



On the MaHRC

The Newsletter of the Music and Health Research Collaboratory

Volume 4 No. 4
October 2015

Faculty of Music
University of Toronto

Music-based Cardiac Rehabilitation Study Published

The paper, “Synchronized personalized music audio-playlists to improve adherence to physical activity among patients participating in a structured exercise program: a proof-of-principle feasibility study” was published in *Sports Medicine - Open* on May 8, 2015. The research team led by Dr. David Alter, included Mary O’Sullivan, Paul Oh, Donald A Redelmeier, Susan Marzolini, Richard Liu, Mary Forhan, Michael Silver, Jack M Goodman and Lee R Bartel

The full text of the paper is available at:

<http://www.ices.on.ca/Publications/Journal-Articles/2015/January/Synchronized-personalized-music-audio-playlists-to-improve-adherence-to-physical-activity>

A project building on this study is now underway funded by Heart & Stroke Foundation with \$218,000. The study based on approach called Rhythmic Auditory Stimulation (RAS). The world’s expert on RAS, Dr. Michael Thaut has joined the research team.

Media coverage of the study included:

U of T News

<http://www.news.utoronto.ca/beat-it-listening-music-leads-longer-workouts-u-t-researchers-say>

Globe and Mail

<http://www.theglobeandmail.com/life/health-and-fitness/fitness/synchronizing-music-to-exercise-how-the-right-tempo-can-help-you-improve/article25109972/>

CHCH TV

<http://www.chch.com/exercising-with-the-right-music-playlist/>

MaHRC Associate, Dr. Angela Colantonio, is the Inaugural Director of the Rehabilitation Sciences Institute.

Angela is professor in the Department of Occupational Science and Occupational Therapy and a Senior Scientist at Toronto Rehabilitation Institute. Angela holds the CIHR Chair in Gender, Work and Health, Focusing on Brain Injury, and was awarded the 2015 Robert L. Moody Prize for Distinguished Initiatives in Brain Injury Research and Rehabilitation. From 2003-2013 Angela held the Saunderson Family Chair in Acquired Brain Injuries at Toronto Rehabilitation Institute. Angela has authored over 200 publications and has given over 300 presentations to research, clinical, and lay audiences. Angela served as the Graduate Coordinator of GDRS from 2001-2003. She is a gifted doctoral and post-doctoral trainee mentor, and has received a Faculty of Medicine's Graduate Faculty Teaching Award.

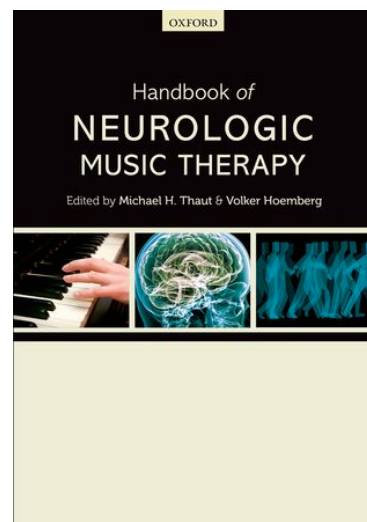
Angela has a PhD in epidemiology and public health from Yale University, and an MSc in community health and BSc in occupational therapy from the University of Toronto. She is a Fellow of the American Congress of Rehabilitation Medicine, the American College of Epidemiology, the Canadian Academy of Health Sciences, and serves on the Board of the Brain Injury Association of Canada.

Dr. Colantonio has been associated with MaHRC research application to the Connaught Global Challenge grant on Music Medicine and Aging led by Lee Bartel and has contributed to the agenda of music and Alzheimer's research.



Dr. Michael Thaut, MaHRC International Advisory Council Member, Receives Exceptional Honour.

Dr. Michael Thaut's book, Handbook of Neurologic Music Therapy, was highly commended at the 2015 British Medical Association book awards! The book was selected as highly commended in the Neurology category with some 600 entries and was short listed to win the overall first prize in that category. The ceremony will take place on 7th September with the book placing second. This is the biggest public scientific recognition for music in medicine/neuroscience ever. CONGRATULATIONS Dr. Thaut!



