COVID-19: Year Two
Seneca Block, Andrea Dalton, Barbara A. Else, Lori Gooding, David Knott, Rachelle Morgan, and Heather Wagner

AMTA Annual Conference
October 17, 2021: 1:30-2:45 pm

Information subject to change due to frequent, rapid changes and updates regarding the pandemic.
“Sick now! droop now! this sickness doth infect The very life-blood of our enterprise.”

Henry IV Part 1, Act 4, Scene 1
William Shakespeare

Seeking:
- path of reasoning
- critical thinking
- problem solving to ensure safety
Introduction

Andrea Dalton * Seneca Block * Barbara Else * Lori Gooding * David Knott * Rachelle Morgan * Heather Wagner
MT and the Public Health Perspective:

How do we take our current musical knowledge and apply it to health prophylaxis/prevention?

★ Focus on the application of music experiences from a public health perspective.
★ Consider music as a health promoting resource (Ekholm et al., 2016).

Critical thinking
Decision making
Professional behaviors in clinical practice
Science, Research, and Public Health

*Public health* is “the science and art of preventing disease, prolonging life, and promoting health through the organized efforts and informed choices of society, organizations, public and private communities, and individuals.” — CEA Winslow (CDC, 2021)
Updates: Science, Research, and Public Health

Unprecedented International Coalition led by Performing Arts Organizations to Commission COVID-19 Study

By Chairs, Mark Spede (CBDNA) and James Weaver (NFHS) on August 31, 2021

music directors & adjudicators article

Brief Reminders

★ Vaccines
  ○ Pfizer BioNtech and Moderna
    Boosters available for those (a) 65+, (b) adults 18-49 with underlying medical conditions, (c) those in long term care facilities, and (d) those at increased risk due to job (first responders, educators 18+, etc.).
  ○ J & J second shot just approved.
★ Text zip code to 438829 for vaccination centers.
Supporting Vaccination in Youth

- October 7, Pfizer filed with FDA for approval vaccine for ages 5-11.

- AAP - 28 million children ages 5-11 in US.

- Per the American Academy of Pediatrics, children account for 16.4% of all COVID cases as of October 7, 2021.

- Opportunity - to aid these efforts & reduce suffering.
Procedural Support to Aid Vaccinations

Needle Phobia.

Mild Displeasure.
Procedural Support to Aid Vaccinations

Resource to aid vaccination efforts:
https://www.musictherapy.org/assets/1/7/Music_Therapy_and_Procedural_Support_to_Aid_Vaccinations-FINAL.pdf

When provided by an MT-BC:
★ Can reduce distress.
★ Promote coping.
★ Assist return to baseline.
Procedural Support to Aid Vaccinations -2-

Cootie Shot: https://www.youtube.com/watch?v=xe9F8KReGt

Ways to support based on knowledge & expertise:

★ Share resources - advocate MT for high need, other music resources.
★ Collaborate - coordinate with staff, different skills and perspectives.
★ Triage - providing procedural support MT for highest need patients.
★ Provide consultation.
   ■ Amplify resources across networks: share articles, vaccine songs, links.
   ■ If not within your skill set, direct inquiries to AMTA.
★ Core values: Social responsibility, equality, courage.

★ 1.3 respect, acknowledge, and protect the rights of all clients, including the rights to safety.

★ 5.3 use caution, critical thinking, and strong consideration of the best available evidence when incorporating new and evolving interventions and technologies into their practice, education, or supervision.

AMTA Code of Ethics
Ableism and Clinical Decisions During Covid

★ Telepractice vs. in-person services?

★ Are we ignoring disabilities while trying to follow Covid restrictions?

★ For example, there are lawsuits on whether mask mandates are discriminating against people with disabilities in states such as Florida, Tennessee, Iowa, South Carolina, Texas, and Utah (Durkee, 2021).
Moral Distress and Injury

Reference:

★ Continuum from moral frustration to moral distress to moral injury.

★ Results from moral challenges or moral stressors.
  ○ involves betrayal or transgression of deeply held moral beliefs and values.
  ○ the higher the stakes, often the more severe the impact.

★ Enduring psychological, social, and spiritual impact on both self-image and world-view.
What Can I Do About This?

★ **Distinguish** what you are feeling.
★ **Identify** the causes and constraints.
★ **Gauge** the severity of your distress.
★ **Take** action to help you move forward.
What is your personal protective strategy?

★ Education.
★ Recognize your reactions.
★ Trauma-informed stress reduction activities.
★ Attend to self-care.
★ Access and provide support.
★ Cultivate moral resilience.
# Post-traumatic Growth: The Silver Lining

The perceived benefits or changes in self-perception, in interpersonal relationships, and in life philosophy after a traumatic event.

<table>
<thead>
<tr>
<th>Post-traumatic Symptoms</th>
<th>Post-traumatic Growth</th>
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<tbody>
<tr>
<td>● Suspiciousness/distrust of others.</td>
<td>● Primal beliefs about a good world.</td>
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<tr>
<td>● Intolerance to uncertainty.</td>
<td>● Openness to the future.</td>
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<tr>
<td>● Death anxiety.</td>
<td>● Identification with Humanity.</td>
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Closing Thoughts
Resources


