Pulmonary Rehab with Harmonicas

Presented by Larry Vesely, RRT (retired) Former Lead Therapist for Pulmonary Rehab IU Health, Cardiopulmonary Rehab Bloomington Hospital

Thanks

- Thanks to Mary Jane Gormley for her passion to not only make our harmonica class a reality but also for being the catalyst in the writing of the Harmonicas for Health book used in our classes, and her writing and proof reading skills.
- Thanks to Vicky Hicks for her technical advice and proof reading. Her memory lives on.
- Thanks to my wife, Bonnie, for her editing, proofreading and constant support.
- I would also like to extend thanks to Keith Miller, John Jackson, and ScottCare Cardiovascular Solutions for their additional editing and support for this program.
 C Larwence Vesely

Objectives & Goals

Objectives

- 1. Recognize the benefit of harmonica playing for improvement of respiratory function.
- 2. Apply the use of harmonicas in respiratory populations to further improve their medical condition and well being.

Goals



- a) Identify the benefits that playing the harmonica will bring to the COPD, reactive airway disease patient, and other respiratory patient populations by teaching them better control of their breathing.
- b) Identify the possible benefits of practicing harmonica for those suffering from respiratory insult in the post COVID-19 and vaping population.
- c) Teach patients to exercise the muscles that help them breathe more efficiently.
- d) Help patients to strengthen their abdominal muscles for a more effective cough, as well as to help mobilize secretions.
- e) Demonstrate and teach back the basics of simple harmonica playing.
- f) Apply new skills to your everyday clinical practice.
- g) Bring a new tool to be used by those patients wishing to do more to improve their condition.

Three Hidden Goals

- You will NOT become a harmonica virtuoso in one lesson.
- You may still not like the harmonica; however, you should have a "healthy" respect for it.
- You should have at least one ounce of fun during this class (your choice!).



Great concentration!

COPD Data

- ▶ Third highest mortality rate in U.S., not including other respiratory illnesses.
- Most other major illness mortality rates decreasing or stable, COPD mortality rates increasing.
- 134,676 COPD deaths reported in 2010. The most recent update on the CDC website (as of January 2021) states >140,000 people die annually from COPD (CDC.gov).
- ▶ In 2011, over 12.7 million U.S. adults diagnosed with COPD.
- Over 24 million Americans have impaired lung function, indicating under-diagnosis of COPD.
- Of the people who develop COPD, 80% can directly attribute this to their smoking history. Industrial pollutants can also play a large part in development of COPD. Of those who have COPD but have never smoked, 31.1% are workers who may have developed COPD due to industrial pollutants.
- Mayo Clinic has estimated that about 1% of COPD is caused by Alpha-1-antitrypsin deficiency.
- Worldwide, more than 3,000,000 people died of COPD in 2005. Ninety percent of those deaths take place in low or middle income brackets.

COPD Data, 2011 – break it down

- 10.1 million Americans diagnosed with chronic bronchitis (affects all ages).
- 4.7 million Americans diagnosed with emphysema;
 92% are older than 45.
- 1.4m ER visits and 3.2m admissions annually for COPD.
- 10.8% of assisted living residents have COPD.
- Lowest rates of COPD: Washington state and Minnesota
- Highest rates: Alabama and Kentucky

Women and COPD

- Approximately 7 million women in the U.S. live with COPD. Millions more have the disease but are undiagnosed.
- The number of COPD deaths among women has quadrupled over the past 30 years.
- 2014 was the 11th consecutive year in which women exceeded men in COPD deaths.
- In 2010, 70,000 women died from COPD vs. 64,000 men.
- Research has shown that women diagnosed with COPD experience higher rates of anxiety, depression and report lower quality of life.

Increased Mortality Among Women vs. Men

Possible issues contributing to the increase of COPD in women may include:

- The tobacco industry targeted women in the late 1960s, which resulted in a huge increase in women smoking. The numbers continue to increase as new cases of smoking-related disease are diagnosed, including COPD, as women age.
- Women are more vulnerable than men to lung damage. Their lungs are smaller and estrogen plays a role in worsening lung disease.
- Women are often misdiagnosed because COPD has long been diagnosed as a man's disease.
 Clarwence Vesely

Now how can we help... Prolonging Life: Two Absolutes

- Patients who need oxygen must wear it! (Minimum 15 hours daily recommended.)
- 2. If the patient hasn't quit smoking, he/she needs to quit!

