

Funkcijsko usposabljanje z glasbo – funb na nevrološkem oddeleku URI Soča

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Funkcijsko usposabljanje z glasbo (FUNB) je eden od sodobnih pristopov v delovni terapiji. Namenjen je osebam z okvaro ali boleznijo osrednjega živčnega sistema. Osebe z okvaro ČŽS imajo težave na več področjih človekovega funkcioniranja.

Osnovni namen FUNB-a je ohranjanje oziroma ponovno vzpostavljanje telesnih funkcij – funkcije živčevja, mišičja in okostja ter z gibanjem povezanih funkcij, funkcije srčno-žilnega, dihalnega sistema, funkcije čutil, glasovne in govorne funkcije, ter splošne in specifične duševne funkcije. FUNB vpliva na vzpostavljanje motoričnih, procesnih in komunikacijskih spretnosti- položaj, gibanje, koordinacijo, moč in napor, energijo, uporabo znanja, časovno organizacijo, spretnost prilagajanja, vzpostavljanja odnosov, izmenjave informacij.

Bistvo FUNB-a je, da s pomočjo glasbe vzpodbujamo izvedbo gibalnih vzorcev, kateri elementi izhajajo iz: senzomotorične integracije, nevroterapevtskega pristopa in motoričnega učenja. Zasnovan je po modelu Mednarodne Kvalifikacije Funkcioniranja (MKF). Sestavljajo ga štiri sklopi: priprava na ples, ples sede, ples, druženje. Ocenjevalni inštrumenti s katerimi spremljamo učinek so FIM in Ocenjevanje Strukturirane Aktivnosti – OSA.

Glasba je terapevtski medij, ki z močjo melodije in ritma vpliva na čustveno stabilnost, občutek prevzema kontrole in redukcijo stresa. Prvi poskusni program FUNB smo na Univerzitetnem rehabilitacijskem inštitutu Republike Slovenije – Soča zasnovali že leta 2001 za paciente po možganski kapi. Idejno zasnovano za protokol je zasnovala vodja delovne terapije Uri Soča Zdenka Pihlar.

Namen prispevka je predstaviti FUNB na 1. nevrološkem oddelku URI SOČA, kjer so vključeni pacienti po nezgodni poškodbi glave, z multiplo sklerozo in Parkinsonovo boleznijo.

Ključne besede: delovna terapija, glasba, gibalni vzorci, spretnost, motorično učenje

Dance-movement therapy - dmt at department of neurology of URI Soča

Functional training with music (DMT) is one of the modern approaches in occupational therapy. It is intended for persons with central nervous system (CNS) impairment or disease. Persons with CNS have difficulties in several aspects of human functioning.

The basic aim of DMT is preserving or restoring body functions – the functions of the nervous system, muscular and skeletal systems and movement-related functions, the functions of the cardiovascular, respiratory systems, sensory functions, oral and speech functions as well as general and specific mental functions. DMT influences on the establishment of motor, process and communication skills – position, movement, coordination, strength and strain, energy, use of knowledge, time organisation, adaptability, establishing relations and information exchange.

The essence of DMT is to encourage the performance of movement patterns, Elements of movement patterns originate from: sensorimotor integration, neuro-therapeutic approach and motor learning. It is based on the model of International classification of functioning disability and health (ICF) and comprises of four sets: preparation for dancing, dancing while seated, dancing and socializing. The evaluation instruments used to monitor the effects of DTM are Functional independence measure (FIM) and Evaluation of Structured Activity - ESA.

Music is a therapeutic medium which by means of melody and rhythm increases emotional stability, sense of control and stress reduction. At the University Rehabilitation Institute of the Republic of Slovenia - Soča, the first test DMT programme was initiated as early as 2001 for the patients after CVI. The protocol was designed and outlined by Occupational therapy manager Uri Soča MS. Zdenka Pihlar.

The purpose of this article is to represent DMT therapeutic practise used in Neurology Department of URI SOČA, which includes patients suffering head trauma, multiple sclerosis and Parkinson's disease.

Key words: occupational therapy, music, movement patterns, skills, motor learning