

MAY 2014

by Mike O'Kelly

Patients, siblings feel beat of music therapy

Get ready, St. Jude. Amy Love is here to make some noise.

A love of music born in the choir room of her Kentucky high school echoes through the Kay Kafe corner on a Tuesday morning. Love—the new music therapist in Child Life—strums a guitar and sings inside a circle of percussion-wielding children.

With drums drumming, triangles clanging, feet stomping and hands clapping, patients and siblings join in singing “Old MacDonald Had a Farm,” extending the last syllable: E-I-E-I-OOOOOO.

Judging by the smiles and comments after the concert, it's easy to

see why music therapy is a growing field in health care. Music therapy also helps enhance patient care and quality of life. Those melodies coming from patient rooms and gathering areas are the first steps in the hospital's efforts to establish the music therapy program.

“People ask me all the time what music therapy is, but it can vary depending on with whom you are working,” said Love.

“In addition to children, I've worked with adults with intellectual disabilities, people coping with substance abuse, trauma, mental health, stroke patients and seniors with Alzheimer's and dementia.”

Love, who sang in her high school choir, never played an instrument until she began the music therapy program at the University of Dayton in Ohio. In college, she learned to play the piano, guitar, ukulele, drums and dulcimer. Love is a board-certified music therapist. She is also certified in neonatal intensive care unit music therapy and neurologic music therapy.

“Music is universal. There are all types of musical experiences for different areas of the world, but it is so ingrained in our everyday lives that I don't think people realize it,” Love said. “The great thing is that patients and siblings don't need to have any

prior musical skills. We meet them where they are musically.”

Love said she enjoys working with pediatric patients, sharing stories of powerful moments like the young boy who doctors said would never speak again after he had a stroke. A week into music therapy, he was singing along to “Twinkle, Twinkle Little Star.”

Music therapy can be used to achieve both musical and non-musical goals. A musical goal for a patient would be learning to play guitar. An example of a non-musical goal would be using drums to help a patient work on motor skills by reaching out to play the instrument.

“We work on goals like learning to express ourselves, writing songs and discussing song lyrics,” Love said. “This allows patients to be creative. It is a great outlet for patients and families who are having difficulty coping.”

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Music Therapy Group Sessions

Hospital-wide Music Group,
Tuesday mornings in Kay Kafe
from 10:30–11 a.m.

2North Music Group, first and
third Wednesday of each month
from 10:30–11:30 a.m.

Pre-Teen Music Group, last
Wednesday of each month 10–11
a.m. (Pre-teen Room – DI waiting
area).

Teen Music Group, last Friday of
each month, 1:30–2:30 p.m. in the
Patient Care Center Teen Room.

When clear isn't so clear

If scheduled for surgery or a procedure that includes anesthesia or sedation (sleeping medicine), your child will not be allowed to have food or drink past a certain time. Sometimes your child may have only *clear* liquids up until two hours before anesthesia or sedation.

These safety guidelines help prevent food or liquid from getting in your child's lungs during the procedure. This could cause pneumonia and other serious health problems.

During these times of no food and drink, product labels can sometimes leave you questioning if clear is really clear. In the case of Ensure Clear™ and others products like it. The

answer is **no**; Ensure Clear™ is not a clear liquid. Using products like these will delay your child's procedure or surgery by at least eight hours.

So, what clear liquids are approved? Stick with these clear liquids: water, apple juice, Sprite®, Sierra Mist®, white grape juice, white cranberry juice, Gatorade®, Jell-O® and Pedialyte®. Your child should not drink or eat anything **red, pink, blue, or purple** before surgery or procedures.

To learn more, check out the Do You Know handouts called “NPO – No Food/Drink before Non-Surgical Procedures” and “NPO – No Food or Drink before Surgery.”

Celebrate high school and kindergarten graduation

The St. Jude School Program will host kindergarten and high school graduation events this month.

The St. Jude High School Graduation Celebration is planned for Thursday, May 15, from 4:30–6:30 p.m. in the Danny Thomas/ALSAC Pavilion. This event is open to any active patient who is graduating high school this year. To learn more about the High School Graduation Celebration, call Mandy Little at 901-595-4324.

The St. Jude Kindergarten Celebration is planned for Wednesday, May 21, from 2–4 p.m. in the St. Jude Auditorium. This event is open to all patients who were diagnosed after age 3 and are currently enrolled in kindergarten. To learn more about the St. Jude Kindergarten Celebration, call Kaci Richardson at 901-595-3555.



Talking about Medicines

Medicines and sun exposure

By Shane Cross, PharmD, Pharmaceutical Services

Summertime is upon us again, and for many, that means spending more time outside. During outdoor activities, keep in mind that certain medicines could make your skin or your child's skin more sensitive to the sun. It's a process called chemical photosensitivity (foto SEN si TI vi tee). It means that a person has an enhanced reaction to sunlight.

When taking certain medicines, people can suffer severe sunburns after only a short time in the sun. They might also get rashes, hives, itching and even blistering. It can happen with both direct sunlight and fake sunlight, such as light from a tanning bed or sunlamp. It is not caused by the kind of lights used in your home or workplace.

Here are some things you can do to protect yourself and your child from the harmful effects of sunlight. First, know which medicines might cause a strong reaction to sunlight. Prescription bottles should contain a sticker to alert you to this type of side effect.

Some medicines can cause photosensitivity even after the medicine has been stopped. Try to avoid the sunlight between the peak hours of 10 a.m. and 4 p.m. when the sun's rays are strongest. When you are outside, use a sunscreen with an SPF of at least 30. Be sure to reapply sunscreen often throughout the day.

To learn more about how your skin or your child's skin might be sensitive to the sun, talk to your doctor, nurse or pharmacist.

Patients, siblings feel beat of music therapy *continued from front*

Love will work with patients of all ages across all clinical areas.

Child Life Director Shawna Grissom said music therapy will enhance her staff's efforts.

"This form of alternative therapy allows us to be even more effective because we are giving patients a different medium with which to express themselves," Grissom said.

The instruments Love plans to use include piano, guitar, drums, shakers and Qchords, but there's room for more.

See the box on the front page for

scheduled music groups; Love is also available for one-on-one sessions by referral. Talk to your clinic staff if you think your child might benefit from music therapy.

"I'm really excited to get going," Love said. "I'm ready to make some noise around here."

For the latest details on upcoming events, see the bulletin board in the Patient Care Center lobby near Patient Registration.



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