

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

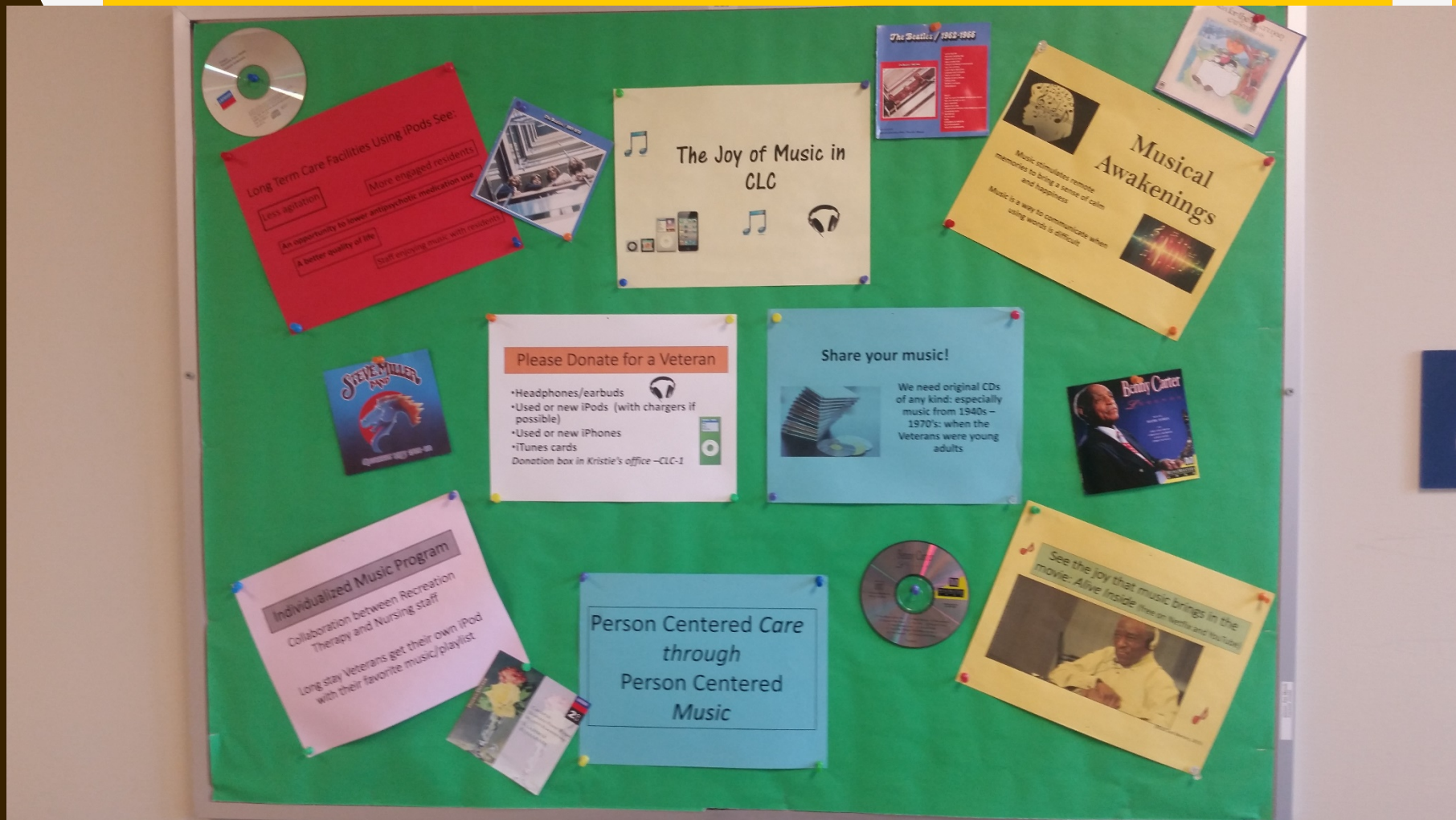
Examine the system issues that affect adoption of new practices

- Where to store & charge iPods
- How to document music
- Individualized music program policy

Collaboration with all stakeholders:

