



# LYNDSEY BLYTHE

## Certified Music Practitioner

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Using a chromatic handpan, I provide a vital and progressive healthcare service: live therapeutic music. Utilizing the inherent qualities of music, I support patients by playing one-on-one to address changing physical, emotional, mental, and spiritual needs, as well as easing transitions of birth and death.

My goal is to obtain a position as a Certified Music Practitioner, providing in-the-moment compassionate care to those in need of healing. I am comfortable working in a variety of hospital departments to provide lasting enhancement to the healthcare environment.

### EDUCATION

#### **Music for Healing and Transition Program**

Graduated April 2020

Awarded scholarship for previous music experience in healthcare facilities.

#### **PCC/MHCC**

2005-2008

Some college credits: music.

#### **Evergreen HS**

Graduated 2005

#### **Advisor - Music for Healing & Transition Program, Remote**

November 2020 – Present

- Guide therapeutic musician students through program expectations and assist with graduation requirements.

#### **Certified Music Practitioner – Washington County Dept. of Health and Human Services, Hillsboro OR**

May 2020

- Recorded audio and video detailing the benefits of therapeutic music in healthcare.
- Encouraged mental wellness in the Senior community by providing a musical demo intended to address high anxiety.

#### **Therapeutic Musician – Tuality Community Hospital, Hillsboro OR**

November 2019 - April 2020

- Positively influenced HCAHP scores with musical interventions.
- Staff reported that patient anxiety significantly reduced.
- Partnered with Chaplaincy Department to provide comprehensive end of life care.
- Regularly visited Geri Psych unit, resulting in breakthrough with catatonic patient.

#### **Therapeutic Musician – St. Francis Hospital, Federal Way WA**

February 2019

- Focus on patients in ICU & PCU.
- Stabilized patients with acute conditions.
- Patients showed higher pain tolerance during live music.

#### **Music Facilitator - Public Urban Ritual Experiment. Portland OR**

2013–2018

- Provided live therapeutic music to augment mood in patients and residents in assisted living facilities
- Developed advanced musical repertoire and Power of Rhythm presentation as a foundation for community presentations.
- Consistently raised funds to support individuals and community organizations through live and recorded performances.

# Therapeutic Music in Healthcare Facilities

## Return on Investment

- **HCAHPS**

Live therapeutic music can increase patient satisfaction, which contributes to higher Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) scores.

- **JCAHO**

Live therapeutic music meets requirements to maintain compliance with Pain Assessment and Management Standards

- **EP2** – The hospital provides nonpharmacologic pain treatment modalities.
- **EP4** – The hospital provides information to staff and license independent practitioners on available services for consultation and referral of patients with complex pain management needs, including those of opioid-addicted patients.

- **Higher Patient Turnover**

Faster healing times create opportunities to serve more patients.

- **Reduction in Staff Turnover**

Simply by exposure to patients' therapeutic music sessions.

- **More Efficient Staff**

Decreased patient anxiety allows staff to better utilize resources

- **Increased Publicity**

Adding a therapeutic music program to your facility's offerings can result in a growth of public attention.

- **Increased Funding**

Conducting research on the benefits of live acoustic music at the bedside can result in grant money and recognition.

## **Scope of Practice for Certified Music Practitioners**

Purpose: To define the application of live therapeutic music as it is presented in healthcare delivery of services by a Certified Music Practitioner as a graduate of MHTP or by a student of MHTP.

The definitions listed below represent the Scope of Practice of a Certified Music Practitioner.

### **1. Patient Interaction**

A CMP:

- A. Uses Heart-Centered Awareness or another suitable transpersonal process to be centered in oneself, open and receptive to the patient's physical, emotional and/or spiritual needs that may be supported with live therapeutic music.
- B. Approaches the patient from the stance of being of service, rather than as a performer.
- C. Assesses the patient and the patient's environment objectively and subjectively.
- D. Refrains from proselytizing religious or political beliefs through choice of music or speech during a therapeutic music session.
- E. Refrains from utilizing music or the musical instrument in a manner that solicits patient participation.
- F. Uses only simple statements for self-introduction, patient orientation to the therapeutic music session, and for obtaining the patient's permission when initiating the session and during the session.
- G. Refers patient needs to other members of the healthcare team when the needs are not within the Scope of Practice of a CMP.

