

The Use of Music and Imagery to Support Psychosocial Needs of Patients in Orthopaedic Rehabilitation

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INTRODUCTION

St. Andrew's Community Hospital (SACH) is a service under the St. Andrew's Mission Hospital group based in Singapore. Individuals admitted for orthopaedic rehabilitation often have long hospital stays, possibly surfacing issues such as depression, anxiety, feelings of isolation and loss of personal identity (Alzahrani, 2021). Allied health disciplines such as music therapy are increasingly being utilised to support the psychosocial needs of patients (Paul & Ramsey, 2000). Music and Imagery (MI) is a receptive music-based intervention (MBI) adapted from the Bonny Method of Guided Imagery and Music (GIM). In MI, recorded music is used to evoke imagery around an identified intention or focus, and the imagery is created while engaging with the music. The therapist and patient then discuss the meaning and significance of the music-evoked imagery. The use of MI has been shown to have positive impact on the mental health of adults with chronic conditions and mood disorders (Jacobi & Eisenberg, 2001, Jerling & Heyns, 2020, McKinney et. al., 1997). This case study demonstrates the potential of MI to support the psychosocial needs of orthopaedic rehabilitation patients in long hospital stays.

METHODOLOGIES

In this qualitative case study, 4 MI sessions were conducted with patient Mr A over the course of 6 weeks, after referral for low mood. Each session was conducted in the structure as shown in Table 1.

Session Structure				
Check-in	Prelude: Deciding a focus or intention	Music and Imagery	Postlude: Discussion and processing	Closing

Table 1

RESULTS

Table 2 gives an overview of each session. Through music-evoked imagery, Mr A was able to connect with insights and takeaways related to his areas of focus and needs.

Session No.:	Focus/Intention:	Music Used:	Title / Description of Imagery:	Insights and Takeaways:
1	A place to relax	"Serenade to Spring" by Secret Garden	"My Resting Place" Image shows a single tree with large canopy (Figure 1)	Associating tree with feelings of being sheltered, internalising the sense of relaxation that came with image
2	To experience peace	"Serenade for Winds No. 10 in Bb Major, K.361" by Mozart	"My Peaceful Place" Image shows self sitting on a folding chair under same tree (Figure 2)	Connecting with feeling of peace while listening to music, acknowledging environmental factors hindering sleep at night
3	What connection looks like	"The Green Room", by Wayne Gratz	"My Broken Gate" Image shows a broken gate (Figure 3)	Acknowledging and expressing feelings of loneliness and grief around late wife's passing
4	A new self	"Celebration", by Secret Garden	"Looking at 2 Sunrise Terrace" Image shows self standing under same tree, looking at desired house in the distance (Figure 4)	Connecting with anticipation around discharge, feeling hopeful about regaining some mobility and independence, making plans for the future

Table 2

CONCLUSION

This case study highlights the potential of MI as a supportive psychosocial intervention for long-staying orthopaedic rehabilitation patients. For individuals capable of insight, the music and therapeutic relationship provide a safe container to explore challenging emotions, while accessing and developing inner resources. This can enhance the framework of holistic and patient-centred care in the community.

References:

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Imagery



Figure 1: "My Resting place"



Figure 2: "My Peaceful Place"

