

Meaningful Music in Healthcare

Live music in the hospital? MiMiC - *Meaningful Music in Health Care* - is precisely that: a small group of musicians playing person-centred improvisations for patients and nurses. In the patient rooms musicians create 'tailored-made' music in interaction with patients, based on their preferences, memories, etc. This provides valuable moments of aesthetic experience and meaning, for patients and for nurses and musicians.

The research group Lifelong Learning in Music of the Prince Claus Conservatoire (Hanze University) Groningen and the University Medical Center Groningen have developed and researched the MiMiC practice for patients in surgical wards since 2015. Person-centred music-making can be put into practice in a medical setting and appears to be meaningful for everyone involved. Patients experience less pain and feel better. In addition, this innovative practice offers musicians and nurses new opportunities for professional development.

This explorative research led to the establishment of a practice in the hospital, as well as to an informed curriculum development for master students, who aim to gain skills in the field of music and healthcare, in order to be able to use them in their future portfolio career. Meanwhile the module Meaningful Music in Healthcare has been implemented in the conservatoire.

A next step, based on the former research is the project *ProMiMiC - Professional Excellence in Meaningful Music in Healthcare*, which started in September 2019.

The new project ProMiMiC is based on the outcomes of the research so far and responds to this: the need for musicians and nurses to work together intensively and to learn from each other in this setting, and also to utilise person-centred music-making as a catalyst for a compassionate patient relationship. With this further professionalisation of musicians and nurses, the MiMiC practice will acquire broader implementation in hospital care. Thus, a contribution can be made to developments such as outcome-oriented care, positive health, and the broader societal engagement and employability of musicians. Within the professional development of musicians the notion of Excellence is crucial, where in this practice artistic excellence and 'situational' excellence are married.

In this project Prince Claus Conservatoire, Hanze University Groningen and UMCG collaborate with other research institutes in the field of music and healthcare. Together these institutes have the expertise to conduct research into the professionalisation of this meaningful music practice in a rich context. The research institutes involved are: Royal Conservatoire The Hague, University of Music and Performing Arts Vienna and Royal College of Music, Centre of Performance Science, London. Furthermore Haaglanden Medical Center, hospitals in London and Vienna and the Foundation Mimic Muziek are also involved. In the Netherlands the focus of the research project is on the Interprofessional Collaboration and Learning of musicians and health care professionals and on the increase of patient contact and compassion through live music. In Vienna the focus is on the interprofessional collaboration and learning of musicians and music therapists. In London the focus is on the open question of 'How do musicians enter a new field'? In all four cities labs will take place with musicians and health care professionals, on contrasting hospital wards (e.g. Intensive

Care, surgery, maternal ward). This will take place until September 2021, after which, based on the research pilot projects will be developed. Due to Covid-19, we have also started to explore and execute virtual labs.

The MiMiC research has been described in our publication:

If Music be the Food of Love, Play On – Meaningful Music in Healthcare

Rineke Smilde, Erik Heineman, Krista de Wit, Karolien Dons and Peter Alheit.

Utrecht: Eburon (2019)