

Background

Research indicates a number of benefits from the integration of music with conventional rehabilitation for persons who have suffered a brain injury or stroke. These benefits include increased participation, motivation, mood and social functioning (Nyak et al, 2000). Based on the research and a desire to assist the team in coping with the challenges of the pandemic, a Weekly Music Group was implemented on the inpatient stroke rehabilitation unit.

Objective

To share our Brain program's experience with the implementation and evolution of a Weekly Music Group over the last 5 years. While the initial purpose of the group was to assist staff through the challenges of the pandemic, this presentation will outline the evolution of our group and the benefits gained over the past 5 years.

- Methods**
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2020

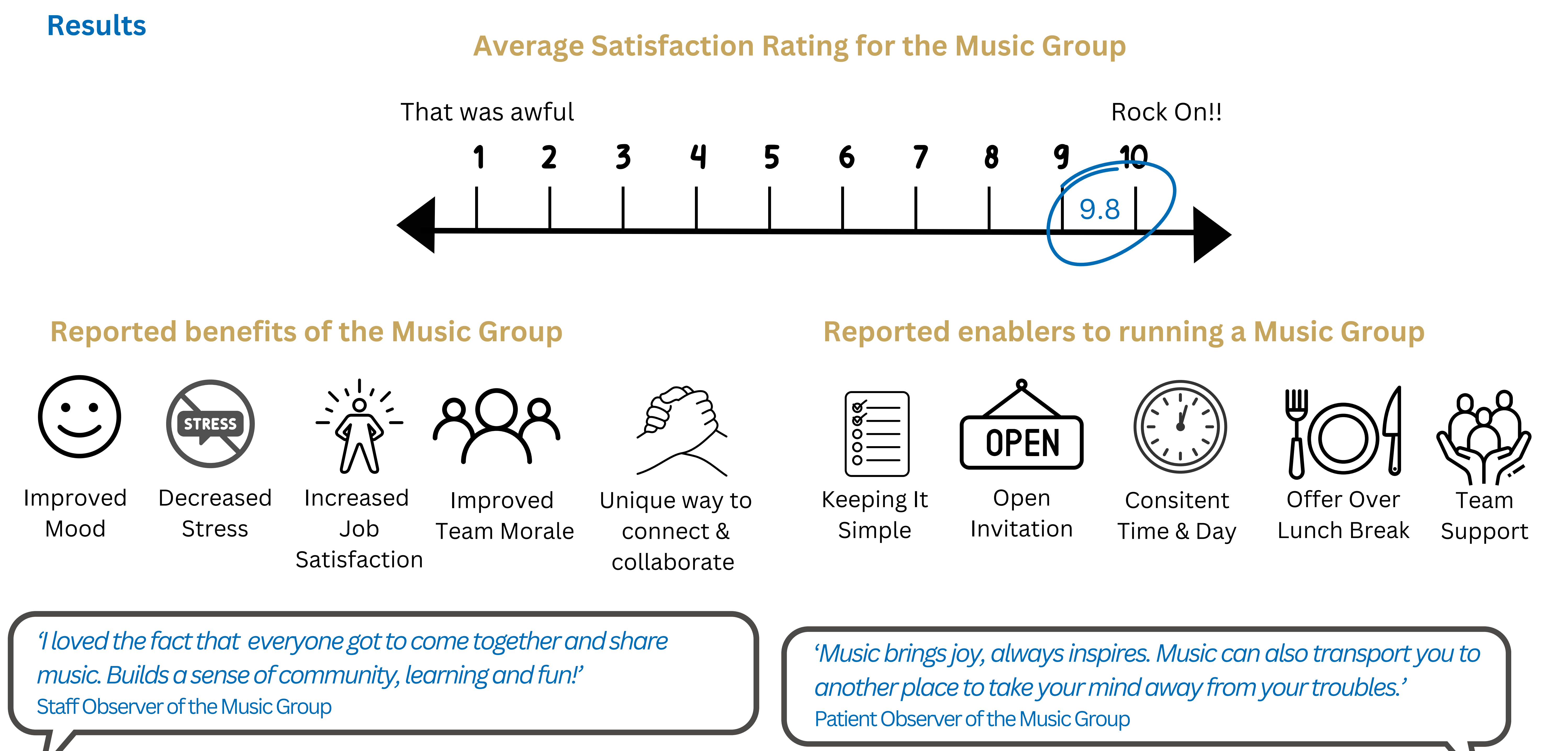
 - Weekly Music Group initiated on the inpatient stroke unit
 - Group members were a few members of the unit staff
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A few weeks later....

 - The Music Group shared their music with 1 patient with a goal of returning to playing guitar
 - The patient joined the group to work towards his goal
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5 years later....

 - Weekly Music Group named the TRI HARDS
 - Group made up of a variety of patients, caregivers, volunteers, student learners and staff across the inpatient and outpatient Brain program
 - Feedback collected via surveys to both group members and observers to determine the impact of the group



Discussion & Future Directions

The implementation of a Weekly Music Group has demonstrated that small initiatives can have a big impact. Next steps include sharing the success of this group more broadly and ensuring a flexible model to facilitate meeting the changing needs of the group and our program.