Respiratory medications will improve breathing and allow improvement of activities of daily living (ADL) but won't necessarily prolong life.

Ongoing Effects of COPD

- COPD can severely limit ADLs and quality of life (QOL), causing increased SOB as patient tries to increase activities.
- COPD symptoms can also:
 - Decrease psychosocial functioning in home and community, creating less independence.
 - Become worse with stress.
 - Limit immune system's ability to fight exacerbations, infections.

© Larwence Vesely

Bring on negative psychological changes, i.e. chronic anxiety, depression.

Limiting Effects of COPD; everyday life

A recent American Lung Association survey reports that COPD patients experience limitations in their ability to:

© Larwence Vesely

Participate in family activities (46%)

- Sleep (50%)
- Work (51%)
- Socialize (53%)
- Do household chores (56%)
- Physically exert themselves (70%)

Exercise: Can Harmonica Help?

We know that exercise keeps us in shape to function more efficiently. Playing a harmonica is exercise!

- As the patient exercises breathing muscles, they breathe better with less effort by engaging their:
 - Diaphragm (primary breathing muscle)
 - Intercostal muscles
 - Accessory and shoulder muscles

How the Harmonica Helps

- Maintains good lung function, helping to reduce COPD (and asthma) symptoms, and possible future exacerbations
- Facilitates deep breathing and helps us use more of our lung capacity
- Improves ability to keep our lungs clear

It's Not Just for COPD Patients

Patients with other health issues who have benefited from learning harmonica include those with:

- Cardiovascular disease
- Asthma
- Pulmonary fibrosis
- COVID-19 (?)
- Sleep apnea
- Parkinson's disease
- Muscular dystrophy
- CVA

- ALS
- Chronic pain
- Depression, Anxiety and Stress
- Tobacco use
- Vaping (?)
- Memory loss
- Learning disabilities



What are the possible effects of Post COVID -19? Long haulers, Long COVID-19, post COVID-19 syndrome (what we know so far)

- Data on the long term effects of COVID-19 is limited. Lingering symptoms are reported to last weeks to months, especially for those patients with preexisting co-morbidities, and complications during and after, particularly when intubation is required.
- Recent articles by Mayo Clinic and UC Health (University of Cincinnati) lead one to consider that COVID-19 may be responsible for patients developing a restrictive disease process, as well as severe bronchopneumonia, adult respiratory distress syndrome (ARDS), or sepsis.
- A major issue is with gas exchange in the alveoli, due to inflammation and fluid in the lungs. More severe inflammation can result in ARDS, which may lead to the formation of pulmonary fibrosis.
- Microthrombosis in the pulmonary vascular may develop, causing additional longterm pulmonary issues. Although harmonica playing does not directly improve the condition of Microthrombosis in the lung, recruiting viable lung tissue and pulmonary hygiene are essential to minimize additional pulmonary insult.
- Due to limited data, researchers and the medical community are looking at the long-term effects seen in related diseases, such as severe acute respiratory syndrome (SARS) or middle east respiratory syndrome (MERS). If COVID-19 follows a pattern similar to SARS and MERS, as many as 50% of COVID-19 patients may suffer from lung damage.

How playing harmonica may benefit the COVID-19"Long Haulers"

- For patients suffering from the inflammatory and possible fibrotic condition caused by COVID-19, harmonica playing would be beneficial in exercising the inspiratory phase to improve lung expansion by improving respiratory muscle function, in the way incentive spirometry or other types of physical activity would benefit a patient.
- Recruiting as much viable lung tissue as possible is key to improved lung function. Articles by UMiami Health (University of Miami) and Cedars-Sinai Health discuss the benefits of incentive spirometry (IS) with long-term COVID-19 patients, especially those suffering from respiratory muscle weakness, often brought on by prolonged hospitalization. Harmonica playing can be as beneficial as IS and may be a more attractive alternative to the patient.
- Another major benefit of harmonica playing is keeping the lungs clear with enhanced expansion and the mobilization of mucus to improve pulmonary hygiene. The exercises help improve one's ability to cough productively.
- Although harmonica playing may not directly improve the condition of microthrombosis in the lung, pulmonary hygiene is essential in these patients to minimize additional pulmonary insult.