### **2. Musical Proficiency**

A CMP:

- A. Plays or sings in tune, with good intonation, and appropriate musical expression and dynamics.
- B. Plays appropriate repertoire.
- C. Is able to improvise on modes, scales and chord progressions as appropriate to the instrument used and with appropriate transitions.
- D. Can extend and adapt musical pieces to differing rhythm, meter and tempo as required by the patient's condition in the moment.
- E. Has a basic understanding of music theory.
- F. Understands and uses silence as an integral part of each musical offering.

### **3. Ethical and Professional Behavior**

A CMP:

- A. Adheres to the MHTP Code of Ethics and Conduct.
- B. Practices within healthcare protocol, etiquette, and the facility's policies, structure and procedures.
- C. Demonstrates a responsible attitude about personal identification, documentation, scheduling, infection control, hospital equipment and privacy.
- D. Maintains patient rights, as well as confidentiality, within HIPAA rules.
- E. Works harmoniously and unobtrusively with the healthcare team.
- F. Obtains referrals following appropriate protocols.
- G. Responds appropriately to public inquiries about the profession of Certified Music Practitioner and therapeutic musicianship.
- H. Conducts information-sharing sessions (in-services, etc.) providing accurate and appropriate information about, and within the scope of, therapeutic music, while always respecting the intellectual property rights of MHTP. Assesses one's own behavior and performance in the light of professional and ethical standards.
- I. Regularly practices a form of self-care which fosters self-development and self-understanding, and provides a method to relieve the emotional and physical stresses of working in a therapeutic environment.
- J. Strengthens practice as a Certified Music Practitioner through continuing education as strongly encouraged by MHTP.

### **4. Education:**

- A. Courses of study include but are not limited to: understanding the basics of healthcare and terminology, clinical protocols, hospital etiquette, deepening perceptual awareness, physics of sound, fundamentals of music theory, the effects of sound and music on human physiology, understanding palliative and curative care and music presentation.
- B. Having met the requirements for graduation, CMPs are strongly encouraged to remain current on research and new developments in the field of therapeutic music. As of January 1, 2015, all CMPs who graduated between 1996 and the end of 2014 are required to obtain 40 hours of approved CEUs every four years from their graduation year to be recognized publicly as Certified Music Practitioners by MHTP on the MHTP website and elsewhere. These CMPs will NOT lose their certification if they do not maintain CEUs. Students graduating after January 1, 2015, are required to obtain 40 hours of approved CEUs every four years from their graduation date to maintain their certification as a Certified Music Practitioner and to be listed on the MHTP website. Otherwise their certification will expire.

## **SAMPLE THERAPEUTIC MUSICIAN JOB DESCRIPTION**

### **Qualifications:**

- Demonstrates musical proficiency on instrument, using the inherent healing elements of music and sound to enhance the environment for patients in a healthcare setting.
- Certified by an NSBTM-accredited certification program.
- Provides own instrument (unless one is provided by the facility) and transportation.
- Is able to transport, carry, move, and set up own instrument and accessory equipment quickly and without assistance.
- Is able to communicate appropriately with patients, families, and medical personnel, demonstrating sensitivity to the needs of patients and their families.
- Is able to accept direction from supervisors and clinical staff.
- Is able to work without supervision when necessary.
- Knows appropriate types of music for specific patient conditions, using the inherent healing elements of music and sound to enhance the environment for patients in a healthcare setting.
- Is familiar with clinical department issues, palliative care, monitoring equipment, and legal issues related to providing the service of therapeutic music.

### **Duties:**

- Play/Sing music at the bedside or other clinical environments, working with medical staff to identify those who may benefit from therapeutic music.
- Refer work to other facility professionals when appropriate.
- Document every patient visit.
- Follow HIPAA and hospital regulations, maintaining strict patient confidentiality.
- Take advantage of continuing education opportunities.
- Attend interdisciplinary team and other meetings with medical staff as appropriate.
- Report immediately to a caregiver any changes in patient's condition.

### **Competencies**

- Customer/Client Focus
- Flexibility
- Teamwork Orientation
- Time Management

**General goals of therapeutic music:**

To help create a calm environment of care through use of live music in clinical environments.

**Goals for individual therapeutic music patient sessions:**

To meet the needs of the individual patient by creating a place of rest and revitalization through the use of live therapeutic music. The music played is a service, not a performance, with the focus being on the patient. It facilitates the movement towards health utilizing the principles of resonance and entrainment, tailored to a patient's immediate needs. The individual is supported by the elements of music: melody, rhythm, harmony, and tonal color. No interaction or response is required of the patient.

