



## Music at the Bedside

### Arriving on the unit

- Check-in with the nurses station—let them know that you are on the unit
  - Ask if they have any patients that might benefit from a musical visit
  - Never stroll the hallways performing

### Entering a patient's room

- Look for any precaution signs on the patient's door (when in doubt ask at the nurses station)
- Sanitize your instrument (if possible)
- Knock gently on the door and slowly enter the patient's room
- Introduce yourself by saying "Hello, it's \_\_\_\_\_. I'm an Arts in Medicine volunteer"

### If a patient would like music...

- Ask what type of music they listen to (this avoids that awkward moment when they ask for their favorite song and you do not know it)
- If a patient says just pick something, you can gauge the selection by their age and pick a song of their generation (it is good to learn songs of each generation)

### If a patient would not like music...

- Thank them for inviting you into the room and say "Ok, well, here is our card (hand them a yellow AIM card). It tells you about the other services we offer."

### Evaluating the patient's experience

- Be aware of patient's body language
  - If they start to hold their head or scrunch their face, the music may be too loud
  - It is OK to stop and ask if the volume is ok. We are there to enhance their experience.
  - When in doubt, ask questions

### Be aware of the general space

- Include others if they are in the room (Be aware of roommates if the patient is in a shared room)
- Be conscious of volume in general

### Leaving a patient room

- Thank the patient for inviting you in and allowing you to perform for them
- Give them a yellow AIM card, which has a brief description of our program and the office phone number

### Outside the room

- Wash your hands and wipe down anything that was placed on a surface in the room or touched by a patient

### \*A special note for Vocalists:

- It is important that you screen your lyrics and know what songs you should not sing on certain units.
  - For example, singing a song about a broken heart is ok, unless you are in the cardiac unit.  
If you are unsure what songs are appropriate, you can refer to our artist's playlists for suggestions.