The Long Term Respiratory Effects of Vaping (what we know so far)

- Although we've been studying the effects of vaping over the last few years, we are only recently beginning to understand the long term effects in the general public.
- An article by Richard Nho PhD, from the University of Minnesota states that there is some evidence that e-cigarette vapor causes fibroblasts to activate and live longer than they should, leading to scarring in the lungs (lung fibrosis, causing a restrictive component), and to a greater extent than tobacco smoking.
- Another pulmonary condition that has been identified from vaping is "Popcorn Lung" (bronchiolitis obliterans), a rare disease caused by damage to the lungs' smallest airways, resulting in inflammation and scarring. This causes the expiration phase to be more difficult, leading to air not being expelled from the lungs, and results in "air trapping". This scarring is non-reversible. (Stephen R. Broderick, Johns Hopkins)
- Vaping-related lipoid pneumonia develops from inhaling oily substances found in e-cigarettes. With abstinence from vaping, the lungs may heal on their own. (Stephen R. Broderick, Johns Hopkins)

How playing harmonica may benefit those suffering from lung disease in the vaping population?

- Playing harmonica may, due to the repeated expansion of the lungs, improve the breathing of someone who has developed pulmonary fibrosis from vaping, in the same way incentive spirometry would be beneficial.
- Stephen R. Broderick, Johns Hopkins, identified "air trapping" in the lungs which impedes respiratory expiration, a common issue with COPD patients. As pursed lip breathing (PLB) is beneficial to these patients, exhaling through the harmonica would help the vaping patient learn to use PLB as an ever ready tool to help them breathe, especially in a crisis.
- As with the COVID-19 patient population, a major benefit of harmonica playing is to keep the lungs clear with enhanced expansion and the mobilization of mucus to improve pulmonary hygiene.

The Evidence is Clear

- 1970s -1990s: "Standards of Clinical Practice per American Music Therapy Association have found improvement in motor, cognitive, language, social skills and emotional, spiritual components." —UW-Eau Claire: Harmonicas in Music Therapy: Research and Clinical Programming, Lee Anna Rasar
- 2004: "Playing harmonica...is certainly superior to the traditional methods of inhalational therapy." —Amarillo Globe News: Playing Harmonica Leads to Health Benefits

2011: "Playing harmonica shows you how to breathe right and leads to an increase in lungs capacity and oxygen storing capacity."

-The Times of India: "Play Harmonica, live a healthy life.", Madhavi Dharia Shah

2013: After his second lung-transplant procedure in 2008, Larry Rawdon, Broadway cellist, began to supplement pulmonary rehab exercises with the harmonica and showed significant positive results. "I am convinced that for lung transplant patients, playing the harmonica can be considered [as] a piece of legitimate breathing exercise equipment."

-Mayo Clinic: Harmonica Helps Pulmonary and Lung-Transplant Patients Breathe Easier, @LaurenVenoy

Additional OTC Tools & Exercises

- Other tools: balloons, pinwheels, soap bubbles, straws, etc.
- Other techniques: singing or playing a wind instrument functions basically via exhaling; however, does require deep, abdominal breathing
- Cheap and proven breathing exercises that RTs teach:
 - Pursed-lip breathing
 - Abdominal breathing Larwence Vesely



Training your bubble

Da Harmonica

- Inexpensive
- Small
- Goes everywhere
- Universally accessible
- Simple
- Especially pleasing to most dogs
- Works effectively on inhale and exhale



Four Points for Improved Breathing (primary focus on COPD but applicable to all who suffer

respiratory illnesses,)

- 1. COPD causes air trapping (identified in vaping patients)
- COPD causes a loss of proper diaphragmatic ability (restrictive disease also makes inhaling difficult, especially to maintain good O2 levels)
- 3. COPD makes it difficult to eliminate CO2 and to effectively clear the lungs through coughing

© Larwence Vesely

4. COPD interferes with quality of life

1. Trapped Air

- Loss of elasticity
- Airway collapse
- Inflammation and irritation of airways that causes narrowing
- Elevated CO2 levels

Common solutions:

- Pursed-lip breathing (PLB)
- Harmonica: Exhaling through harmonica creates a back pressure that mimics PLB as you generate sound. Playing more traditional wind instruments (trumpet, saxophone, vocal, etc.) may also help.

