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# COVID-19: Year Two

**Seneca Block, Andrea Dalton, Barbara A. Else, Lori Gooding,  
David Knott, Rachelle Morgan, and Heather Wagner**



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**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

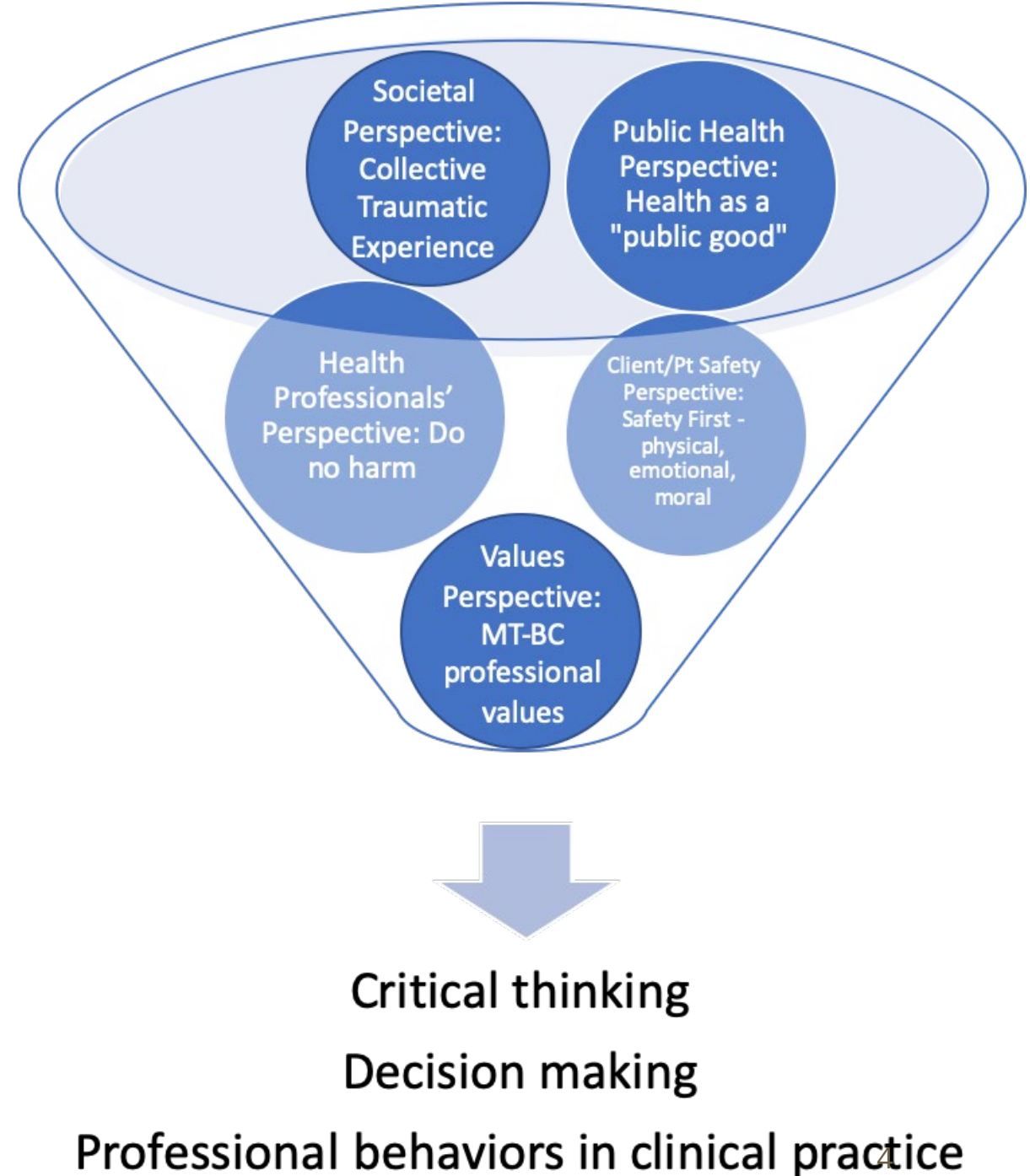


Andrea Dalton \* Seneca Block \* Barbara Else \* Lori Gooding \* David Knott \* Rachelle Morgan \* Heather Wagner

