How Music can reinforce the Medical Education

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Music and Medicine have been related all through their histories. Besides their quality to apply as a healing remedy, performing music requires common skills as a clinical practice, for instance listening skills, empathy, teamwork, instant problem solving. Music experience, therefore, has been applied into the medical education, both intra- and extra-curricular, at Khon Kaen University, Thailand and the affiliated medical education centers. The objectives are 1) To enhance the life skills which are crucial for their medical practice 2) To broaden their perspective toward music and music therapy 3) To apply as part of their stress management.

The soothing musics were introduced, along with body scan meditation, to create a mindfulness exercise at the beginning of the session, as it is a required condition for learning as well as deep listening practice. The music was also used as a medium to contemplate on the students’ mind and feeling as part of self exploring and understanding. Because listening skill is most important for clinician, we applied music listening as part of their deep listening skills. The active music sessions were also conducted for their communication, collaboration, creativity, and critical thinking within the group. Moreover, the Modindang Living Art House (Baan-Shee-Wa-Sin) is available as a platform for a volunteer service with music, art, or drama activities to support the patients in the hospital and surrounding communities.

These various experiences in applying music in medical school well suited current trends in producing physicians with, so called, 21st Century skills. The surplus is to smoothly integrate music therapy or music medicine into health care practice in the very near future.