2. Loss of Proper Diaphragmatic Ability

- When SOB, people often breathe from upper chest and/or shoulders, in tripod position with elbows on table.
- Diaphragmatic breathing should do 80% of the work of breathing.
- Incorrect breathing wears some people out more quickly, increases O² demand causing more SOB: downward spiral toward possible exacerbation.
- Restrictive lung disease populations find labor to inhale as well, in severe cases just to maintain adequate O2 levels.

Common solutions:

Incentive spirometry

Playing wind instrumentSwimming

Inspiratory muscle trainer

Yoga

- General exercise
- Singing

Larwence Harmonica

3. Eliminating CO² and Effectively Clearing Lungs

Loss of elasticity in lungs

- Rigidity of the entire rib cage, especially lower rib cage
- Ineffective overuse of intercostal and accessory muscles causing fatigue, increased O2 demand, increased calorie consumption.
- Inability to generate a viable cough.
- Inability to clear one's lungs, leading to poor pulmonary hygiene.

Common solutions:

- Strengthening of diaphragmatic and abdominal muscles
- Incentive spirometry
- Inspiratory muscle trainer arwence Vesely
- Core exercises

3. Eliminating CO² and Effectively Clearing Lungs (especially helpful to reduce secondary lung infections)

Devices and modalities to help clear lungs:

- Flutter valve
- "A Cappella"
- Mechanical vest
- Chest physical therapy
- "Lung flute" (see picture)
- Bi-level devices
- ► Harmonica:
 - Promotes efficient diaphragmatic control
 - Strengthens abdominal muscles
 - Promotes a more effective cough mechanism
 - Less reliance on intercostal and accessory muscle use
 - Vibration caused by sound transmits throughout chest and lungs, helping facilitate airway clearance



4. Quality of Life

(identified as a huge issue in the post COVID-19 patient, especially in the long-term recovery phase)

People with breathing problems have:

- Loss of well being
- Increased frustration
- Loss of independence
- Possible emotional problems such as depression, anxiety, etc.
 Clarwence Vesely

4. Quality of Life (continued)

Common solutions:

- Enlisting in an exercise regimen such as OPPR
- Joining community organizations
- Hobbies, volunteering, learning a new skill, etc.
- Harmonica:
 - Enhances health
 - Learning a new skill increases self-esteem, sense of accomplishment and well-being
 - Better control over symptoms
 - Possibly decreases exacerbations, hospitalizations
 - Increases mental involvement and focus

 - Skill development Increases quality of life_arWence Vesely
 - Possible new religious experience

What Stops Us?

What stops us from learning and teaching harmonica?

- If I stink at playing the harmonica, I will have a major loss of self-esteem!
- What will my family, friends, peers say if they find out I play harmonica?
 - It may decrease my credit rating.
 - It could make me grow grey faster.
 - I may find myself friendless, homeless and/or penniless.

It's About the Exercise!

- The benefits are not from how you sound!
- The benefits are from the blowing and drawing action through the harmonica in a repetitive regimen.
- You really can't make a bad sound.
- Your technique will improve with practice.
- It's easy to start.
- Who cares what you look like as long as you are helping yourself (and others) to breathe better?!?!

Playing Harmonica Engages...

- Mouth
- Lips
- Tongue
- Cheeks
- Jaw
- Teeth
- Neck
- Eyes
- Ears
- Muscles
- Arms
- Brain

- Hands
- Joints
- **Bones**
- Ribs
- Throat
- Lungs
- Heart
- Diaphragm
- Legs and Feet



Let's Get Started! What do I need at home?

Rule #1: Keep things separate and clean!

