

What is MELODIC?

MELODIC stands for Music therapy Embedded in the Life Of Dementia Inpatient Care. It is an NIHR-funded study aiming to co-design a standardised music therapy protocol for NHS mental health dementia wards to prevent and manage distress.



1

Music therapist
embedded in the
ward team

2



Specialist
music therapy
sessions



3

Individual
musical care
plans

4



Training &
support for staff
and families

What did we do?

The researchers worked with a team of people with personal and professional experience of mental health dementia wards to create a protocol outlining how music therapy should be delivered on these wards. The protocol had four key components and aimed to embed **personalised music to help prevent and manage distress**. We piloted the intervention on 2 wards with different experience of music therapy.

Impact of MELODIC

Patients, staff and families engaged in individual and group music therapy. The music therapist worked with the team and patients to create personalised musical care plans for each patient. Staff were supported to use these in everyday care to help prevent and manage distress, increase meaningful activity, and complete care tasks.

Patient feedback: *"[music] lifts you up away from what's going on round you"*

Family feedback: *"I feel calmer myself because ... [my relative has] got something he can connect to."*

Staff feedback: *"It makes our work more easier. We relate more to them as well"*

Next, we plan to do a trial of MELODIC to test whether it helps reduce distress on these wards.



MUSICAL CARE PLAN FOR

This musical care plan will be completed and regularly reviewed by the music therapist with the person with dementia, staff and families. It will record how personalised music will be used during their admission to help reduce their distress.

My favourite songs, artists and ways to enjoy music
Include key memories or milestones (e.g. wedding, family, hobbies, work)
Be specific - which songs/albums are most important
Include how they like to engage in music (e.g. singing, clapping, dancing, listening)

Times when music is most helpful for my care
For example: when distressed or anxious, one to one support, personal care, at night, in communal areas, supporting care goals, during/after family visits

Publications to date and further information

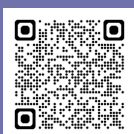
MELODIC webpage



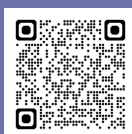
Study protocol



Realist review



Systematic review



MELODIC protocol v3

