

Episode: *Author Interview: “Leveraging Cross-Campus Expertise to Contribute to Dementia Care Through Music”*

Guest: Vaishali Phatak, PhD

Host: Tim Hoff

Transcript by: Cheryl Green

[Access the podcast.](#)

[bright theme music]

TIM HOFF: Welcome to another episode of the *Author Interview series* from the *American Medical Association Journal of Ethics*. I'm your host, Tim Hoff. This series provides an alternative format for accessing the interesting and important work being done by Journal contributors each month. Joining me on this episode is Dr Vaishali Phatak, a clinical neuropsychologist and associate professor in the Department of Neurological Sciences at the University of Nebraska Medical Center in Omaha. She's here to discuss her article, coauthored with Dr Mary Perkinson and Meghan K. Ramirez, *Leveraging Cross-Campus Expertise to Contribute to Dementia Care Through Music*, in the July 2022 issue of *The Journal*, [Arts-Based Research in Health Care](#). Dr Phatak, thank you so much for joining me on the podcast today. [music fades]

DR VAISHALI PHATAK: Great to be here. Thank you for inviting me.

HOFF: To begin with, what's the main ethics point of your article?

PHATAK: It was important for us to create a participatory musical intervention during the COVID-19 pandemic for a vulnerable population: people with dementia who are in memory care. There were some challenges because of COVID-19, and we had to move our in-person curriculum to be a virtual curriculum. And we wanted to pay particular attention to have the curriculum be enjoyable, but not overwhelming for people with varying degrees of cognitive impairment.

HOFF: What's the most important thing for health professions students and trainees to take from this article?

PHATAK: Collaboration between arts and sciences can provide innovative ideas and treatments or programs for people with dementia. Having the expertise of people from various disciplines can create fruitful collaborations and ideas or innovations that were not previously thought of. It can provide challenges, but I would urge anybody in the health care disciplines to be patient and work through those because as we found out with our team that these, indeed, do provide fruitful collaborations.

HOFF: To wrap up, if you could add a point to your article that you didn't have the time or space to fully explore, what would that be?

PHATAK: We wanted to emphasize our interest in participatory music intervention compared to passive music listening, because participatory music has the ability to work at two levels. On the one hand, it can promote social connectedness in a group setting, but it also has the ability to evoke individual reminiscence or memories. And this is a wonderful interplay of the two levels that we wanted to capture in our intervention. [theme music returns]

HOFF: Dr Phatak, thank you so much for joining me on the podcast today and for you and your coauthors' contribution to the Journal this month.

PHATAK: Thank you very much.

HOFF: To read the full article, as well as the rest of the July 2022 issue for free, visit our site, [JournalofEthics.org](https://www.journalofethics.org). We'll be back soon with more *Ethics Talk* from the *American Medical Association Journal of Ethics*.