Individualized Music Quick Reference Guide
Linda A. Gerdner PhD, RN, FAAN

Use this guide to
- Assess all patients/residents for their music preference preferences.
- Develop individualized music care plan for those at risk for agitation and
- Provide an Individualized Music Intervention

BASELINE ASSESSMENT & INDIVIDUALIZED MUSIC CARE PLANNING
Complete upon admission to the facility and as changes in the patient and condition warrants

Assess whether patient / resident is at risk for agitation:
♫ Presence of cognitive impairment, dementia, fatigue, pain or acute illness
♫ Recent change of environment, caregiver, or routine.
♫ Presence of overwhelming/confusing and/or under-stimulating environment

Assess patient’s / resident’s level of agitation:
♫ Complete Cohen-Mansfield Agitation Inventory

Assess patient’s / resident’s music preference
♫ Complete Assessment of Personal Music Preference (Patient or Family Version)

PREVENTION OF AGITATION
♫ Provide an engaging but not over stimulating physical and social environment
♫ Avoid stimulations that may lead to agitation
♫ Monitor for early signs of agitation
♫ Treat conditions (fatigue, pain, acute illness, etc.) that may lead to agitation

INDIVIDUALIZED MUSIC INTERVENTION
If patient / resident is experiencing signs of agitation, begin Individualized Music Intervention a MINIMUM of 30 MINUTES prior to usual peak levels of agitation.

♫ Notify appropriate healthcare personal that the Individualized Music Intervention is being initiated.
♫ Consult the Individualized Music Care Plan for recommendations on specific songs, volume of music, use of headphones and or movement to own room / quiet area.
♫ Obtain CD player, iPod, or MP3 from storage location.
♫ Play patient’s/resident’s selected music.
♫ Record agitation behaviors and initiation of the Individualized Music Intervention on appropriate form.

WITHIN THIRTY MINUTES OF BEGINNING THE INDIVIDUALIZED MUSIC INTERVENTION, REASSESS PATIENT’S / RESIDENT’S LEVEL OF AGITATION

<table>
<thead>
<tr>
<th>LESS AGITATION</th>
<th>MORE AGITATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>♫ Monitor for further agitation</td>
<td>♫ STOP music intervention</td>
</tr>
<tr>
<td>♫ Prevent further agitation</td>
<td>♫ Notify nurse / supervisor of agitation</td>
</tr>
<tr>
<td>♫ Record outcome of Music Intervention</td>
<td>♫ Consider other interventions to reduce agitation</td>
</tr>
<tr>
<td></td>
<td>♫ Record outcome of Music Intervention</td>
</tr>
<tr>
<td></td>
<td>♫ Reassess Music Preference</td>
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</table>

Quick Reference Guide for
Evidence-Based Guideline: Individualized Music for Persons with Dementia (5th Edition)
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Written 1996; Revised 1/2015
\[\text{Name:} \quad \text{Room:}\]
\[\text{Care Plan Start Date:} \quad \text{Care Planner:} \quad \text{Updated:}\]
\[\text{Assessment Form:} \quad [\text{Patient/ Resident Version} \quad [\text{Family Version}]\]

\[\text{♫ MUSICAL ASSESSMENT}\]

\textbf{The role of music in this person’s life is:}
\[\square \text{Very Important} \quad \square \text{Moderately Important} \quad \square \text{Slightly Important} \quad \square \text{Not Important}\]

\[\text{Music Instrument Played:}\]
\[\text{Enjoys singing?} \quad \square \text{Yes} \quad \square \text{No}\]
\[\text{If yes, places he/she likes to sing (example: choir):}\]
\[\text{Enjoys dancing?} \quad \square \text{Yes} \quad \square \text{No}\]
\[\text{If yes, kinks of dancing enjoyed:}\]

\[\text{♫ MUSIC PREFERENCES}\]

\textbf{The forms(s) of music that this person likes best includes:}
\[\square \text{Vocal} \quad \square \text{Instrumental} \quad \square \text{Both}\]

\[\text{The following styles of music are this person’s favorite (1=most favorite, 2=next, etc.)}\]
\[\square \text{Classical} \quad \square \text{Blues} \quad \square \text{Easy Listening}\]
\[\square \text{Spiritual/Religious} \quad \square \text{Jazz} \quad \square \text{Cultural/Ethnic Specific}\]
\[\square \text{Big Band/Swing} \quad \square \text{Rock & Roll} \quad \square \text{Other}\]
\[\square \text{Country & Western} \quad \square \text{Folk}\]

