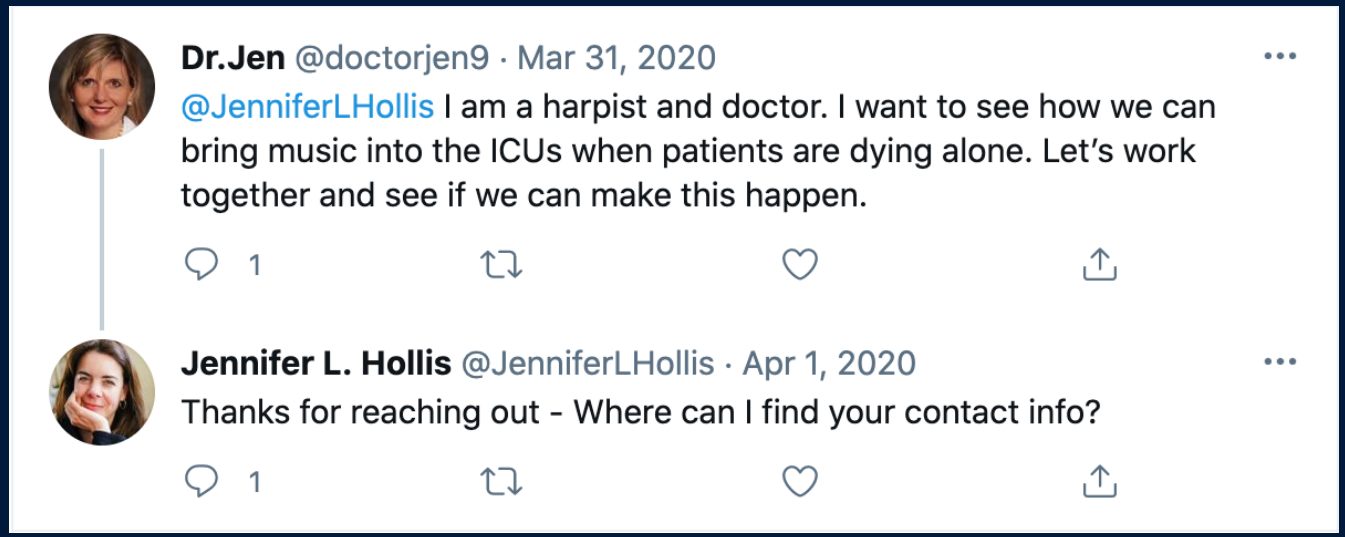


Harps of Comfort Project: Music for COVID-19 Patients in Isolation

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One year ago today…



Dr.Jen @doctorjen9 · Mar 31, 2020

@JenniferLHollis I am a harpist and doctor. I want to see how we can bring music into the ICUs when patients are dying alone. Let's work together and see if we can make this happen.

1

Jennifer L. Hollis @JenniferLHollis · Apr 1, 2020

Thanks for reaching out - Where can I find your contact info?

1

Mission Statement

Harps of Comfort provides remote harp and vocal music for isolated patients with COVID-19, their loved ones and front-line caregivers. Our highly trained palliative musicians offer individually tailored, live music sessions along with compassionate, loving presence.

HARPS OF COMFORT

www.harpsofcomfort.com

harpsofcomfort@gmail.com

Elizabeth Kubler-Ross (1974) acknowledged power of music…

“A much neglected form of language and can be used with these patients in a very effective way…”

Music as Medicine

Research: Traits & Overall Effects

- Traits of the Music
  - Soft amplitude approx. 60-80 db
  - Classical, white noise, sacred/rock/pop music, etc.
  - Minimum 10 minutes of music intervention
  - Lasting effects up to 2 hours after music
  - Single session beneficial
  - Circadian rhythm patterns of the day

- Overall Effects of Music
  - Blood pressure, heart rate, respiratory rate
  - Cortisol, Norepinephrine, DHEA, lactate, IgA, NK cells
  - Myocardial oxygen use, galvanic skin response, heart rate variability
  - Reduces anxiety, depression, pain
  - Improves mood, quality of life

