

## Progress Note

**SMT:** JD Hogue

**Session Date:** 9/11/14

**Site:** CVCU

**Session #:** 1

**Client:** Number 1

### **I. Patient Progress**

Client was a middle-aged, black woman. She had an extremely positive affect and appeared relaxed but verbally expressed a little anxiety but a lot of readiness about leaving the unit.

After the SMT played each song, Client responded on topic and expressed her joy with hearing the songs. By the end of the session, Client verbally expressed feeling more relaxed but did not show any physical signs of increased relaxation.

**Client:** Number 2

### **I. Patient Progress**

Client was an elderly, white man. He stayed in his bed the entire time and did not move his body at all while in bed during the session, even when asked to play an instrument. The family member with him mentioned that he had a lot of stress and anxiety.

Client started falling asleep when the SMT played a contemporary song. When SMT and MT played age appropriate songs, he was attentive and responded verbally and on-topic. After the last song, he expressed feeling joy.

**Client:** Number 3

### **I. Patient Progress**

Client was a middle-aged, white man. He had a bandage on his neck with which he appeared concerned: he mentioned it three times during the session. He stated that he was in pain at an 8 before the pain medication but that the pain was lower after taking the medication. Despite his pain and his anxiety, he appeared calm and pleasant.

Client listened to SMT playing music. During the session, client's heart rate reduced almost 22% (from 88 to 69 bpm). When about his pain once finishing the session, Client just reported that it was low.

**Site:** Rehab

**Session #: 1**

**Client:** Number 4

**I. Patient Progress**

Client was an early middle-aged, white man. He was walking for the first time after surgery. He was having trouble standing on his own and could not walk more than a couple of steps without sitting down.

At one point, Client needed to work on his endurance while standing. SMT played a song while Client stood. Whenever SMT played the chorus, Client straightened his posture and continued standing but would relax his posture upon leaving the chorus. Client stood independently for 2.5 min while SMT played a song.

**Client:** Number 5

**I. Patient Progress**

Client was an elderly, white woman. She explicitly expressed contempt for physical rehab and almost refused treatment. She oscillated between a pleasant and unpleasant demeanor. After some coaxing, Client agreed to participate and work on walking independently.

While SMT and Client sang a song, Client independently walked 30 feet. When SMT would stop singing, Client would show signs of fatigue. When SMT started singing again, Client would start singing as well and would continue walking.

**Site:** Pediatrics

**Client:** Number 6

**I. Patient Progress**

Client was a 20-month old, Indian boy. He had broken his left leg and was in pain. Client's parents were distracting Client with an iPhone. Client did not smile while playing on the iPhone. His parents wanted him to go to sleep.

While playing music with Client, Client smiled, laughed, and engaged with the instruments and his parents. He even displayed his knowledge of animal sounds (e.g., cow). Client displayed typical behaviors of a 20-month old child. At the end of the session, Client pulled his blanket over himself to go to sleep.

## **SMT Progress**

I enjoyed working with the different types of clients all in one day. I did, however, find it difficult to work with the CVCU nurses. They were unable to tell me what issues the clients were experiencing, which forced me to walk into the session blind. I do not think I had enough age-appropriate material to use on the CVCU clients. I found it very interesting to work with the physical therapists. I liked how they knew exactly what each client needed and could articulate their concerns. It was heartwarming to motivate the older lady into walking. She apparently liked me, and I thought she was hilarious. I look forward to seeing her again next week. Despite being good with children, I found the pediatrics session intimidating. Maybe I was not prepared for a toddler or for an over-protective parent. Maybe I was drained and feeling even sicker at that point.

### **II. Notes for Next Session**

The MT-Supervisor mentioned that I need work on reigning in my voice, projecting my guitar, creating a less "buzzy" song on the guitar. She also mentioned that I played an age-inappropriate song for an elderly client. As it was very difficult to play the guitar without a strap, she mentioned that I should bring a string with me to be able to use my strap on my guitar.

### **III. In the next session:**

I promised the stubborn elderly lady that I would learn Smoke Gets in Your Eyes for her to sing in the next session. While learning that song, I will work on the musicianship problems mentioned above.