- Use hand sanitizer first, then wash your hands if possible.
 - (hand sanitizer in the mouth YUCK!).
- Have a napkin available for the harmonicas when not in use.
- Remember, those things are going in our mouths!
- Keep them warm and dry before playing.
- Don't store in plastic containers until completely dry.
- **NO SHARING!**
- Don't eat or drink anything except water.
- Don't let the dogs lick harmonicas.
- Don't play and drive (I'm guilty of this!) Lap whap often.





Setting up your classroom (COVID-19 concerns)

- Repeat patients should bring their harmonicas and books/music.
- Everyone should bring their own pen.
- Use an outdoor facility when able, weather permitting.
- Choose a large enough room to observe social distancing (6 ft. minimum) with good ventilation.
- Masks for everyone (worn correctly no "manslipping") except when playing.
- Use a cloth (washable) or disposable plastic tablecloth.
- Use a dry erase board for making class points and writing out songs.
- Pass out books, harmonicas to new classmates, napkins, etc. before class. Pick up extra supplies if not needed immediately (reducing the chance they will get contaminated).
- Follow rehab contamination protocols.

In addition to your monthly classes, consider adding a harmonica mini-class

- Establishing a mini-class was probably the most significant change to our harmonica program; it was the most attended, breathing endurance improved with time and practice, and patients exhibited a high level of self satisfaction from their accomplishments.
- Expecting patients to keep repeating a monthly beginning harmonica class can be hopeful at best.
- Often the first class is all they will attend. Even if they do attend more than one, gathering once a month is not enough to establish a harmonica practicing pattern.
- In my last year before I retired, we began incorporating a mini harmonica class before or after our pulmonary rehab sessions.
- Since we met twice a week, we added the mini class on the second day of the week (allowing us to remind patients to bring their harmonicas and music to the next session).
- Since attending a beginner's monthly harmonica class is essential to introduce the harmonica to newbies, it should be mandatory before a patient participates in the mini-class if at all possible.

In addition to your monthly classes, consider adding a harmonica mini-class (the nuts and bolts of implementing the class)

- We structured the mini-classes to have a 15 minute window between classes allowing patients from the last class to stay over and those from the next class to come earlier to participate.
- Everyone brought their harmonicas and music from home.
- Patients positioned themselves on chairs we provided or sat on exercise equipment. Nusteps worked wonderfully if they were designed with a book support in order to hold their music.
- With only 10 minutes of actual playing time, we started by running through 4-5 breathing exercises to warm up (~5 minutes).
- We then spent the remainder of the time playing a 4 line song which I presented on a 2'x3' dry erase board with the words of the verse and the corresponding harmonica hole number above the appropriate word.
- If the number had a circle around it, the patient would inhale on the corresponding hole. Without the circle, the patient would exhale on the corresponding hole.
- When class is over, follow department cleaning protocol.
- The point is: always seek to improve your program!

Hand Positioning

The "Alligator Jaw"



- Make "alligator jaw" with left hand.
- Place harmonica in alligator's "mouth."

The "Open Clam"



 Touch both heels of hands together ("clam shell").

The "Closed Clam"



Cup right hand over back end of harmonica.
Open and close right hand over harmonica quickly to make a different tremolo effect.

Warm-Up Exercises

If all you play on harmonica is this page daily, you will improve!)

Look at the harmonica and find the row of numbers from 1 to 10 above the holes.

- 1. Keep your shoulders relaxed.
- 2. Put a hand on your diaphragm and feel it move in and out as you practice the exercises.
- 3. Draw in/blow out on holes 1 4, each exercise counting to 4, @ same volume.
- 4. In/out x 4, change volume, soft loud soft.
- 5. In/out x 4, change volume, loud soft loud.
- 6. In/out x 4, separate notes, generated by diaphragm, counting 1-2-3-4.
- 7. In/out x 4, changing the shape and position of your mouth and tongue, making the sound "ooo- wee-ooo…"
- 8. Practice #7 faster causing a tremolo effect. DCE Vese
- 9. Lap whap





Variations to improve pulmonary hygiene

Replicating the Flutter Valve Effect

- Creates vibrations in the chest similar to flutter valve used by respiratory therapists, with similar results.
- Make the sound "tah-tah-tah" or "ka-ka-ka" blowing out.
- Make the sound "hut-hut-hut" or "hah-hah-hah" when drawing in.