NICU Music Therapy Training


A training session was held on Saturday May 30, 2015 at the Faculty of Music, University of Toronto. Some 30 people – music therapists, doctors, students – attended and were engaged in practical techniques as well as conceptual understanding of the role of music in Neonatal Intensive Care Units. The training sessions were facilitated by:

Joanne Loewy, DA, LCAT, MT-BC Director, The Louis Armstrong Center for Music & Medicine, Mount Sinai Beth Israel; Associate Professor, Icahn School of Medicine at Mount Sinai, Mount Sinai Health; MaHRC International Advisory Council Member

Andrew Rossetti MMT, MT-BC The Louis Armstrong Center for Music & Medicine, Mount Sinai Beth Israel The Louis & Lucille Armstrong Music Therapy Program for inpatients



UPCOMING EVENTS




MUSIC & HEALTH COLLOQUIUM SERIES 2015
**MUSIC, HEALING AND ASTROLOGY
IN THE MIDDLE AGES**

Tuesday, October 27, 3:10-4:30 p.m.
Room 216

Presented by John Haines, Professor of Music and
Medieval Studies at the Faculty of Music

All welcome!



Time: Tuesday Oct 27 3:10 – 4:30

Place: Room 216, Faculty of Music

Presenter: John Haines, Professor of Music and Medieval Studies, Faculty of Music

Topic: Music, Healing, and Astrology in the Middle Ages

Toronto Area Music Care Conference - 2015

Date: November 7, 2015

Location: Mississauga Living Arts Centre,

Featured Speakers: Allison Woyiwada, Alvin Law

Research Presentations:

Session 1

Dr. Thenille Braun-Janzen, PhD. Mt Sinai and UHN, “Improving quality of life of patients with Fibromyalgia with sound: an overview of current research examining the effect of Rhythmic Sensory Stimulation.”



Dr. Lee Bartel, PhD. Toronto Rehabilitation Hospital, "Music as Brain Stimulation in Cardiac Rehabilitation"

Dr. Luis Fornazzari MD FRCPC St Michaels Hospital, "Art as an enhancer of Cognitive Reserve Capacity"

Session 2

Dr. Amy Clements-Cortes, PhD. Baycrest Centre, "Stimulating Alzheimer's Brains with Sound"

Dr. Colleen Dockstader, PhD. Sick Kids Hospital, "Can we Rehabilitate Kids after Treatment for Brain Tumors?"

Dr. Aline Moussard, PhD. Baycrest Centre, "Music training to promote cognitive reserve and stave off dementia."

Dr. Lee Bartel, PhD. Sunnybrook Hospital, "Brain Rehabilitation to Recover Hearing with Cochlear Implants."

For more information see:

<http://www.room217.ca/music-care-conference-2015-coming-soon>



MUSIC & HEALTH COLLOQUIUM SERIES 2015
RESEARCH REPORT: EVALUATING THE EFFECTIVENESS OF THE BUILDING CONFIDENCE AND SELF ESTEEM WORKSHOP

Tuesday, November 24, 3:10-5:00 p.m.
Room 216

Presented by Bryan Croft, Coordinator; Ruth Bittorf RN (EC), MN, PHC-NP; Anita Shack BFA, DC, AL & Malka Green Artists' Health Centre at Toronto Western Hospital

All welcome!



Time: Tuesday Nov 24 3:10 – 5:00

Place: Room 216, Faculty of Music

Presenters: Bryan Croft, Coordinator, Ruth Bittorf RN (EC), MN, PHC-NP, and Anita Shack BFA, DC, FATA, AL & Malka Green Artists' Health Centre, Toronto Western Hospital.

**Topic: An Introduction to the Al & Malka Green Artists' Health Centre – plus -
Research Report: Evaluating the Effectiveness of the Building Confidence and Self-
Esteem Workshop**

Cochlear Implants and Music

14th International Conference on Cochlear Implantation & Other Implantable Auditory
Technologies

Toronto, Ontario CANADA

May 12 – 14, 2016

Music Day is May 13.

Keynote Speaker: Dr. Charles Limb

On the MaHRC Newsletter is created and edited by: Prof. Lee Bartel, Acting Director of
MaHRC. For questions or comments: music.research@utoronto.ca

Live Links

U of T News

<http://www.news.utoronto.ca/beat-it-listening-music-leads-longer-workouts-u-t-researchers-say>

Globe and Mail

<http://www.theglobeandmail.com/life/health-and-fitness/fitness/synchronizing-music-to-exercise-how-the-right-tempo-can-help-you-improve/article25109972/>

CHCH TV

<http://www.chch.com/exercising-with-the-right-music-playlist/>

Music Care Conference

<http://www.room217.ca/music-care-conference-2015-coming-soon>