\text{Favorite songs that makes this person happy:}

\text{Favorite artists / performers:}

\text{Favorite albums, tapes, CD, iPods, MP3 in this person’s music library:}

\[\text{Times/activities when the Individualized Music Intervention may be helpful:}\]
\[\square \text{Morning} \quad \square \text{Afternoon} \quad \square \text{Evening} \quad \square \text{AM/PM cares}\]
\[\square \text{Bath/shower} \quad \square \text{Naptime} \quad \square \text{Bedtime} \quad \square \text{Pain/Discomfort}\]
\[\square \text{Mealtime} \quad \square \text{Other:}\]

\[\text{Signs that this person may need to listen to the Individualized Music Intervention include:}\]
\[\square \text{Verbal aggression} \quad \square \text{Restlessness} \quad \square \text{Constant questions}\]
\[\square \text{Physical Aggression} \quad \square \text{Hiding things} \quad \square \text{Changing cloths}\]
\[\square \text{Wandering} \quad \square \text{Complaining} \quad \square \text{Other:}\]

\[\text{♫ INDIVIDUALIZED MUSIC INTERVENTION REFERENCES}\]

\[\text{Location of music library} \quad [\text{Own room} \quad [\text{Central location}\]
\[\text{Volume control} \quad [\text{Soft/Low} \quad \text{Medium} \quad \text{Loud/High}\]
\[\text{Headphones} \quad [\text{Yes} \quad \text{No}\]
\[\text{Move to own room/quiet area:} \quad [\text{Yes, own room} \quad \text{Yes, quiet area} \quad \text{No}\]
Music is often a very important part of people’s lives. Please complete the questionnaire based on your knowledge of your family member’s music preference.

Before illness, how important a role did music play in his/her life?

_____ 1. Very Important
_____ 2. Moderately Important
_____ 3. Slightly Important
_____ 4. Not Important

Does/did he/she play a musical instrument?  
If yes, please specify (examples: piano, guitar).

Does/did he/she enjoy singing? 
If yes, please specify (examples: around-the house, church choir).

Does/did he/she enjoy dancing?  
If yes, please specify (examples: attended dance lessons, participated in dance contests)

The following is a list of different types of music. Please indicate the individual’s three (3) most favorite types with 1 being the most favorite, 2 the next, and 3 the third favorite.

_____ 1. Country and Western
_____ 2. Classical
_____ 3. Spiritual/Religious
_____ 4. Big Band/Swing
_____ 5. Folk
_____ 6. Blues
_____ 7. Jazz
_____ 8. Rock and Roll
_____ 9. Easy Listening
_____ 10. Cultural or Ethnic Specific (examples: Czech polkas, Ravi Shankar Indian sitar)
_____ 11. Other: _____________________________________________
Please put a check (√) beside the most correct choice to the following questions.

What form does the individual’s favorite music take?
   _____ 1. Vocal
   _____ 2. Instrumental
   _____ 3. Both

Please identify specific songs/selections that make your family member feel happy.

Please identify specific artist(s)/performers(s) that the individual enjoyed/enjoys listening to the most.

Please identify specific albums, audio-cassette tapes, or compact discs contained in your family member’s personal music library.
Music is often a very important part of people’s lives. Please complete the following based on your personal music preference.

Before illness, how important a role did music play in your life?

_____ 1. Very Important
_____ 2. Moderately Important
_____ 3. Slightly Important
_____ 4. Not Important

Do/did you play a musical instrument?
If yes, please specify (examples: piano, guitar).

Do/did you enjoy singing?
If yes, please specify (examples: around-the-house, church choir).

Do/did you enjoy dancing?
If yes, please specify (examples: attended dance lessons, participated in dance contests)

The following is a list of different types of music. Please indicate your three (3) most favorite types with 1 being the most favorite, 2 the next, and 3 the third favorite.

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_____ 10. Cultural or Ethnic Specific (examples: Czech polkas, Ravi Shankar Indian sitar)
_____ 11. Other: ____________________________________________
Please put a check (✓) beside the most correct choice to the following questions.

What form does your favorite music take?
   _____ 1. Vocal
   _____ 2. Instrumental
   _____ 3. Both

Please identify specific songs/selections which make you feel happy.

Please identify specific artist(s)/performers(s) that you enjoy listening to the most.

Please identify specific albums, audio-cassette tapes, or compact discs contained in your personal music library.