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Posterabstracts

Developing of a Conceptual Framework for Musicians' Health Care Support through Mobile Application

MIKI AKAIKE^{1,2}

¹ THE HEALTH CARE SCIENCE INSTITUTE, JAPAN

² MIKI_AKAIKE@HOTMAIL.COM

BACKGROUND: Health education for musicians has been carried out in the context of a high injury or illness rate. Consequently, reports have indicated a certain number of dropouts, emphasizing the need for education that extends beyond traditional organizations, with a focus on long-term follow-up. In essence, since traditional education has predominantly taken place at universities, individuals without access to this education, or those who have left the educational framework, have more limited opportunities to acquire knowledge and methods to address their health issues.

AIM: The purpose of this study is to explore a location-independent mechanism that can address musicians' health issues from multiple perspectives.

METHOD: The mechanism was formulated by organizing current issues through a literature review of activities conducted by institutions or societies dealing with health issues for musicians. This includes the examination of official documents such as declarations, recommendations, and initiatives published by these organizations, along with case reports in the field of musicians' medicine.

RESULT: Based on the multiple documents presented in the method, the plan of the application's function was created as follows. Notably, the author envisioned services within their home country, Japan. Proposals include early detection of overload through selfmonitoring, addressing music performance anxiety, developing education programs that adhere to quality assurance standards, building a musicians' health information database, and developing new services based on big data. Furthermore, there is also consideration for realization of developing hotlines where musicians can seek assistance in their native language, as well as the development of screening sheets for musicians' health issues, extending beyond organizations and countries.

CONCLUSION: Within this conceptual framework, three key actors come into play: musicians, healthcare professionals, and educators specializing in body-cognitive methods. The initial step is to aim for a mechanism that encourages voluntary behavioural change among musicians as part of their daily routines, rather than traditional learning process, by using the application. Along the way, as musicians' health data accumulates, it would become possible to consider the next steps, such as the development of new services tailored to their needs.

Keywords: Musicians, Health Education, Health Care, Mobile Application, Conceptual Framework