

# Everything Relates

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# to Everything:

# Multicultural Experiences in Hospice Music Therapy

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Presented by

David Melbye, MT-BC

Hospice of the Twin Cities

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“Everything  
Relates  
To  
Everything”

Dr. Clifford Madsen

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Over 75% of those surveyed reported  
that their knowledge of multiculturalism  
was gained through  
**experience.**

(Darrow and Molloy, 1998)

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“Each culture has its own music,  
and if music therapy is to be effective,  
music that is familiar and specific  
to one’s culture must be utilized  
in order to elicit favorable responses.”

(Gaston, 1968, as cited in Darrow and Molloy, 1998)

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“Performance of even simple songs  
or other basic musical materials  
representative of a foreign musical language  
can help establish  
initial communication and rapport.”

(Moreno, 1988)

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“Practicing within  
culturally centered music therapy  
is an incremental process...  
like practicing music therapy,  
it is a journey of discovery”

(Brown, 2001)

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# Hospice

## A philosophy of care

- Palliative
  - Interdisciplinary
  - Holistic
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# Human Domains/MT Charting

- Physical
  - Emotional
  - Cognitive
  - Spiritual
  - Social
  - Behavioral
  - Musical
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# Hospice Outcomes

## National Hospice and Palliative Care Organization (NHPCO) Outcomes

- Self-determined life closure
- Safe and comfortable death
- Healthy grieving

[www.nhpco.org](http://www.nhpco.org)

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Just asking if a patient is suffering  
reduces patient suffering

Dr. Barry Baines  
Co-Medical Director  
Hospice of the Twin Cities

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# Music Therapy Research Principles

- Preferred Music – most therapeutic
  - Music of Youth – preferred music  
(Gibbons, 1977; Moore, Staum, & Brotons, 1992)
  - Live Music – most therapeutic  
(Bailey, 1983)
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# Hospice of the Twin Cities (HOTC)

## Patient Majorities

- Caucasian
- Christian
- English is primary language
- Elderly (75+)
  - HOTC chart audits 2004/2005



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# Music Most Utilized in HOTC MT

- Hymns/Religious/Spiritual
- Old Time Popular
  - HOTC MT Chart Audits 01-04



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# Challenges of Serving Diverse Populations

- Language
  - Culture
  - Ethnicity
  - Country
  - Religion/Spirituality
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# Resources

- Patient and family
  - Professional colleagues
  - Interpreters
  - Community
  - Books
  - Music
  - Online
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# Interventions

- Assist the patient and family  
in directing care
  - Ask for and listen to life stories  
(and songs!)
  - Show respect for the uniqueness  
of patient and family
  - Learn simple words and phrases  
in patient's language
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“I have learned that when  
the end of life is near,  
the most important thing people do  
is tell their story.

People desperately want to know  
that their life has been significant.

No matter who they are,  
no matter what culture they come from,  
their questions are the same:

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- Who am I?
  - What has my life been about?
  - What will my loved ones remember about me?
  - What's next after this life?"

Chaplain Joan Olson, Hospice of the Twin Cities  
Minneapolis Star Tribune  
October 22, 2006

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# Case Study - Mrs I

- 77 years old
  - Female
  - Pancreatic Cancer
  - Arabic-speaking
  - Muslim faith
  - Lebanese
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# Religious and Cultural Resources

- Stuart M. Matlins, Arthur J. Magida (Eds.):  
*How to be a Perfect Stranger:*  
*The Essential Religious Etiquette Handbook*
  - Khaled Hosseini:  
*The Kite Runner*
  - Lebanon Internet Guide and Archive  
[www.the-lebanon.com](http://www.the-lebanon.com)
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# Arabic Words

- Salaam alaykum (Peace be with you)
  - Shukran (Thank you)
  - Ma'asalema (Goodbye – Go with peace)
  - InshAllah (God willing)
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# Music Utilized

- Classical
  - Children's
  - Happy Birthday
  - Lebanese National Anthem
  - Recorded Arabic Music
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# Case Study – Mr. V

- 81 years old
  - Male
  - Debilities Unspecified,  
Numerous Secondary Dx
  - Hmong-speaking
  - Christian faith
  - Laotian Hmong
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# Hmong Resources

