

# Memorable music could reduce anxiety amongst elderly during COVID vaccinations, says researcher

December 18 2020

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Care providers should play music during the administration of coronavirus vaccinations to reduce feelings of anxiety in the elderly, researchers have said.

Research by Birmingham City University academic Mark Brill with Pendine Park Care Homes in Wales found that using [music](#) at the point of care can reduce stress, particularly for those living with dementia.

"Our research with [care homes](#) has shown how powerful music is in supporting people living with dementia, making care tasks easier, so it feels like a natural extension to use it during vaccination," explained Mark Brill, a senior lecturer in digital innovation at Birmingham City University.

Brill worked alongside Manchester Metropolitan University's Dr. Stuart Cunningham and Dr. Harry Whalley from the University for the Creative Arts in the wellbeing study.

Through published research, the team have shown that playing appropriate music during care activities can have a significant impact in managing anxiety and agitation and make care easier to provide.

The peer reviewed study showed that memorable songs can cut through anxiety, open up communication and create a relaxed atmosphere where effective care can take place.

"Care homes are under increased pressures, yet something as simple as music can bring relief all-round," added Mark. "We have prepared guides and support materials which would help make it easy for care staff and clinicians to use the technology during the vaccination process."

**More information:** Stuart Cunningham et al. Assessing Wellbeing in People Living with Dementia Using Reminiscence Music with a Mobile App (Memory Tracks): A Mixed Methods Cohort Study, *Journal of Healthcare Engineering* (2019). [DOI: 10.1155/2019/8924273](https://doi.org/10.1155/2019/8924273)

Provided by Birmingham City University

Citation: Memorable music could reduce anxiety amongst elderly during COVID vaccinations, says researcher (2020, December 18) retrieved 23 April 2024 from <https://medicalxpress.com/news/2020-12-music-anxiety-elderly-covid-vaccinations.html>

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