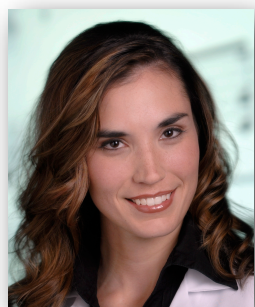


## Rounding with Medical Staff to Increase Music Therapy Awareness in the Neonatal Intensive Care Unit

Amy Robertson, MM, MT-BC  
Florida Hospital Orlando  
Orlando, Florida



Amy Robertson, MM, MT-BC

### Tips for a Music Therapist to be a Successful Member of Medical Rounds:

- ▶ **Communication is the Key!** Do not be hesitant to speak up and say why each pt is appropriate for music therapy services. Also, be sure to have a positive relationship with all staff in the NICU. If they know you and feel comfortable around you, it will be easier for you as a music therapist to gain the respect you need to receive the music therapy referrals you need.
- ▶ **Do not be overwhelmed or intimidated by medical staff.** As a music therapist, it is sometimes easy to feel intimidated around medical staff. Remember that you are the expert when it comes to music therapy. Be assertive when speaking with Dr.'s and ARNP's. These patients are fragile and you need to make them feel comfortable and assured that each patient will benefit from music therapy.
- ▶ **Understand medical terminology related to your patient population.** In the NICU, terms such as BPD, RDS and IVH are very important to know and can determine if a patient is appropriate for music therapy or not. You will also need to know what the medical staff is discussing when reporting on a patient in rounds. Write down all medical terms you hear and are not familiar with. If you can speak the same language as the other members of the NICU staff, they will respect you that much more!
- ▶ **Conduct research if possible.** Our Dr.'s/ARNP's love when we do research because it shows them that music therapy is a evidence-based field with significant outcomes. They also like to have data that comes from their own institution. Our medical staff knew about previous music therapy studies and the results, but wanted to have the same research done in our NICU to see if the results were the same. When our data showed the same trend as data in other studies, the medical staff was more confident in our services and made more music therapy orders.
- ▶ **Request that patients need an order for music therapy services.** When an order is made for music therapy, it means that music therapy is medically necessary for that patient. It also means that the intervention being ordered is an evidence-based treatment and not just someone coming in to play music. The staff will respect you and your services more if the Dr. or ARNP needs to order it than just a staff member saying "that baby is fine for music." Plus, you have to have an order if you are seeking reimbursement for your services. Insurance companies will not provide reimbursement without the Dr./ARNP order for services.