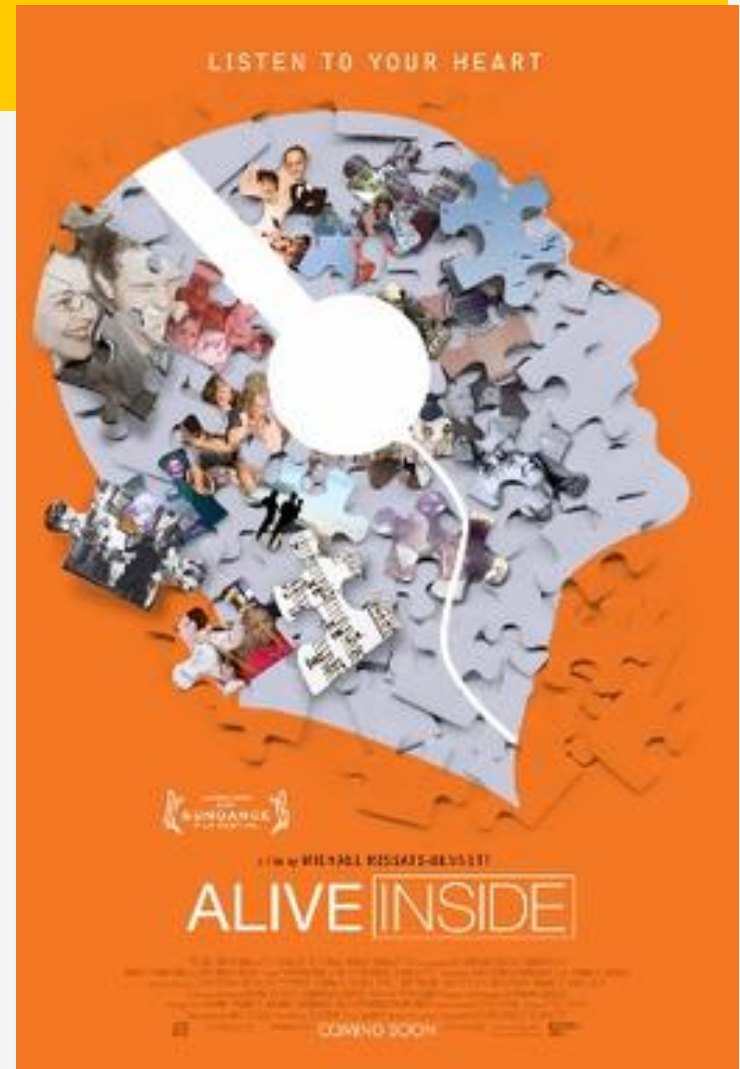
Residents, Nurses, Recreation Therapy, Housekeeping, Dietary,
Providers

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

Media control bar with play/pause, stop, and volume sliders. Apple logo in the center. User profile icon and search bar on the right.

File Edit View Controls Store Help

My Music Playlists For You New Radio Connect iTunes Store

- Library
 - Music
 - Purchased
- Playlists
 - Purchased on Ben's ito...
 - Genius
 - Cathy JPP
 - Resident 1
 - Resident 2**
 - WC
 - 90's Music
 - Classical Music
 - Music Videos
 - My Top Rated
 - Recently Added
 - Recently Played
 - Top 25 Most Played
 - Internet Songs
 - Photostory
 - Playlist
 - Viva la Vida

Resident 2 [play] [repeat] [more]

No items

Edit Playlist [heart]



Click the Edit Playlist button to add items to this playlist.

File Edit View Controls Store Help

My Music Playlists For You New Radio Connect iTunes Store Artists

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

Bam Crawford's Purpose
1 song


This Month

Cross Road by Bon Jovi • 1994



1	Livin' On a Prayer	4:11
2	Keep the Faith	5:45
3	Someday I'll Be Saturday Night	4:39
4	Always	5:53
5	Wanted Dead or Alive	5:07
6	Lay Your Hands On Me	5:59
7	You Give Love a Bad Name	3:44
8	Bed of Roses	6:35
9	Blaze of Glory	5:40
10	Prayer '94	5:18
11	Bad Medicine	5:17
12	I'll Be There for You	5:42
13	In and Out of Love	4:27
14	Runaway	3:53

99 Luftballons by Nena • 1984



11	99 Luftballons	3:53
----	----------------	------

Resident 2

Add description

Sort by Manual Order

To create a playlist drag songs or other items here.