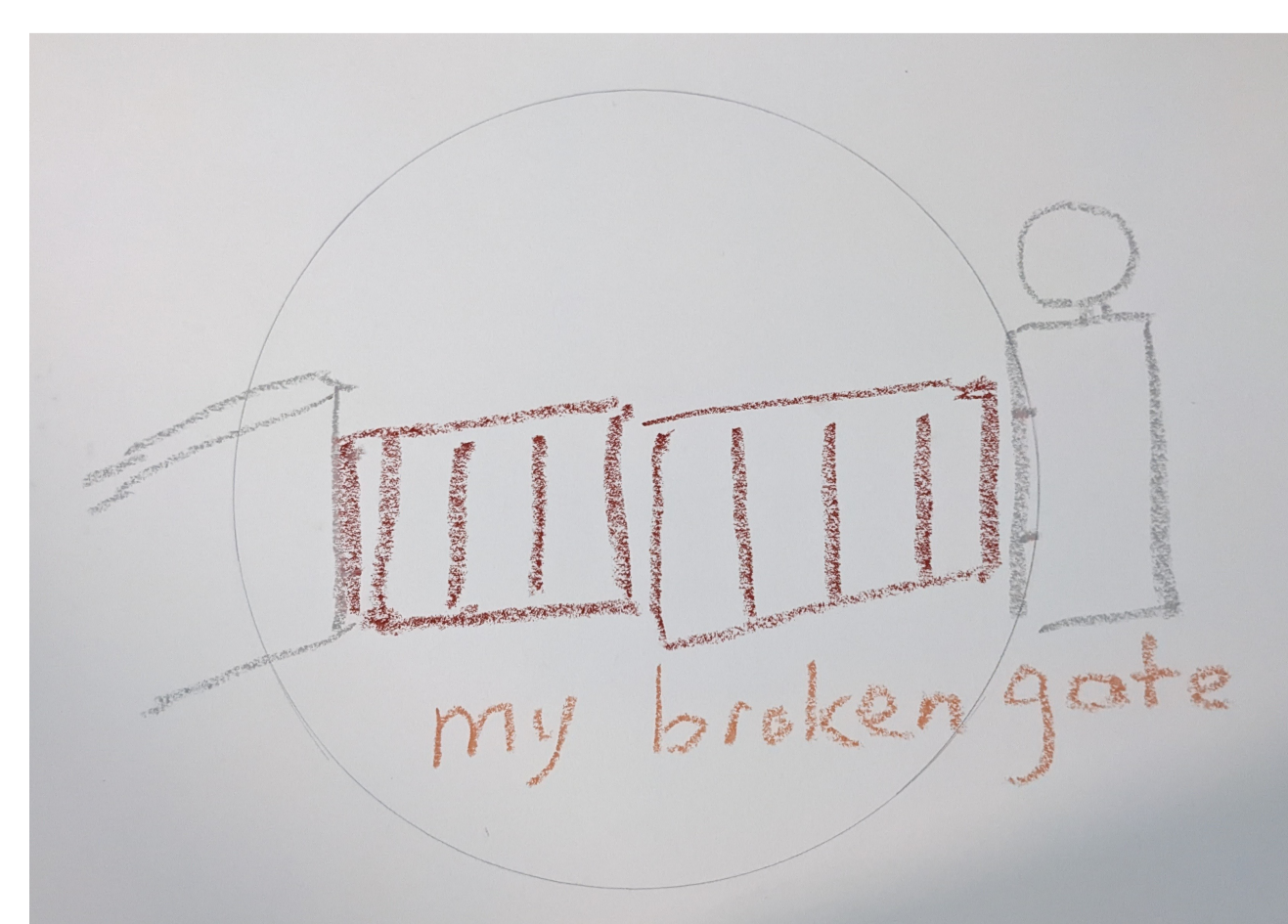


Figure 3: "My Broken Gate"

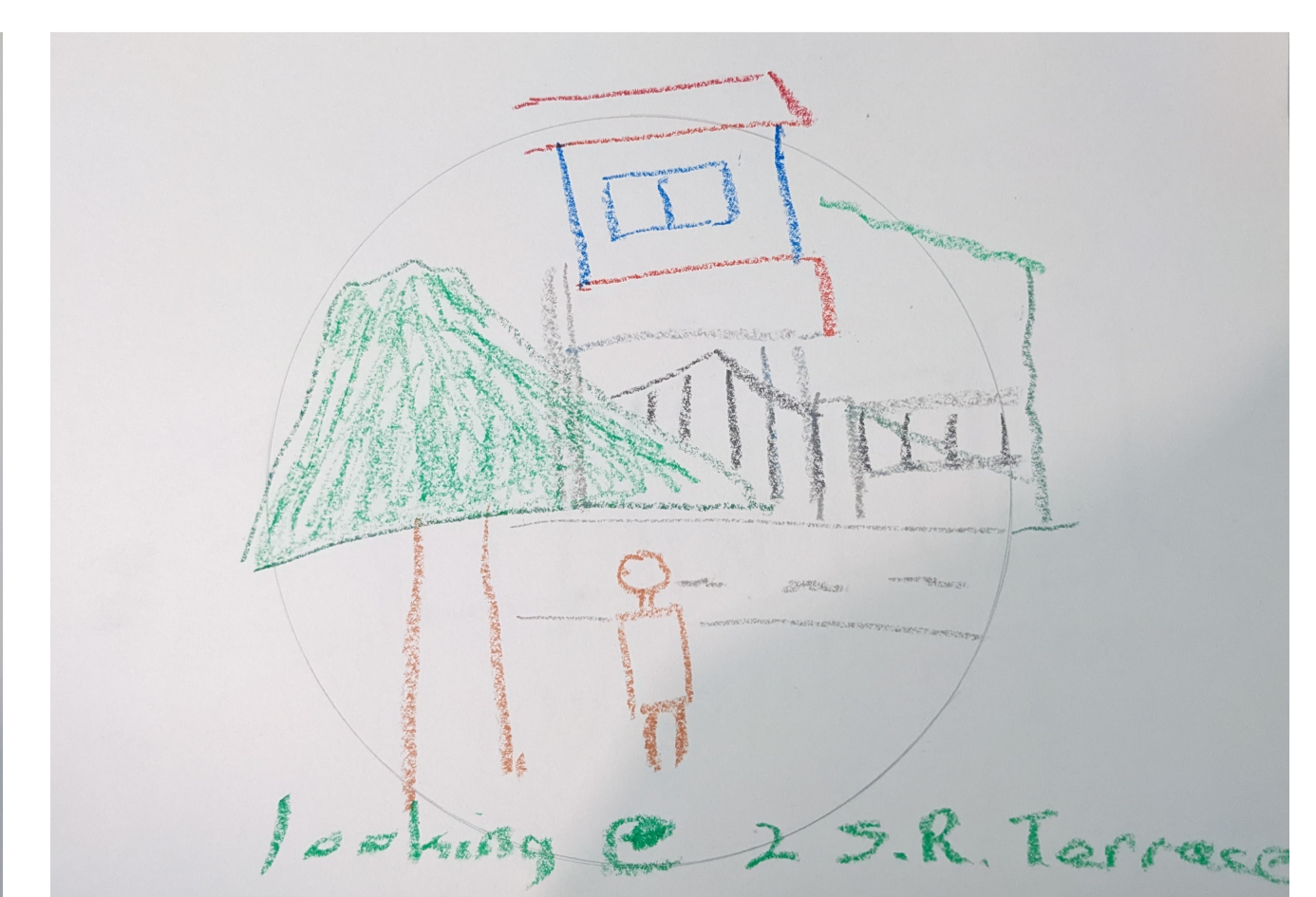


Figure 4: "Looking at 2 Sunrise Terrace"