

**TITLE**

Integrative Music Therapy in Critical Care throughout the Lifespan

**ABSTRACT**

Critical care encompasses the maintenance of life-sustaining functions in the most vulnerable of patients. From NICU to CICU, from MICU and SICU and within palliative care, music and music therapy can provide a vital means in assessing and treating integral functions of body system organization. The decisions of how to strategize rhythms, melodies and songs of kin in order to orient, revive and/or rehabilitate is central to the critical care treatment plan. This presentation will demonstrate music and music therapy strategies that facilitate awareness, activating neurologic function, including movement. As well, music's capacity to induce regulation through entrainment leading toward sleep- will be demonstrated. Strategies inclusive of respiratory enhancement, sedation and cognitive function will be highlighted. Research and clinical applications will provide evidence strengthening the understanding of the body-as instrument, and furthermore the intricate music mechanisms best- suited for implementation in moments of crisis in critical care.

Keywords: Music Critical Care, Music sedation, Sleep