

CIVIL MONEY PENALTY (CMP) FUNDED PROJECT FINAL REPORT



DEPARTMENT OF HEALTH SERVICES / DIVISION OF QUALITY ASSURANCE QUALITY ASSURANCE AND IMPROVEMENT COMMITTEE

This project report has been prepared by the author under a research grant from the Department of Health Services (DHS) Quality Assurance and Improvement Committee. The views expressed in the report/training are personal to the author and do not necessarily reflect the view of the Department of Health Services or any of its staff and do not bind the Department in any manner.

Grantee

Simon Weller

Project Title

**Therapeutic Harp and Flute
Project**

Amount Spent

\$ 2,860

Grant Period

01/01/2023

To

12/31/2023

(MM/dd/yyyy)

(MM/dd/yyyy)

Additional Information and Resources

THERAPEUTIC HARP AND FLUTE PROJECT

Final report

Total number of 1:1 therapeutic music sessions: 137

Therapeutic Music Session Target Goal:

70% decrease in Anxiety

70% decrease in Restlessness

70% increase or improved Mood

Before/After Assessment – Anxiety, Restlessness, Mood Results:

Anxiety Decrease = 84%

Restlessness Decrease = 84%

Mood Improvement on Assessable Members = 91%

(About 43% of members with End-Stage Dementia not applicable for objective Mood Assessment)

Staff Surveys:

Total number of staff surveys: 30

Staff Survey Target Goal:

70% “Agree” or “Strongly Agree” with survey questions assessing benefits of the Therapeutic Harp and Flute program.

Results:

98% of staff “Agree” or “Strongly Agree” with survey questions.

Summary:

The service was provided for 1.5 to 2 hours of 1:1 direct member (patient) contact for the first three weeks of the month, for a total of 36 sessions for the year’s grant period.

Experiencing the positive healing subtleties, while being present with and building a weekly relationship with members, with often severely limited communication capabilities (end-stage dementia) often goes beyond the above Before/After data. These members (about 40% of sessions) have profound psycho-social limitations and the therapeutic music intervention was successful at embracing their hearts and environment. This was evidenced by providing reassurance and observing member/resident reaction, facial expression, change in body movement and/or relaxation response. Meaningful activity for these members can be sparse or elusive and the music was well received and appreciated.

The gratitude from all members and staff was consistent, continual and sincere. Therapeutic harp music affects the whole person and enhances the environment in a fourfold way: Physical, Mental, Emotional and Spiritual.

Testimonials:

“The music is uplifting for residents, families and staff.”
Nursing Staff wrote on survey.

“Thank you for coming in and playing for our members – they really enjoy the music.”
Staff

“That sounds so beautiful -- Thank you.”
Member/Resident

“I was praying for you to come in and play today, and here you are.”
Member/Resident

“That instrument sounds so good – it’s very relaxing. You can come back anytime.”
Member/Resident

SIMON WELLER
PROJECT DIRECTOR