© Larwence Vesely

- In x 4, Out x 4, using the above sounds.
- Practice for 3-5 minutes daily.

Have you lap whapped lately !???!?

Variations (more for the fun of it!)

- Making the Train Sound
 - Make the train whistle @ beginning and end, over holes 5-6-7, drawing in forcefully twice (try to "bend the reeds" a little) while making a wah-wah sound with your mouth.)
 - > Play holes 1-2 on the left side of the harmonica, in/out twice, each time slowly.
 - Move harmonica from L>R after each repetition as you play faster.
 - Once you are to the far right, playing fast, start to move back to the left, playing more slowly as you move, until you are back to holes 1-2, drawing in and blowing out very slowly.
 - End with the train whistle.
- Slide up or down to the notes, which is an easy way to find starting notes (or correct mistakes – what mistakes!??!?!).
- Blues "chugging"- inhaling/exhaling back and forth in a "shuffle-type" rhythm.
 - The goal is to be able to do this repeatedly, without stopping, but without getting short of breath. Start out slowly and breathe lightly, in and out. Try not to hyperventilate.
 - The sound you make on inhale is "hah-HAH" and exhale is "tah-TAH."
 - "Hah-HAH tah-TAH hah-HAH tah-TAH hah-HAH tah-TAH..."

Have you lap whapped lately!???!?

Playing One Note at a Time: Positioning

- Pursed Lip technique
- Tilted Harmonica— ideal method (you may do a mix of both pursed lip and tilted harmonica).
 - For now, hold with both hands on each side.
 - Put up to lips and blow out.
 - Tilt back of harmonica upward almost touching tip of nose.
 - Using this technique, you'll play fewer notes due to bowl of lower lip.
 - This takes practice! Larwence Vesely



10-Hole Diatonic Harmonica

- Diatonic means you play your basic Do-Re-Mi-Fa-Sol-La-Ti-Do scale (think "Sound of Music"). Low Do to high Do is called an octave.
- The most common diatonic harmonica has 3 octaves.
- Middle octave is from holes 4-7 and is where you play most melodies.
- Lower octave (holes 1-3) mostly for chording and accompaniment (previous exercises)
- Upper octave (holes 8-10) for extending the melody higher.
- Neither lower octave nor upper octave is a full octave.



Do-re-mi . . .

Those are the first three notes of the major scale in any key. They are written

4 4 5 blow into the fourth hole draw air out of the fourth hole blow into the fifth hole

We can set that up with the two notes of each hole together, the draw note under the blow; underlining the anchor or tonic notes of the scale can help you keep track of where you are.

 $\begin{pmatrix} 4 & 5 & do & mi \\ \hline 4 & re & re & \\ \end{pmatrix}$

do

re mi

To find one note, you can cover the other holes with your fingers to hear how it sounds; then play the same note without the finger blocks. Tilting the far side of the harmonica up cuts down on the number of notes at one time. Play 445, do re mi, a few times up and down.

The first lines of several songs can be played with just do-re-mi.

Your first song on harmonica!

Mother will be so proud!!!

4 (4) 5 4 4 (4) 5 4 <u>Frè-re</u> Jac- ques, Frè-re Jac- ques Are you sleep-ing, are you sleep-ing⁶

5 (4) 4 5 (4) 4 <u>Three</u> blind mice, three blind mice

5 (4) 4 (4) 5 5 5 <u>Ma</u>- ry had a lit- tle lamb (or: Mer- ri- ly we roll a- long)

4 4 4 (4) 5 5 5 (4) 4 (4) 5 4 <u>Een- cy ween- cy spi- der went up the wat- er- spout</u>

⁶A hyphen between syllables tells you that each syllable gets its own note.

