

Development and role of music therapy program in Rakuwakai Healthcare System Japan

Yoshitaka Wada MMT

Paper Description:

This presentation will provide an overview of the development and the role of Rakuwakai Kyoto Music Therapy Research Center (RKMTRC), a division of Rakuwakai Healthcare System (RHS) in Kyoto, Japan. RHS is one of the cutting-edge healthcare systems in Japan in which music therapy has been integrated for patients' care. The RHS covers areas ranging from medical care, nursing, childcare, health education, and medical research. The RKMTRC division also works within these areas, providing music therapy for 2 hospitals, 15 nursing homes, 3 daycare centers, and extensive community outreach programming for those who are outside RHS. The RKMTRC was established in 1998 and restructured in April 2015 upon the opening of Rakuwakai Otowa Rehabilitation Hospital (RORH). The restructure included a new RKMTRC headquarters, soundproof music therapy room, and five full-time music therapists. Since this restructure, RKMTRC has become an integral part of the rehabilitation team and music therapy is a distinguishing feature of the hospital. RORH consists of a convalescent unit, recuperation unit, and disabled patients' unit. There are approximately 100 rehabilitation specialists, including neurologists, orthopedists, physiotherapists, occupational therapists, speech therapists, and music therapists working as a team and providing care to patients who aim to return to independent living. RKMTRC provides both individual and group music therapy for patients referred by the rehabilitation specialists through the electronic health records system. Music therapy focuses on helping patients improve their ADL and QOL, providing emotional and physical support depending on the patients' needs. Music therapy is often provided with rehabilitation specialists based on the discussion from interdisciplinary meetings. Case studies of the music therapy sessions in collaboration with doctors and physiotherapists will be discussed, as well as an awareness survey administered to RORH staff, to assess how well the music therapy services have been integrated after the first eight months of the 2015 opening.