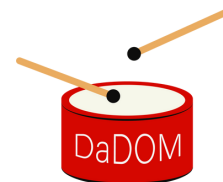


# Lesson 5: Working systematically



## DaDOM online teacher training

### Working systematically

In this section, we'll delve into the structured approach to incorporating music into healthcare, drawing from both theoretical instruction and practical assignments you've seen. This method is rooted in a scientific understanding that systematic work in healthcare leads to more effective client/patient care.

Systematic working means following specific steps to ensure care is targeted and beneficial. It involves:

1. **Data Collection:** Gathering information about the client/patient's needs, preferences, and the impact of music on their well-being.
2. **Estimating Care Needs:** Identifying what the client/patient requires to improve their comfort or functionality.
3. **Setting Care Goals:** Defining clear, achievable objectives for the client's care.
4. **Planning and Executing Care Actions:** Organising and carrying out activities that meet these goals.
5. **Evaluation:** Assessing the effectiveness of the care provided and making necessary adjustments.

By teaching your students to approach care in this methodical way, incorporating music as a therapeutic tool becomes a structured process, enhancing the overall quality of care. This approach not only aligns with evidence-based practice but also ensures that the integration of music into daily care is deliberate, thoughtful, and tailored to individual needs.



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## Workplace application - Working systematically

In the workplace, applying what we've learned about music in healthcare needs a structured approach. This means carefully planning and using music based on each client's needs and evaluating the outcomes. Here's how to do it step by step:

1. **Identify Needs:** Start by understanding the specific needs and preferences of each client/patient regarding music.
2. **Plan Carefully:** Create a detailed plan on how to use music for each client/patient. This plan should include what type of music to use, when, and how often.
3. **Put the Plan into Action:** Follow your plan, using music as part of the client/patient's care.
4. **Check the Results:** Look at how well the music worked. Did it help the client/patient? If needed, adjust your plan based on what you find.

An example can help make this more concrete. Imagine you're working in a care home where some residents have dementia. Here's how you could apply the steps:

- **Identify Needs:** You notice that some residents are calmer when they hear certain types of music.
- **Plan Carefully:** For these residents, you decide to play soothing music during times they often feel anxious, like during evening care routines.
- **Put the Plan into Action:** You start playing the music as planned and observe how the residents react.
- **Check the Results:** You see that the residents are indeed calmer during the evenings with the music. You keep notes on what works best and adjust as needed.

This way, by working systematically with music, you can make a real difference in your client/patients' care, making their days a bit brighter.