**Supervisory Responsibility**

There are no supervisory responsibilities for this position.

**Special Requirements**

Provides own instrument and transportation.

**Work Environment**

Works in residents' rooms and other areas. Interacts with staff, residents, family members, etc., under all conditions and circumstances. Communicates with the medical staff, nursing personnel, and other units. At all times, therapeutic musicians are subject to the direction of the hospital medical staff and wishes of the patient and/or family.

**Physical Demands**

Is able to transport, carry, move, and set up own instrument and accessory equipment quickly and without assistance. Walks, sits, stands, bends, and moves continually during working hours.

**Position Type and Expected Hours of Work**

*(Position type—full or part-time—will be determined by the facility.)*

**Travel**

*(Need and expectation for travel will be determined by the facility.)*

**Required Education and Experience**

Certified by an NSBTM-accredited certification program. The NSBTM sets Standards for the profession, and accredits training programs that meet the professional standards.

**Preferred Education and Experience**

*(To be determined by the facility.)*

**Additional Eligibility Qualifications**

*(To be determined by the facility.)*

**Other Duties**

Please note this job description is not designed to cover or contain a comprehensive listing of activities, duties or responsibilities that are required of the employee for their job. Duties, responsibilities, and activities may change.

**Signatures** This job description has been approved by all levels of management.

Manager \_\_\_\_\_

HR \_\_\_\_\_

Employee signature below constitutes employee's understanding of the requirements, essential functions and duties of the position.

Employee \_\_\_\_\_

# LIVE THERAPEUTIC MUSIC DATA COLLECTION FORM

**Session Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ **Patient ID:** \_\_\_\_\_

**Age (check ONE):**  under 18     over 18    **Gender (check ONE):**  Female     Male

**Patient Location (check ONE):**  Hospital     Home     Caregiver/Relative's Home  
 Non-hospital Medical Facility (specify): \_\_\_\_\_

**Medical Diagnosis (check ALL that apply):**

- |                                       |   |  |
|---------------------------------------|---|--|
| <input type="checkbox"/> Cancer       | <input type="checkbox"/> Skeletal/Orthopedic  | <input type="checkbox"/> Obstetrics                |
| <input type="checkbox"/> Pulmonary    | <input type="checkbox"/> Dementia/Alzheimer's | <input type="checkbox"/> Psychiatric/Mental health |
| <input type="checkbox"/> Cardiac      | <input type="checkbox"/> Failure to thrive    | <input type="checkbox"/> Other (specify): _____    |
| <input type="checkbox"/> Neurological | <input type="checkbox"/> Surgical             |  |

**Before Music Session – Presenting Conditions:**

Observed General Conditions	Check ONE column in EACH row:		
	Yes	No	Can't tell
Awake			
Confused/Disoriented			
Smiling			
Crying			
Verbally coherent			
Non-responsive			
Restless			
Agitated			
Moaning			
Furrowed brow			
Clenched hands			
Curled up/Tense position			
Other (specify):			

Observed Breathing Conditions					
Circle ONE number for each condition:					
Erratic	1	2	3	4	Steady
Shallow	1	2	3	4	Deep
Relaxed	1	2	3	4	Labored
Cheyne-Stokes present	1	2	3	4	Cheyne-Stokes absent

Complete as many of these as available:	
Measured Conditions	Measurement
Blood pressure	/
Heart rate	beats/min
Oxygen saturation	%
Respiratory rate	breaths/min
Other (specify):	

**Additional Concerns affecting Music Session (check ALL that apply):**

- Hearing impaired     Intubated     In medical isolation     Language barrier  
 In hospice care     Interruptions during session     Other (specify): \_\_\_\_\_

**During Music Session – Types of Music Used (check ALL that apply):**

<input type="checkbox"/> Familiar music	<input type="checkbox"/> Calming/Sedating (<50 beats/min)
<input type="checkbox"/> Unfamiliar music	<input type="checkbox"/> 50 to 70 beats/min
<input type="checkbox"/> Rhythmic music	<input type="checkbox"/> Stimulating/Upbeat (>70 beats/min)
<input type="checkbox"/> Arrhythmic music	<input type="checkbox"/> Other (specify):
<input type="checkbox"/> Improvisational music	_____