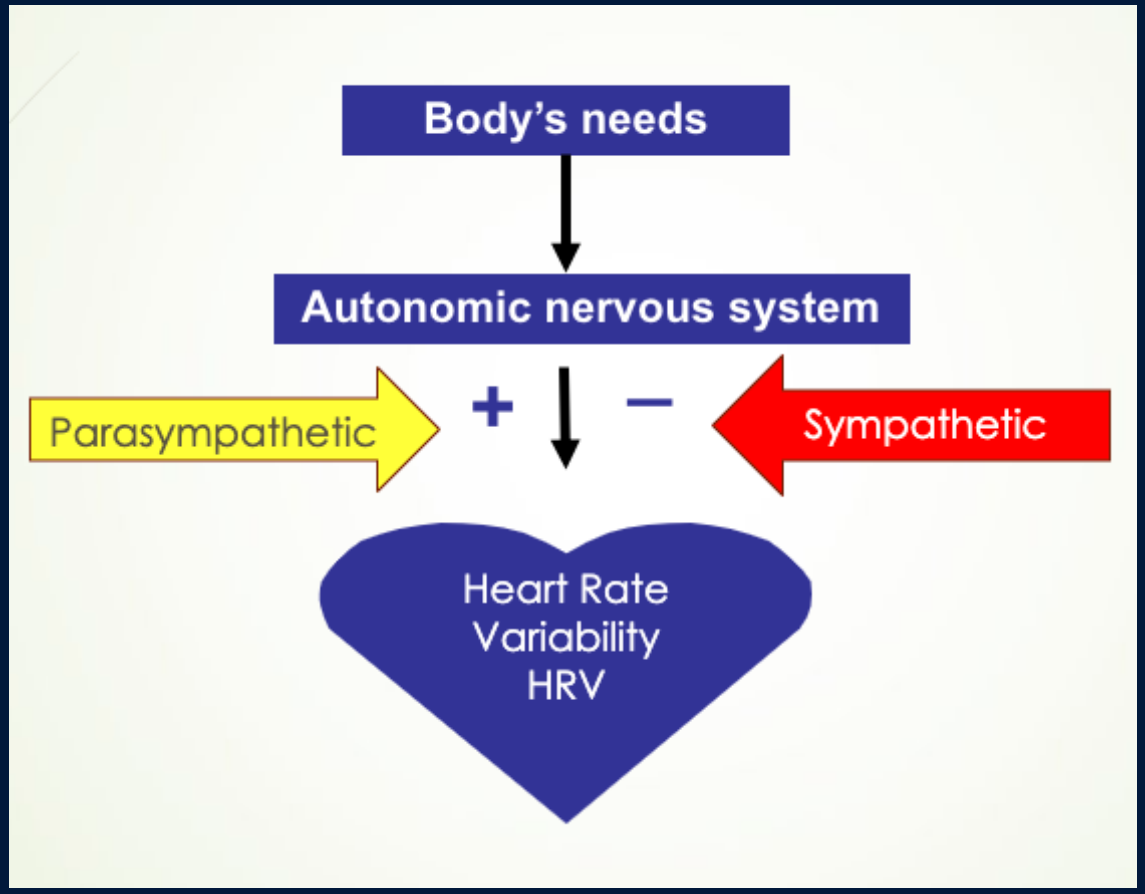
Applications of Music

Studies in…

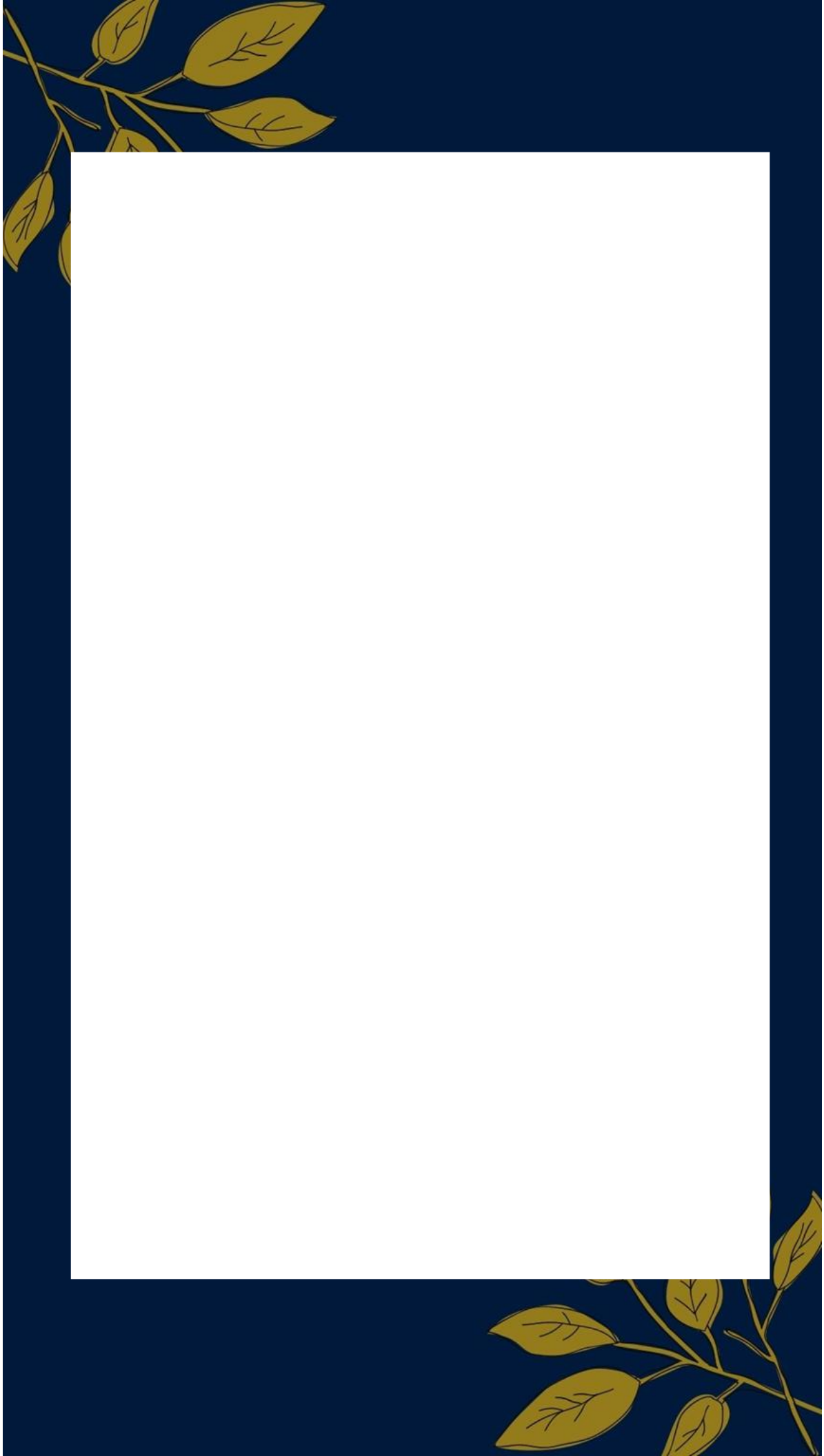
- Mental Health
- Sleep/Pain
- Procedures
- Oncology
- Critical care
- Cardiology
- Neurology/Rehab
- Palliative Care
- *Even Surgeon training- hand dexterity! (Surgery 2018)*



Even helps cows produce milk!



HRV: A powerful predictor of all-cause mortality & risk for sudden cardiac death *(Framingham 1996)*



What we learned: “True” relaxation

- Trends show augmentation of parasympathetic nervous system
- Interesting finding of effective refractory period prolongation then drop off
  - Role of conscious sedation
  - Role of vibration in live music - ENTRAINMENT
- Less ectopy (aka extra beats of the heart)
- Limitations: unblinded, familiarity of piece of music
- Future directions: recorded vs live music, type of music, length of time to see effect, role of conscious sedation

Harps of Comfort Project

- High need for compassionate care for critically ill COVID 19 patients and their loved ones and front-line caregivers
- 140 sessions completed from Sept. 21
- Patients in CVICU and on ECMO (extracorporeal membrane oxygenation) or on palliative care service
- Using secure virtual platform
- Obtaining consent
- Designated point of contact, RN, to help facilitate the session
- Sound/positioning of iPad all being adjusted as needed

Set up is key - microphone/computer

Elizabeth Markell, CM-Th plays for Froedtert Hospital patients from her home in Oregon



Qualitative feedback

- Uniquely innovative
- Provides comfort for restlessness, anxiety, shortness of breath
- Relaxation/calming effect for nursing staff caring for patient
- Family members feel engagement with their loved ones and comfort during difficult times
- Musicians themselves impacted and receiving joy

Propose music as a non-pharmacologic symptom management modality that has the potential to improve a patient's anxiety, dyspnea, loneliness and bring comfort to both family members who may be present (either live or remotely) and the critical staff caring for the patient.

HARPS OF COMFORT


Thank you!