Personalized Music & Evidence-Based Research

"The closer we get to the songs that have deep emotional connection for a person, the more therapeutic 'dose effect' we see."

**~ Mark Hammond, M.D.
30-year Geriatrician**

"Music has powerful (and visible) effects on the brain."
ScienceDaily
https://www.sciencedaily.com/releases/2017/04/170412181341.htm
Jonathan Burdette, M.D.
Professor & Neuroradiologist
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Intensive & Critical Care Nursing 47 **"Music Intervention to Prevent Delirium Among Older Patients dmittedto a Trauma Intensive Care Unit and a Trauma Orthopedic Unit"**
Johnson K[1], Fleury J[2], McClain D[3]
doi: 10.1016j.iccn.2018.03.007.
Epub 2018 May 4.
CONCLUSION: Music addresses pathophysiologic mechanisms that contribute to delirium; neurotransmitter imbalance, inflammation and acute physiologic stressors. Music to prevent delirium is one of few that provide support in a critical care setting.
https://www.ncbi.nlm.nih.gov/pubmed/29735284

The Journal of Prevention of Alzheimer's Disease **"Increased Functional Connectivity After Listening to Favored Music in Adults with Alzheimer Dementia"** The research, published by a team at University of Utah Health in Salt Lake City, set out to examine a mechanism that activates the attentional network in the salience region of the brain. The results offer a new way to approach anxiety, depression and agitation in patients with dementia. Activation of neighboring regions of the brain may also offer opportunities to delay the continued decline caused by the disease. This demonstrates reconnectivity in part of the brain that facilitates attention span and focused skills ..."staying on task."
https://www.ncbi.nlm.nih.gov/pubmed/30569087

Anecdotal and evidence-based research, using solid research methods, have shown a reduction in the areas of: medication, anxiety, agitation, behaviors, resistance to care, falls, swallowing difficulties, physical and verbal altercations, feeding tubes, depression, and pain. It has also shown improvements in nutrition, positive mood, communication, participation in activities, therapies, and more. Providing personalized music benefits individuals regardless of diagnoses. For individuals with a diagnosis of dementia, the impact is often profound.

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The MusicPrescription4Life™ program is empowered by Thriving4Life℠ , a nonprofit organization that helps individuals and those that care for them to thrive and be the best version of themselves.