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

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One year ago today...

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

Jennifer L. Hollis @JenniferLHollis • Apr 1, 2020

... together and see if we can make this happen. Bringing music into the ICU is when patients are dying alone, let's work...

JenniferLHollis • Apr 1, 2020

Dr. Jen @doctorjen • Mar 31, 2020

...
Harms 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.

www.harpsofcomfort.com
harpsofcomfort@gmail.com
“...effective way...”

can be used with these patients in a very

A much neglected form of language and

acknowledged power of music...

Elizabeth Kubler-Ross (1974)
Music as Medicine
Research: Traits & Overall Effects

Traits of the Music

- Soft amplitude approx. 60-80 dB
- Minimum 10 minutes of music intervention
- Lasting effects up to 2 hours after music
- Circadian rhythm patterns of the day
- Single session beneficial
- Reduces anxiety, depression, pain
- Myocardial oxygen use, galvanic skin response, heart rate variability
- Cortisol, Noradrenaline, DHEA, IGF-1, IgA, NK cells
- Blood pressure, heart rate, respiratory rate
- Overall Effects of Music

- Improves mood, quality of life
- Reduces anxiety, depression, pain
- Classical, white noise, sacred/rock/pop music, etc.
- Myocardial oxygen use, galvanic skin response, heart rate variability
- Cortisol, Noradrenaline, DHEA, IGF-1, IgA, NK cells
- Blood pressure, heart rate, respiratory rate
- Overall Effects of Music
Applications of Music

- Mental Health
- Sleep/Pain
- Procedures
- Critical care
- Oncology
- Palliative Care
- Neurology/Rehab
- Cardiology
- Oncology
- Critical care
- Sleep/Pain
- Mental Health
- 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
- Obtaining consent
- Using secure virtual platform
- Designated point of contact, RN, to help facilitate the session
- Sound/positioning of iPad all being adjusted as needed
- Designated point of contact, RN, to help facilitate the session
- Designated point of contact, RN, to help facilitate the session
Home in Oregon, Froedtert Hospital patients from her, Elizabeth Markell, CM-TH plays for microphone/computer.

Set up is key.
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.
Thank you!