Disclosure

Owner: CTK Clinical Consultants, LLC, a for-profit organization that provides clinical consultation and creates innovative health education materials.

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Music-Based Lung Health Education
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Why Music?

The interest of scientific research into applications connecting music and learning has never been greater. New data about music’s relationship to brainpower, wellness and other phenomena is changing the way we perceive mankind’s oldest art form.

Why Music?

• Music relaxes the mind and lowers stress levels that inhibit learning.
• When applied effectively, music increases alpha wave levels in the brain, boosting memory and recall while allowing the brain to access reserve capacities.

www.ncbi.nlm.nih.gov/pmc/articles/PMC6130927

Why Music?

FACT:
ONE OF THE ONLY ACTIVITIES THAT ACTIVATES, STIMULATES, AND USES THE ENTIRE BRAIN IS MUSIC
As we listen to or perform music, neural pathways all over our brain light up. In fact, nearly every region of the brain is involved in musical activities.\[1\]

Music stimulates connections between both sides of the brain and activates brain areas associated with emotional, cognitive, and memory processing.\[2\]

Music has changed throughout the years, but its purpose is the same. The type of music we listen to affects the brain.

Some music has been proven to help memorization and to help us retain information that we have learned. The process involves order, symmetry, rhythmic patterns, repetition, ideal mathematical form, and harmony.

The Role of Music in Learning

Overall, this study illustrates the mechanism of how music facilitates the recall of text and storage in memory.

First, the melody will facilitate learning and recall of the text. Generally, memory structures use rhyme and meaning to link components of text together, and preserve the characteristics across recalls.

When a subject recalls a melody, the subject then knows the length of the accompanying contextual line stored with the melody.

Music as a Therapeutic Tool

In 1973 a music-based treatment called Melodic Intonation Therapy was developed to help stroke survivors or people who suffer with aphasia to be able to communicate again. The purpose of the therapy is to convert singing into speech.

According to Research and Hope, even though these patients aren’t able to speak, “they are often able to sing, sometimes with the same fluency and clarity they had before the onset of illness.”
Music as a Therapeutic Tool

In 2011 Congresswoman Gabrielle Giffords was shot in the head.

Giffords’ brain injuries led to aphasia, the inability to speak because of damage to the language pathways in her brain’s left hemisphere.

Through the use of treatments that include melodic intonation therapy, and layering words on top of melody and rhythm, she trained her brain to use a less-traveled pathway to the same destination.

"I compare it to being in traffic," says music therapist and brain injury specialist Maegan Morrow, who worked with Giffords. "Music is basically like [taking a] feeder road to the new destination."

"You aren’t able to go forward on that pathway anymore," she said, but "you can exit and go around, and get to where you need to go."

Implementation of this new data has the potential to change the way we educate our patients.

National Asthma Control Initiative (NACI)

The NACI is focusing attention and resources on the six priority GIP messages that reinforce EPR-3 clinical practice recommendations vital for asthma control and high-quality patient-centered care. If practiced widely and routinely, these messages have the potential to change lives.

Goals of an Asthma Education program

1. Use inhaled corticosteroids to control asthma.
2. Use written asthma action plans to guide patient self-management.
3. Assess asthma severity at the initial visit to determine initial treatment.

6 Key messages from the GIP Report:

1. Should reflect the patient education goals of EPR-3
2. Should deliver the key priority messages of the GIP Report:

Goals of an Asthma Education program

6 Key messages from the GIP Report: 

4. Assess and monitor asthma control and adjust treatment if needed.
5. Schedule follow-up visits at periodic intervals.
6. Control environmental exposures that worsen the patient’s asthma.

Asthma Education Through Music

Patients, families and caregivers can learn key concepts of asthma management through the application of music with an educational message.

The “Asthma Blues”® Study

- Hospitalized adult asthma patients
- Asthma knowledge improved by 58%
- Improvement in self-management skills

“Asthma Blues”

- Translates the patient education goals of the EPR-3 into music
- Delivers 5 of the 6 Key Priority messages from the Guidelines Implementation Panel (GIP) Report.

Applications For “Asthma Blues”®

Staff applications:
Delivers **uniform** and **consistent** asthma management messages

Patient education application:
**Improves** asthma knowledge and self-management skills

“Asthma Blues”®
The music-based educational bridge to improved asthma care!

In Clinical Practice

Patient education goal:
**Improves** quality of life

“Asthma Blues”®

“Asthma Blues”®

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*Asthma Blues* is featured in the Asthma Control Everyday (ACE) video.

The ACE video is a collaborative effort by AsthmaReady.org, Children's Hospital, University of Missouri Health Care, and CTK Clinical Consultants, LLC.
“Asthma Blues” in the Community

“Asthma Blues”®
Asthma Camp Tool Kit

Just Take Control

“Asthma Blues”®
In The Classroom

Site: The Namaste Charter School on Chicago’s South Side

- 77 Multicultural children
- Grades: K-2
- Age: 5 -7 years.
- Children were divided into 4 groups
- We listened to “Asthma Blues” & “Get Your Peak Flow On”
- We discussed the terms and asthma management concepts in the songs
Six Months Later….

One of the unique advantages of our program is that young children and those with limited reading skills or low health literacy levels can participate and benefit from music-based asthma education messaging.

Special thanks to the Namaste School - Chicago, IL
Each breath that you take is a gift. It is meant to be enjoyed. You should expect and accept nothing less.

**Asthma Can Be Controlled!**