# MT and the Public Health Perspective:

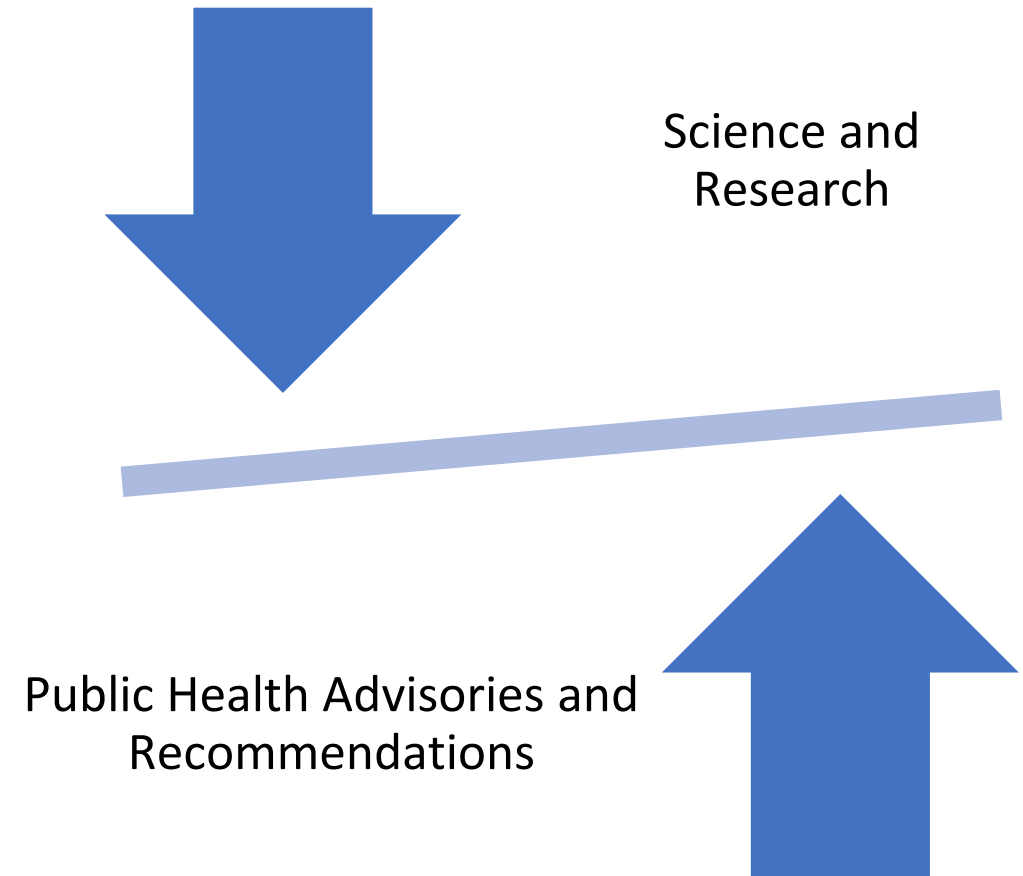
How do we take our current musical knowledge and apply it to health prophylaxis/ prevention?

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




# 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



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## 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*

Print Share

### Chairs, Mark Spede (CBDNA) and James Weaver (NFHS)

Dr. Mark J. Spede is Professor of Music, Director of Bands, Director of Tiger Band, and Conductor of the Symphonic Band at

<https://www.nfhs.org/articles/unprecedented-international-coalition-led-by-performing-arts-organizations-to-commission-covid-19-study/>

## Brief Reminders

### ★Vaccines

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- 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.

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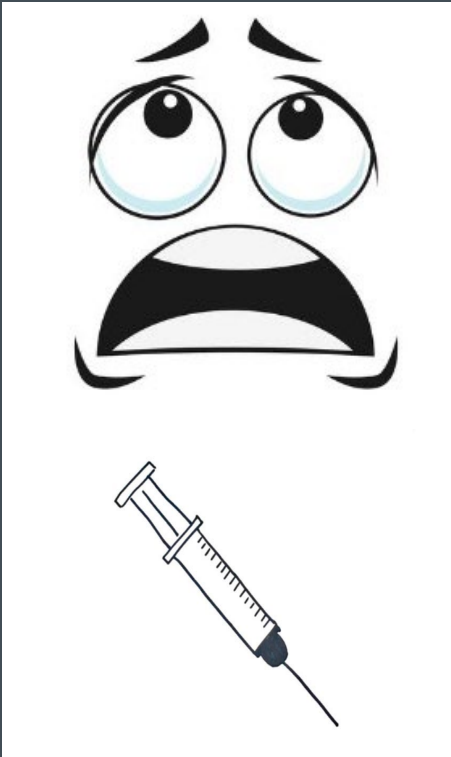
# Supporting Vaccination in Youth

- 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](https://www.musictherapy.org/assets/1/7/Music%20Therapy%20and%20Procedural%20Support%20to%20Aid%20Vaccinations-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.*

# Ethical Decision- Making

## **AMTA Code of Ethics**

- ★ 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.

# 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).
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# Moral Distress and Injury

Reference:

<https://www.phoenixaustralia.org/wp-content/uploads/2020/07/Moral-Stress-Healthcare-Workers-COVID-19-Guide-to-Moral-Injury.pdf>

- ★ 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.
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# 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?

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- ★ Education.
  - ★ Recognize your reactions.
  - ★ Trauma-informed stress reduction activities.
  - ★ Attend to self-care.
  - ★ Access and provide support.
  - ★ Cultivate moral resilience.
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# 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.

