MAKING JUST PRESS PLAY HAPPEN: THE BASICS

Cathy Hebert, MSN RN, GCNS-BC
With Additional Content From:
Libby Red, LRT/CTRS
And Lindsay Allen, LRT/CTRS. CDP
IMPLEMENTATION RESEARCH: FIGURING OUT HOW TO MAKE IT HAPPEN

Only 14% of research is translated into practice! Implementation research aims to bring more evidence based practice at the bedside
• Veterans will have access to their favorite music 24/7

Examine the system issues that affect adoption of new practices
• Where to store & charge iPods
• How to document music
• Individualized music program policy

Collaboration with all stakeholders:
Residents, Nurses, Recreation Therapy, Housekeeping, Dietary, Providers …..
Creating Interest

What songs make you happy?

Just Press Play!

Welcoming our Veterans with Songs of the Past

We are gathering CDs to bring personalized music to our veterans. When a UFCW member is asked to name a song, staff can use the Audio-Reader to play that song for the veteran.

How can you help?

Purchase a personalized CD from the store. You can also find CDs at garage sales and thrift stores.

CDs of the Past

- Last Dance
- Mary Jane
- How Sweet It Is
- Take Five
- Young
can also find CDs at garage sales and thrift stores.

CDs of the Past

- Last Dance
- Mary Jane
- How Sweet It Is
- Take Five
- Young
AND MORE INTEREST
FACILITY WIDE ENGAGEMENT

• An event: Alive Inside
• An on line module
• Required in-services
• One on one instruction
• Care plan meetings
GET FAMILIAR WITH ITUNES

• Download iTunes on a computer or laptop or iPad that will be used for JPP (see the manual)
• Create an iTunes account for your facility. This will be for all residents.
• Each resident will have their own playlist
• Add CDs to your iTunes account
• Buy iTunes music through iTunes cards or regular credit card
Click the Edit Playlist button to add items to this playlist.
Recently Added
41 albums, 458 songs

All Artists
194 albums, 1204 songs

Compilations
1 album, 12 songs

AC/DC
1 album, 11 songs

ADELE
1 song

Alan Jackson
2 albums, 27 songs

Amy Grant
1 song

Augustana
1 song

Bachman-Turner Overdrive
1 album, 12 songs

Bad Company
1 album, 4 songs

Ram Crawford’s Purpose
1 song

The Collection ’38–’50 by Roy Rogers

1. Stampede
2. Don't Fence Me In
3. On the Old Spanish Trail
4. Rock Me to Sleep in My Saddle
5. Cowboy Night Herd Song
6. A Four Legged Friend
7. Dust
8. When I Camped Under the Stars
9. Happy Trails
10. Way Out There
11. There’s a Round Up in the Sky
12. Tumbling Tumbleweeds
13. New Worried Mind
14. Roll On Texas Moon
15. The Yellow Rose of Texas
16. When a Cowboy Sings a Song
IPOD EVOLUTION
IPHONE IS ANOTHER OPTION
IPOD SHUFFLES: THE SIMPLEST AND LEAST EXPENSIVE
HOW TO WORK AN IPOD SHUFFLE

Control pad

Play in order

Turn off

Shuffle

3.5-mm stereo headphone minijack

VoiceOver button
• Move the button on the middle to play music in order of the playlist
• Move the button all the way to the right to play music in random order (shuffle)

The + and -- buttons are for **volume**.

The other button in the center is the **voice over button** that will say what music is playing if you press it then press the forward button. If you press the voice over button twice it will tell you the amount of battery charge.

The **battery** indicator light tells the battery life:

  – **Red**: very low charge
  – **Orange**: 25% charge
  – **Green**: 50% or > charge.