**Length of session:** \_\_\_\_\_ minutes    **Instrument(s)/Voice used:** \_\_\_\_\_



**After Music Session – What Changed?:**

Observed General Conditions	Check ONE column in EACH row:		
	Yes	No	Can't tell
Awake			
Confused/Disoriented			
Smiling			
Crying			
Verbally coherent			
Non-responsive			
Restless			
Agitated			
Moaning			
Furrowed brow			
Clenched hands			
Curled up/Tense position			
Other (specify):			

Observed Breathing Conditions				
Circle ONE number for each condition:				
Erratic	1	2	3	4 Steady
Shallow	1	2	3	4 Deep
Relaxed	1	2	3	4 Labored
Cheyne-Stokes present	1	2	3	4 Cheyne-Stokes absent

Complete as many of these as available:	
Measured Conditions	Measurement
Blood pressure	/
Heart rate	beats/min
Oxygen saturation	%
Respiratory rate	breaths/min
Other (specify):	

***Narrative Note (e.g., patient, staff, and/or caregiver comments; why you chose the music you did; patient response and CMP observations not mentioned above; comments about patient's pain before and after, if known/applicable, etc.):***

**Facility location (City, State):** \_\_\_\_\_

**Print your name and title:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Mail completed form to: MHTP™ Central Office, P.O. Box 127, Hillsdale NY 12529**

# **Infection Control Protocol and Guidelines for Certified Music Practitioners**

Updated September 2020

The following Infection Control Protocol and Guidelines are in regard to the action of individual Certified Music Practitioners in response to Safety Precaution Protocols used in healthcare facilities. This document also includes suggested processes for the care with the handpan, cart and seat used during a therapeutic music session to ensure the safety of the patient, family, clinical staff, and of the Certified Music Practitioner.

These processes follow the established guidelines from the Center of Disease Control (CDC), and The Music for Healing and Transition Program, the professional organization of Therapeutic Music.

**Purpose:** The protocol is to prevent the contamination, cross-contamination, and spread of infection. The protocol is reviewed and updated as necessary. Attention to precautions to COVID 19 have been included.

**Protocol Statement:** Certified Music Practitioners will follow all established precautions for themselves as set by the healthcare facility, including all Standard, Enteric, Droplet and Airborne Precautions.

*Note: Certified Music Practitioners will not bring handpan into a room where there are Airborne, Enteric, Droplet, or Isolation Precautions or for patients under investigation (PUI) or for COVID 19 positive patients.*

## **For General Handpan Maintenance:**

Regularly wipe handpan with microfiber cloth and wax, removing dirt and buildup.

## **For Sanitizing Handpan, Cart, and Seat:**

### Handpan:

Thoroughly wipe exposed sections of the handpan with alcohol (with 60% or greater alcohol content). *Note: Do not use Chlorine products of any concentration.*

### Handpan Cart:

Follow same process as handpan. *Note: it is not recommended or advised that wheels or the bottom of the handpan cart be sanitized.*

### Seat:

Thoroughly wipe seat with alcohol. Dry with cloth as desired.

## **Standard Precaution Suggested Processes and Techniques:**

- Wash or sanitize hands before entering room
- Place handpan and cart close to the doorway (or threshold of room)
- Glove and/or mask as required
- Take handpan and seat into room, greet patient with gloves on
- Place handpan outside of a 5 to 6-ft radius from the patient
- Assess vital signs with gloves on
- Take gloves off prior to playing the handpan
- Wash or sanitize hands as appropriate before and after playing the handpan
- Replace gloves before touching patient or any other thing in room (including curtain)
- Take handpan and chair into threshold area
- Take off mask and gloves prior to exiting threshold
- Sanitize or wash hands outside of room
- Wipe off handpan with alcohol-based sanitizer or alcohol swabs, and allow to dry • Wipe off seat with alcohol swabs

#### **ADDITIONAL COVID 19 PRECAUTIONS:**

Certified Music Practitioners will:

- Adhere to all standard precautions, especially hand-washing protocol
- Maintain social distancing for all patients, staff and visitors
- Check in with clinical staff regarding specific limitations or restrictions to patient care area
- Adhere to recommendations regarding the use of PPE (respecting the limited supply) • Opt for therapeutic music outside of patient rooms which are suspected or confirmed Airborne, Droplet, Enteric, or Isolation Precautions.

#### **Resources:**

Center for Disease Control Guidelines <https://www.cdc.gov>

Music for Healing and Transition Program <https://www.mhpt.org>

Metal Sounds Spacedrum Manufacturer in cooperation with the French Percussion Instrument Makers Union  
<https://metalsounds-spacedrum.com>