to require PRN medication, not requiring such after attending the session, another service user briefly singing in his native tongue, which had been one of the only interactions he'd had that day. Some service users originally rejecting to appropriately participate but who later returned and attended appropriately. The smiles of staff!

**Act**

- Raising staff awareness about music therapy through information and discussion.
- To look at purchasing more musical instruments for the ward
  - To look at ward staff facilitating the group as Bill is only temporary on the ward
  - To raise the issue of employing more music therapists



**All teach, all learn**

- It wasn't easy. There was some initial resistance from some members of the staff team
- Service users whom had previously been distressed within ward environment, were more settled following a music therapy session
- Staff appeared to get enjoyment from attending the sessions and learning to use new instruments and was a more informal forum
- To look at continuing the sessions, despite like of therapy provision