If **Green** is showing on the ON/OFF button, the iPod is on
$ INDIVIDUAL COST $

- Ipod shuffle $50
- Headphones $20
- 25 song playlist $25
- Total cost $95
WAYS TO REDUCE COSTS

• Civil money penalty grant
• Donations: not all of them work....
• Grants from organizations
• Volunteers
Please help bring music to CLC Veterans

We are collecting:
• Headphones/earbuds
• Used or new iPods (with chargers if possible)
• Used or new iPhones
• iTunes cards
• Used or new original CDs: we need any CDs but especially classic rock like Beatles, Rolling Stones, and some 40’s, and 50’s music

Each Veteran in the will get an iPod with their favorite music—but we need donations
IPAD
The purposeful use of music as a cue to memory retrieval and renewed sense of self is possible in individuals with dementia.

Relate to each person as an individual.

It’s not always a magical response, but every little bit helps.
CREATING A PERSONAL PLAYLIST

• What kind of music do you like?
• What music did you listen to when you were young?
• When did you graduate high school?
• Did you sing at religious services? What were your favorite hymns?
• Do you enjoy Broadway shows or musicals?
• Who was your favorite performer, group, band or orchestra?
CREATING A PERSONAL PLAYLIST

• Did you play an instrument?
• Who are your favorite classical composers?
• Can you hum any of your favorites tunes?
• What songs did you play at your wedding?
• What concerts did you attend?
• Contact family members****
• Send a questionnaire with admissions packet
• Play sample music and look for non verbal cues
CREATING A PERSONAL PLAYLIST

• This takes more than one sitting
• Many residents cannot remember the names of artists and songs they like - ask family
• Watch their response and ask staff to report back
GETTING MUSIC

• You can upload original CDs but not burned CDs

• Getting the specific music residents want is important -- iTunes

• You can listen to a song for 30 sec. on iTunes before buying
LET STAFF KNOW WHAT IS ON THE RESIDENT’S PLAYLIST

• You can print a playlist from iTunes

---

How to work an iPod Shuffle

Move the button on the bottom left all the way to the right to play music in random order. Move the button on the bottom left to the middle to play music in order. The other button in the center is the voice over button that will say what music is playing if you press it. If you press the voice over button twice it will tell you the amount of battery charge.

- The battery indicator light is red when it has very low charge, orange when it has 25% charge, and green when it has 50% or > charge.
- The + and – buttons are for volume.
- Charge on the back of the TV in the USB port.
CHARGING IPODS: ONE SOLUTION
STORAGE AND CHARGING
HEADPHONES OR SPEAKER?

• Many types of headphones available: is safety an issue? Not necessarily. Range: $6 - $20 is sufficient
• Speaker: need one that has a cord (not blue tooth only).
• Best deal: Scosche from Amazon: $9
WE MUST OFFER THE IPOD TO RESIDENTS

• Most residents are not able to work the iPod on their own -- please offer the help them get it going.

• All staff should know how to work
  – MANY staff members do not know how so we must teach them. We ask for return demo

• Offer the iPod at least **twice a week** (set a specific time frame)
• On the Care Plan (Psychosocial)
• Mental health rounds
• Make it visible
• Document in Care Tracker under:
  – Recreation therapy
    • Music
      – iPod: number of minutes and response
POTENTIAL FOR ALL RESIDENTS

• Cognitive impairments
• Depressed/Isolated
• Bored
• Ventilator-dependent
• Visually Impaired
• Failure to thrive
• Palliative care
• Hospice

• Psychiatric diagnoses/issues
• Down’s Syndrome
EVERYONE CAN PARTICIPATE

- Residents
- Nursing staff
- Nursing assistants
- Social workers
- Mental Health Techs
- PT/OT/SLP
- Dietary
- Housekeeping

- Maintenance
- Activities/Recreational Therapists
- Chaplains
- Administration*
- Families
- Volunteers
- Community organizations

And everyone benefits
EVALUATE RESIDENT RESPONSES

- Triggers/Negative memories
- Stimulating the individual
- Calming the individual
• Warren Wilson Students
• Social workers/IT/Recreational Therapists
• Ipod Shuffles/Sony Headphones
• One computer/One Itunes Account
• Powerful Impact