



Musical Care in Dialogue

Presentation summary by Yi Wang, University of Edinburgh

Embedding Musical Care

15th October 2024, 14:00-15:00 (BST), online

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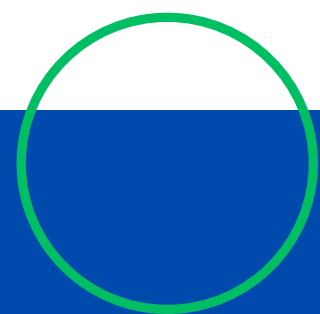
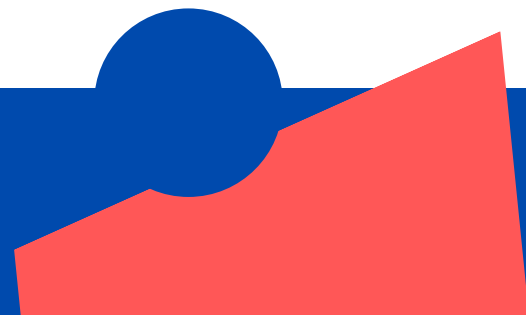
Sunelle Fouché, University of Pretoria, South Africa

Kathleen Van Buren and Sarah Mensink, Mayo Clinic, USA

In this session, Sunelle Fouché began by presenting her PhD research, titled *Musicking and Care Relationships between Nurses and People with Intellectual Disabilities*, which was conducted in a public psychiatric hospital in South Africa. She highlighted the significance of music in this culturally diverse setting, where music plays a vital role in traditional healing practices. Fouché emphasised the participatory nature of the study, which involved both nurses and residents as co-researchers, and was guided by care ethics, exploring the emotional and relational dimensions of care. Through 13 focus group discussions with 8 residents and 37 nurses, Fouché shared care stories and songs that illustrate caregiving practices. She further highlighted how music served as a flourishing resource, with participants recognising its role in mood regulation and stress management.

After Fouché's presentation, Dr Kathleen Van Buren and Sarah Mensink discussed embedding musical care at Mayo Clinic. Van Buren began by outlining the Humanities in Medicine programme, which integrates arts and humanities into clinical practice, education, and research across their three centres in Florida, Arizona, and Rochester. She then described how music is embedded into the healing environment by introducing programmes for patients, families, staff, and learners respectively, such as bedside music, music therapy, and workshops. Mensink then discussed the new development of their clinic that integrates the Arts at the Bedside programme, into their electronic health record, streamlining care delivery and improving efficiency. This development has reduced response times and enhanced communication within the care team. Lastly, she addressed challenges associated with electronic health records, such as fine-tuning consult orders and data extraction.

The insightful presentations by all three speakers make us think: How can we further explore the intersection between traditional healing music and modern clinical practices? Could combining these approaches lead to more culturally adaptive musical interventions that better serve diverse healthcare settings?



Speaker biographies and summaries

Sunelle Fouché

Sunelle Fouché, a music therapist and co-founder of MusicWorks—a non-profit organisation in Cape Town, South Africa—is pursuing her PhD at the University of Pretoria, where she also serves as part-time lecturer and supervisor for the Masters programme in music therapy. As both practitioner and researcher, she is committed to exploring and cultivating responsive, responsible, and culturally relevant approaches to music therapy within South African contexts of complex needs.

‘Musicking and Care Relationships Between Nurses and People With Intellectual Disabilities’

This Participatory Action Research study delves into the unexplored realm of musicking and care relationships in residential care wards for people with intellectual disabilities (PWID) at a psychiatric hospital in South Africa. Engaging care participants (nurses and PWID) as co-researchers, we explore through the lens of Care Ethics how collaborative musicking might inform care practices in this long-term care setting. Various arts-based methods are used in an attempt to actively engage PWID in the pursuit of knowledge generation.

Sarah Mensink and Kathleen Van Buren

Sarah Mensink is Program Director for the Dolores Jean Lavins Center for Humanities in Medicine, Mayo Clinic, in Rochester, Minnesota. Sarah has been with Mayo Clinic since 2015, holding roles in the Center for Clinical and Translational Science and Humanities in Medicine. Prior to Mayo Clinic, Sarah has held roles in numerous sectors including K-12 Education, Non-Profit, Information Technology, Sole Proprietorship, and Manufacturing. These experiences have positioned her to work across disciplines with a focus on innovation, cooperation, and intentionality to solve multifaceted problems. In her current role she concentrates on transforming health and wellness through the arts. Sarah received her Bachelor of Science in Business from the University of Minnesota Twin Cities, Carlson School of Management. She is currently enrolled in graduate studies at the University of Florida, studying Arts in Medicine.

Kathleen Van Buren, PhD, is Director for Humanities in Medicine at Mayo Clinic. Dr. Van Buren is an ethnomusicologist with special interest in medical and applied ethnomusicology, arts and social change, and musics of Africa. She received an MA in 2002 and a PhD in 2006 from the Department of Ethnomusicology at the University of California, Los Angeles. She holds a BA in English and a self-designed BM in ethnomusicology from Lawrence University and Conservatory of Music in Appleton, Wisconsin. Dr. Van Buren has worked in a variety of academic and public sector contexts, including as Lecturer in Ethnomusicology in the Department of Music at the University of Sheffield, UK, and Visiting Scholar for the Institute of Music Research, University of Würzburg, Germany.

Her publications include articles in peer-reviewed journals such as *Ethnomusicology* and *Ethnomusicology Forum*, chapters in *The Culture of AIDS: Hope and Healing through the Arts in Africa* (Oxford University Press, 2011) and *The Routledge Companion to Ethics and Research in Ethnomusicology* (Routledge, 2023), and her book *Make Arts for a Better Life: A Guide for Working with Communities* (Oxford University Press, 2018), co-authored with Brian Schrag, PhD. In her role at Mayo Clinic, Dr. Van Buren works with a team of arts administrators, educators and practitioners to integrate arts and humanities into the healing environment through clinical practice, education and research.

'Embedding Musical Care at Mayo Clinic'

The mission of Humanities in Medicine at Mayo Clinic is to integrate arts and humanities across Mayo Clinic's three shields of clinical practice, education and research in order to meet the diverse needs of patients, families, staff and learners. Music plays an important role in achieving this mission and in supporting hope and healing. Musical programming facilitated by Humanities in Medicine includes: music at the bedside and music therapy programming for patients; solo and small ensemble performances in public facing and patient waiting areas; regular concert series in public facing areas; music of the Rochester Carillon; music-based workshops to support the well-being and professional development of learners and staff; and special events by guest artists whose work is at the interface of arts and medicine. This session will focus on how the Humanities in Medicine team is embedding music and other arts across Mayo Clinic, including through engagement with the Electronic Health Record, in order to enhance and expand services.

To reference this summary:

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