No items Done

File Edit View Controls Store Help

My Music Playlists For You New Radio Connect iTunes Store Artists

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

Bam Crawford's Purpose
1 song

This Month

Cross Road by Bon Jovi • 1994

- Livin' On a Prayer 4:11
- Keep the Faith 5:45
- Someday I'll Be Saturday Night 4:39
- Always 5:53
- Wanted Dead or Alive 5:07
- Lay Your Hands On Me 5:59
- Bed of Roses 6:35
- Blaze of Glory 5:40
- Prayer '94 5:18
- Bad Medicine 5:17
- I'll Be There for You 5:42
- In and Out of Love 4:27
- Runaway 3:53

99 Luftballons by Nena • 1984

11 99 Luftballons 3:53

Resident 2

Add description

Sort by Manual Order

- 1 Livin' On a Prayer
Bon Jovi
- 2 Keep the Faith
Bon Jovi
- 3 Someday I'll Be Saturday Night
Bon Jovi
- 4 Always
Bon Jovi
- 5 Wanted Dead or Alive
Bon Jovi
- 6 Lay Your Hands On Me
Bon Jovi
- 7 You Give Love a Bad Name
Bon Jovi
- 8 Bed of Roses
Bon Jovi
- 9 Blaze of Glory
Bon Jovi

14 songs • 1 hour, 13 minutes Done

- 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
- Bam Crawford's Purpose
1 song

- 34 Make Believe Cowboy 2:30
- 35 Pecos Bill 3:05
- 36 I Hope I'm Not Dreaming Again 2:52
- 37 Home On the Range 2:42
- 38 Along the Navajo Trail 3:00
- 39 When the Golden Train Comes Down 2:46
- 40 Round That Couple Go Through and Swing 3:10
- 41 Next To the X In Texas 2:32
- 42 A Little White Cross On the Hill 3:01



- Ultimate Dolly Parton by Doll...
- 1 Joshua (Single Version) Dolly Parton 3:04
 - 2 Coat of Many Colors Dolly Parton 3:03
 - 3 Jolene (Single Version) Dolly Parton 2:40
 - 4 I Will Always Love You Dolly Parton 2:54
 - 5 Please Don't Stop Loving Me Dolly Parton & Porter Wagoner 2:46
 - 6 Love Is Like a Butterfly Dolly Parton 2:20
 - 7 The Bargain Store Dolly Parton 2:43

Resident 1

- Add description
- Sort by Artist
- 12 The Doors
 - 13 Wake Up The Doors
 - 14 A Little Game The Doors
 - 15 The Hill Dwellers The Doors
 - 16 Not To Touch The Earth The Doors
 - 17 Names Of The Kingdom The Doors
 - 18 The Palace Of Exile The Doors
 - 19 Soul Kitchen The Doors
 - 20 Take It Easy Eagles
 - 21 Witchy Woman Eagles

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

Bam Crawford's Purpose
1 song

- Chet Atkins & Doc Watson
- 19 Medley: Tennessee Rag / Beaumont Rag
Chet Atkins & Doc Watson
- 20 Chet's Medley
Chet Atkins



- The Collection '38-'50 by Roy...
- 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

My Library iTunes Store

Recent Searches clear

- buck owens
- luther vandross: greatest hits
- the doors
- ritchie franklin
- the bible
- buddy holly

To create a playlist drag songs or other items here.

No items Done

IPOD EVOLUTION



IPHONE IS ANOTHER OPTION



IPOD SHUFFLES: THE SIMPLEST AND LEAST EXPENSIVE



PLAY* PAUSE*NEXT*BACK*VOLUME



HOW TO WORK AN IPOD SHUFFLE



Control pad



- 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)

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

- 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.

