

Everything Relates to Everything: Multicultural Experiences in Hospice Music Therapy

Presented by
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“Everything Relates To Everything”

Dr. Clifford Madsen

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

(Darrow and Molloy, 1998)

“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)

“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)

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

(Brown, 2001)

Hospice

A philosophy of care

- Palliative
- Interdisciplinary
- Holistic

Human Domains/MT Charting

- Physical
- Emotional
- Cognitive
- Spiritual
- Social
- Behavioral
- Musical

Hospice Outcomes

National Hospice and Palliative Care Organization (NHPCO) Outcomes

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

www.nhpco.org

Just asking if a patient is suffering
reduces patient suffering

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

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)

Hospice of the Twin Cities (HOTC) Patient Majorities

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

Music Most Utilized in HOTC MT

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

Challenges of Serving Diverse Populations

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

Resources

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

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

“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:

- 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

Case Study - Mrs I

- 77 years old
- Female
- Pancreatic Cancer
- Arabic-speaking
- Muslim faith
- Lebanese

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

Arabic Words

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

Music Utilized

- Classical
- Children's
- Happy Birthday
- Lebanese National Anthem
- Recorded Arabic Music

Case Study – Mr. V

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

Hmong Resources

- Anne Fadiman:
The Spirit Catches You and You Fall Down
- Hmong Culture Web Sites
www.learnaboutthmong.org
www.hmongnet.org
- Hospice Minnesota Web Site –
Opening Doors to Multicultural Communities Initiative
www.mnhospice.org
- Interpreter - Yu

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)

Music Utilized

- “Alleluia”
- Hymns
- When Hmong Eyes Are Smiling
- O My Soul, To Heaven Go



Case Study - Mrs. W

- 80 years old
- Female
- Renal Disease
- Tigrigna-speaking
- Orthodox Christian faith
- Eritrean

Eritrea and Tigrigna Resources

- World Cultures Web Site
www.everyculture.com
- Patient and Family
- Interpreter - Michael

Tigrigna Words

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

Music Utilized

- Tehaguise (I Am So Happy)
- Over My Head
- Hymns (of Swedish Origin)

Case Study – Edna

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

Sierra Leone Resources

- Blood Diamond

<http://blooddiamondmovie.warnerbros.com>

- Teun Voeten:

How de Body?

- Sierra Leone's Refugee All Stars

www.sierraleonesrefugeeallstars.com

www.refugeeallstars.org

Mende Words

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

Music Utilized

- Hymn/Catholic Faith Music
- Classical
- Recorded African Music
- Sierra Leone's Refugee All Stars

Case Study - Mrs J

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

Baha'i Resources

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

Farsi Words

- Mersi (Thank you)
- Naruz (New Year)

Music Utilized

- Themes of Peace and Spring
- Music of Seals and Crofts
- Baha'i/Farsi Chant
- Blessed Is The Spot



“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

"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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