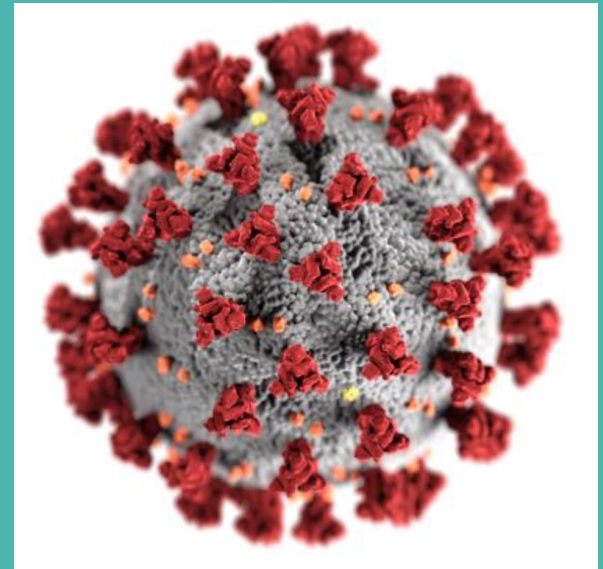
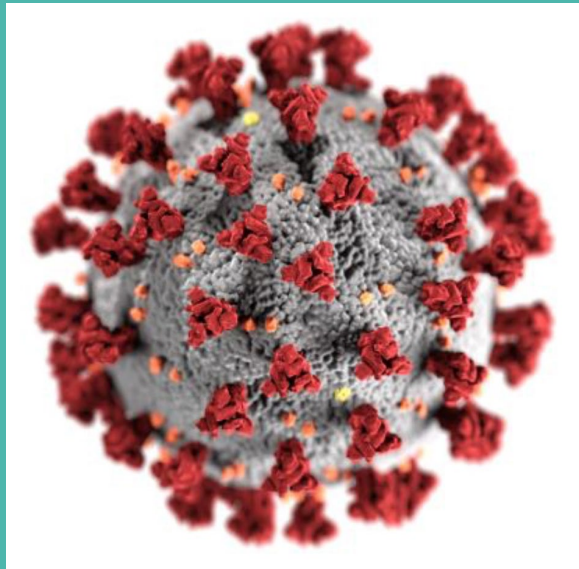
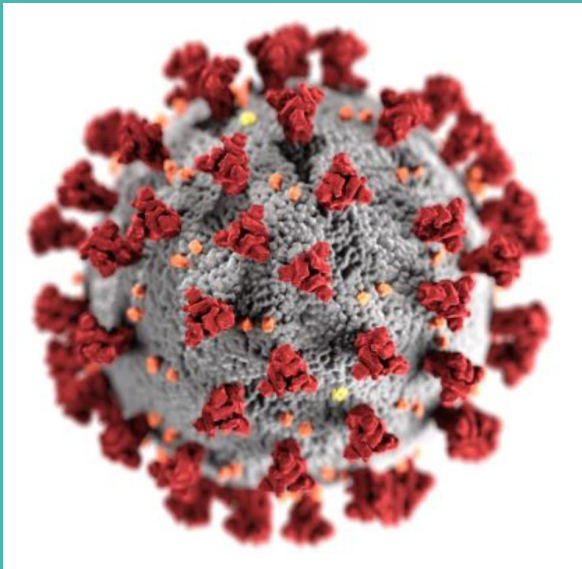
## Post-traumatic Symptoms

- Suspiciousness/distrust of others.
- Intolerance to uncertainty.
- Death anxiety.

## Post-traumatic Growth

- Primal beliefs about a good world.
- Openness to the future.
- Identification with Humanity.

# Closing Thoughts



# Resources

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- ★ American Music Therapy Association. (2021). *COVID-19 resources for music therapists and students*. [https://www.musictherapy.org/about/covid19\\_resources/](https://www.musictherapy.org/about/covid19_resources/)
- ★ Centers for Disease Control and Prevention. (2021). *Introduction to public health*. <https://www.cdc.gov/training/publichealth101/public-health.html>
- ★ Ekholm, O., Juel, K., & Bonde, L. O. (2016). Music and public health – An empirical study of the use of music in the daily life of adult Danes and the health implications of musical participation. *Arts & Health*, 8(2), 154–168. <https://doi.org/10.1080/17533015.2015.1048696>
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- ★ Perry, N. (2021, October 6). *NFHS Performing Arts releases additional resources for 2021-22 school year*. National Federation of State High School Associations. <https://www.nfhs.org/articles/nfhs-performing-arts-releases-additional-resources-for-2021-22-school-year/>
- ★ Phoenix Australia – Centre for Posttraumatic Mental Health and the Canadian Centre of Excellence – PTSD. (2020). *Moral stress amongst healthcare workers during COVID-19: A guide to moral injury*. ISBN online: 978-0-646-82024-8. <https://www.phoenixaustralia.org/wp-content/uploads/2020/07/Moral-Stress-Healthcare-Workers-COVID-19-Guide-to-Moral-Injury.pdf>
- ★ Sound Health Network. (2021). *Directory*. <https://soundhealth.ucsf.edu/network-directory>