- Anne Fadiman:  
*The Spirit Catches You and You Fall Down*
  - Hmong Culture Web Sites  
[www.learnabouthmong.org](http://www.learnabouthmong.org)  
[www.hmongnet.org](http://www.hmongnet.org)
  - Hospice Minnesota Web Site –  
Opening Doors to Multicultural Communities Initiative  
[www.mnhospice.org](http://www.mnhospice.org)
  - Interpreter - Yu
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# Hmong Phrases

- Nyob zoo - pronounced “nyah ZHON” –  
(Hello)
  - Ua txhau - pronounced “wah CHOW” –  
(Thank you)
  - Sib tib dau - pronounced “shee jhee DOO-ah” –  
(See you soon)
  - Zoo zoo siab - pronounced “zhon zhon SHEE-ah” –  
(Very happy)
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# Music Utilized

- “Alleluia”
  - Hymns
  - When Hmong Eyes Are Smiling
  - O My Soul, To Heaven Go
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# Case Study - Mrs. W

- 80 years old
  - Female
  - Renal Disease
  - Tigrigna-speaking
  - Orthodox Christian faith
  - Eritrean
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# Eritrea and Tigrigna Resources

- World Cultures Web Site  
[www.everyculture.com](http://www.everyculture.com)
  - Patient and Family
  - Interpreter - Michael
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# Tigrigna Words

- Selam (Peace/Hello/Goodbye)
  - Yekanyelay (Thank You)
  - Meزامur (Tigrigna Spiritual Songs)
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# Music Utilized

- Tehaguise (I Am So Happy)
  - Over My Head
  - Hymns (of Swedish Origin)
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# Case Study – Edna

- 47 years old
  - Female
  - Breast Cancer
  - Mende Language (+ Krio, others)
  - Catholic faith
  - Sierra Leonean
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# Sierra Leone Resources

- Blood Diamond

<http://blooddiamondmovie.warnerbros.com>

- Teun Voeten:

*How de Body?*

- Sierra Leone's Refugee All Stars

[www.sierraleonesrefugeeallstars.com](http://www.sierraleonesrefugeeallstars.com)

[www.refugeeallstars.org](http://www.refugeeallstars.org)

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# Mende Words

- Buyah (Hello/Your Spirit is Here)
  - Bi-seh (Thank you)
  - Maloh (Goodbye)
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# Music Utilized

- Hymn/Catholic Faith Music
  - Classical
  - Recorded African Music
  - Sierra Leone's Refugee All Stars
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# Case Study - Mrs J

- 83 years old
  - Female
  - Colon Cancer
  - Farsi-speaking
  - Baha'i faith
  - Iranian
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# Baha'i Resources

- The International Web Site of the Baha'i Faith  
[www.bahai.org](http://www.bahai.org)
  - Boroumand Foundation Omid Memorial Web Site  
[www.abfiran.org/english/memorial.php](http://www.abfiran.org/english/memorial.php)
  - Working with Medical Interpreters Web Site  
[www.health.state.mn.us/divs/idepc/refugee/guide](http://www.health.state.mn.us/divs/idepc/refugee/guide)
  - Interpreter – Rouhieh
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# Farsi Words

- Mersi (Thank you)
  - Naruz (New Year)
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# Music Utilized

- Themes of Peace and Spring
  - Music of Seals and Crofts
  - Baha'i/Farsi Chant
  - Blessed Is The Spot
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“The purpose of life is service”

George McGovern

“Work done in the spirit of service is worship”

Baha'u'llah

“We are living art, created to help others to  
hang on, stand up, forebear, continue”

Maya Angelou

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“It is my hope I may be used to serve a holy purpose  
without ever knowing.

So sometimes, before I see a patient I offer up a little  
wordless prayer:

Understanding the suffering is beyond me.

Understanding the healing is, too.

But in this moment, I am here.

Use me.”

Dr. Rachel Naomi Remen

*Kitchen Table Wisdom: Stories That Heal*

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# Hmong Hymnal Information

Cov Ntseeg Yexus Phau Nkauj (White Hmong dialect)

Cov Ntseeg Yexus Phoo Nkauj (Blue/Green Hmong dialect)

(Translation: The Believers in Jesus Book of Songs)

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