



Hygiene Recommendations for MUSIC & MEMORY® Programs

With the ongoing Covid-19 crisis, elder care organizations have instituted new safety protocols, including those related to hygiene and shared equipment, like Music & Memory programs. The following is a set of recommendations for operating a Music & Memory personalized music program safely.

The Basics

When it comes to hygiene, most of what the World Health Organization and CDC recommend is not very different from the methods currently in use by most care organizations:.

- Wash your hands for at least 20 seconds with soap and warm water.
- Use hand sanitizers if soap and water is not immediately available.
- Be mindful of surfaces that are frequently touched and wipe them down often.
- Avoid touching your own face and avoid touching others as much as possible.
- Place signs in and near the bathroom indicating that it is important for people to wash their hands with soap.

People with dementia, however, may fail to wash their hands or follow other precautions to ensure safe hygiene, so it is up to staff to be extra vigilant. Some tactics for keeping these habits in place include demonstrating proper, thorough hand-washing, placing signs in and near the bathroom indicating that it is important for people to wash their hands with soap, or utilizing a hand-washing schedule.



Music & Memory Program Equipment

For people enrolled in the Music & Memory program there's more to hygiene and infection control than just washing hands and avoiding face touching. There is also the shared use of the equipment to consider. Here are all the usual hardware components of a personalized music program, though this varies by organization:

- Music Devices
- Headphones
- Laptops
- Chargers
- Splitters
- Adaptors
- Speakers
- CDs

Tablet Engagement Equipment

For those who have undergone **MUSIC & MEMORY® Tablet Engagement** training and are activating providing tablets to program participants, it's important to remember that tablets require extra steps to maintain hygiene standards because tablets are generally shared but the headphones in use should *never* be shared. Please see the below disinfectant recommendations and additional instructions for creating a routine for these and other equipment combinations.

Recommended Disinfectant

If the majority of your Music & Memory participants are using devices with screens, e.g iPhones, iTouches, iPads, and tablets, then you want to steer away from using disinfectant wipes that have more than 70% Isopropyl. What is Isopropyl? Isopropyl or IPA, is the most common and widely used disinfectant within pharmaceuticals, hospitals and medical device manufacturing. These disinfectants wear down screen protection known as the “oleophobic coating,” which is designed to keep device screens fingerprint and moisture free.

Isopropyl alcohol, particularly in solutions between 60% and 90% alcohol with 10-40% water, is rapidly antimicrobial against bacteria, fungi, and viruses, which is why it is recommended for use against the novel Covid-19. Note that higher concentrations of alcohol don't necessarily kill more than its lower concentration counterpart. In fact it's recommended *not* to use high percentages because not only do they require longer contact times for disinfection but they enable spores to lie in a dormant state without being killed making equipment and surfaces more vulnerable to transmit bacteria. For these reasons, we recommend using a 70% Isopropyl alcohol solution for your program equipment.

Using ID Holders

If your organization uses Apple products without touch screens like iPod Shuffles, Classics, Nanos, or SanDisk® Clip Jam Mp3 Players, using a wipeable cover or case may be the most efficient way to maintain a hygiene standard. If you do not have any within your organization, try purchasing ID holders and placing the device in the holder. That way when you or your residents are using the device you are using it through a plastic cover which is much easier to wipe down and less hazardous to the device than wiping it directly. Wipe the plastic cover before and after using it, and gently wipe down the device itself about once a week.



Equipment Care Suggestions

- Unplug all power sources and devices and turn off all equipment before sanitizing

- Avoid spraying cleaners directly onto your device. If you only have spray cleaning products, spray onto the microfiber cloth before applying.
- Use a damp microfiber cloth. A damp microfiber cloth can remove microorganisms, including viruses and bacteria and is more effective than a cotton rag or paper towel and it won't damage your equipment. Microfiber cloths can be used on any delicate surface like LCD TV screens, smartphones and other touch screen devices.
- Gently wipe all equipment, but do not allow moisture to get into any openings, especially charging areas, headphone jacks, and USB ports.
- Keep liquids away from your equipment.

Equipment Sharing

Whether it's an mp3 player, charger or headphones, it's best to never share equipment between program participants. If situations require sharing, such as with tablet engagement, remember to treat peripherals like headphones and splitters as non-shareable, and develop a routine for regularly cleaning the shared device. Headphones should never be shared under any circumstances.



Establish a Routine

When it comes to hygiene, keep to a routine as much as possible. If it's possible to have the same person responsible for the same residents or same duties each day, stick to the schedule. Now more than ever it is okay to be overly cautious and vigilant when it comes to hygiene and disinfecting. Try to limit surfaces that can collect bacteria and keep in mind where the equipment is going and the surfaces they come in contact with. Wipe down surfaces as much as you can as often as you can.

Remember!

- If possible have the same person responsible for the same residents each day.
- Wipe down phones, mp3 players, headphones 2x or more per day
- Try to keep the equipment in the same place each day and through the day, and wipe surfaces down. For example, if you're keeping the device on a wheelchair, try to keep all the items together for daily use.
- Be mindful of where you put the equipment down - the different surfaces where devices are kept.

Thank you for all you are doing to protect our most vulnerable populations while also helping to enhance their quality of life and promote joy.

For more information about Music & Memory training, visit musicandmemory.org. For questions, please contact Alexis Gregos: agregos@musicandmemory.org.