

Workshop on Music-based Interventions in End-of-Life Care to Improve Quality of Life

This three-hour training workshop will provide participants an introduction to use music-based interventions to improve the quality of life for patients and caregivers in end-of-life care. Participants will learn about the benefits of using music in end-of-life care, including live music interventions, music-assisted relaxation techniques, non-writing and lyric analysis. Strategies will be provided for assessing patient needs and preferences, developing personalised treatment plans, and modifying interventions as needed. The workshop will also cover support of caregivers, including identifying caregiver stress and burnout, self-care and stress reduction strategies, and encouraging caregiver involvement. The workshop concludes with a discussion on implementing music-based interventions in end-of-life care settings and recommendations for further learning. Ultimately, this workshop aims to provide participants with practical tips and strategies that can be used to provide compassionate and effective music-based interventions in end-of-life care settings for improving the quality of life for patients and their caregivers.