\$ 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



Share the Joy of Music

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



INDIVIDUALIZED CARE



- 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



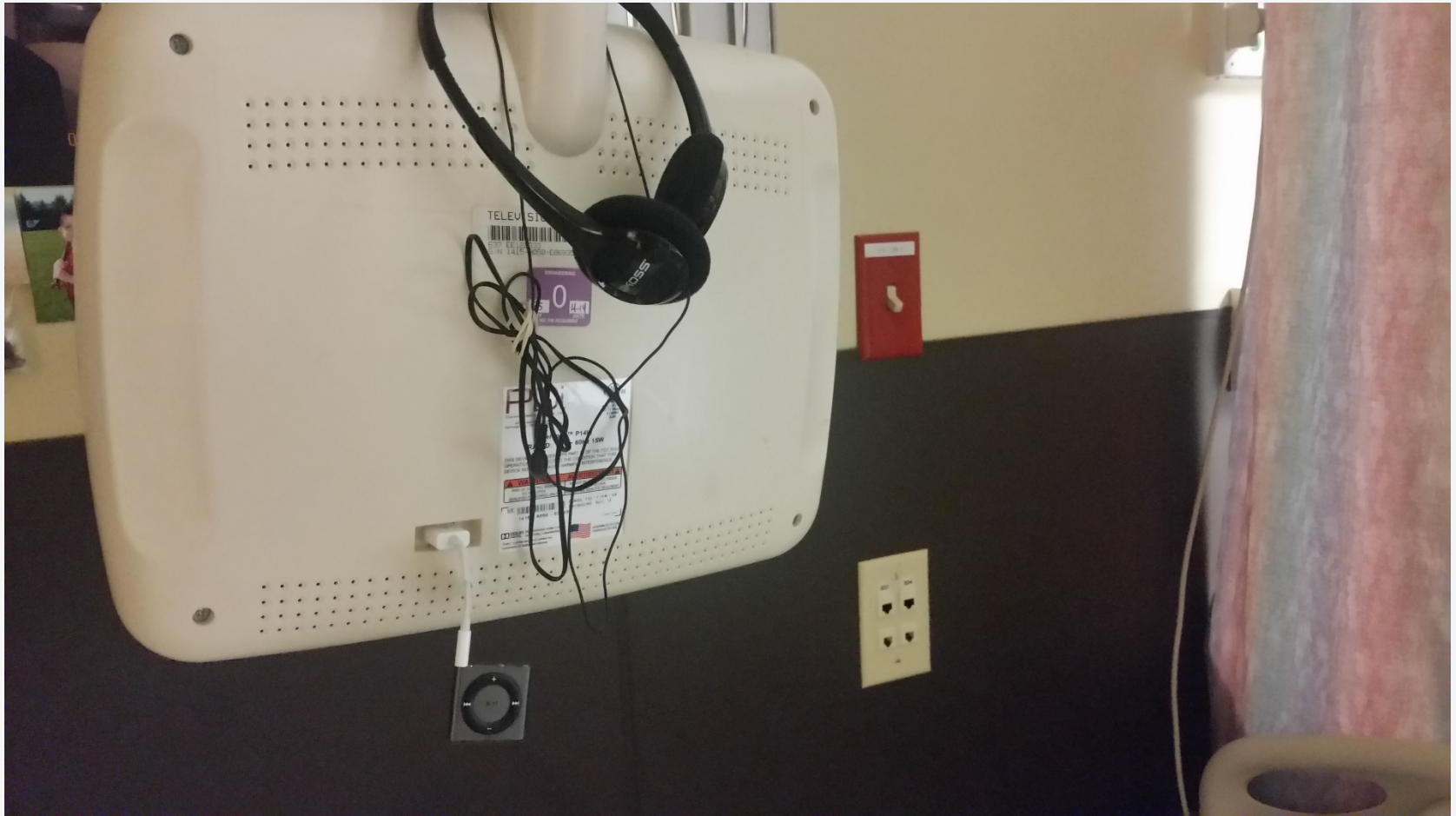
Music

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

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**)

DOCUMENT FOR CONSISTENCY

- 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**



BLACK MOUNTAIN NEURO-MEDICAL TREATMENT CENTER

- Warren Wilson Students
- Social workers/IT/Recreational Therapists
- Ipod Shuffles/Sony Headphones
- One computer/One Itunes Account
- Powerful Impact