Let's Play Some **Rounds!**

Frère Jacques (Are You Sleeping)

	1. 1.	4 (4) 5 4 4 (4) 5 4 Frè- re Jac- ques, Frè- re Jac- ques, Are you sleep- ing, are you sleep- ing,
	2. 2.	5 5 6 5 5 6 dor- mez vous? dor- mez vous? Bro- ther John? Bro- ther John?
	3. 3.	6 6 6 5 5 4 6 6 6 5 5 4 Son- nez les ma- ti- nes, son- nez les ma- ti- nes, Mor- ning bells are ring- ing, mor- ning bells are ring- ing,
	4. 4.	4 3 4 4 3 4 din, din, don; din, din, don. ding, ding, dong; ding, ding, dong.
	Rov	w, Row, Row Your Boat
	1.	4 4 4 4 5 Row, row, row your boat
	2.	5 4 5 5 6 gent- ly down the stream;
C	3.	7 7 7 6 6 6 5 5 5 4 4 4 mer- ri- ly, mer- ri- ly, mer- ri- ly, mer- ri- ly,
		6 (5) 5 (4) 4

life is but a dream. 4.

Monitoring Progress Monthly (optional)

PFT screening

- FVC/predicted %
- FEV1/pred. %
- Peak flow/pred. %
- SpO2 (+ HR)
- Inhale one note (hole 4) as long as possible.
- Exhale one note (hole 4) as long as possible.

https://www.readingmusic1.com/harmonicas-for-health

Reading Music

<u>Home</u> <u>Reading Music Series</u> <u>Harmonicas for Health</u> Harmonicas for Health Videos

Harmonicas for Health: A Guide to Breathing Better

The Harmonicas for Health program at IU Health Bloomington Hospital was started in 2006 by a COPD patient (Mary Jane Gormley) and a serious harmonica-playing respiratory therapist (Larry Vesely, RRT).

The program's new book was welcomed at the health seminar of the international conference of the Society for the Preservation and Advancement of the Harmonica (SPAH) in Sacramento in August 2009, and it was enthusiastically announced in the Nov./Dec. 2009 issue of the Pulmonary Paper (p. 6). An overview was presented at the Great Lakes Regional Conference of the American Music Therapists' Association in Indianapolis in March 2010.

Vesely led a special session Harmonicas for Health for the Annual Meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) in Charleston in 2017. <u>See the slides, videos and additional materials from this presentation</u>.

The program continues to meet monthly at the hospital and other places around Bloomington, Indiana. It has been presented to Bloomington programs for stroke rehabilitation, Parkinson's and smoking cessation, and to several hundred respiratory therapists from Indiana and other states.

Watch the Videos Get the book

You can do the exercises on your own, with friends, with your respiratory therapy or support group, or start a new group and learn the program together!

Download PDF (complete book)

The 2nd edition Harmonicas for Health book by Mary Jane Gormley and Larry Vesely RRT is provided here as a PDF for download so that anyone can follow the program.

https://www.readingmusic1.com/harmonicas-for-health

Harmonicas for Health: A Guide to Breathing Better

by Mary Jane Gormley and Larry Vesely RRT (Bloomington IN: IU Health Bloomington Hospital, 2009; iv, 41 pp.; \$10.00).

The Harmonicas for Health program at IU Health Bloomington Hospital was started in 2006 by a COPD patient (Gormley) and a serious harmonica-playing respiratory therapist (Vesely). The program's new book was welcomed at the health seminar of the international conference of the Society for the Preservation and Advancement of the Harmonica (SPAH) in Sacramento in August 2009, and it was enthusiastically announced in the Nov./Dec. 2009 issue of the *Pulmonary Paper* (p. 6). An overview was presented at the Great Lakes Regional Conference of the American Music Therapists' Association in Indianapolis in March 2010. The program continues to meet monthly at the hospital and other places around Bloomington. It has been presented to Bloomington programs for stroke rehabilitation, Parkinson's and smoking cessation, and to several hundred respiratory therapists from Indiana and other states.

For copies, please fill out the form below.

Order Form for Harm	onicas for Hea	Ith: A Guide to Breathing Better by Gormley and Vesely
Name:		
Affiliation:		
Street Address or PO	Box:	
City:		
State	ZIP:	Country:
Number of copies rec	quested	at \$10 (ppd in USA)
Amount enclosed: 5		
Send your form and a included within the U Harmonicas	check or mone	arwence version (US) per copy (postage

Cardiopulmonary Rehabilitation IU Health Bioomington Hospital PO Box 1149 Bioomington IN 47402 Smiles and Better Breathing All Around

Thanks! Now get practicing!! Start a class!!!



References

- American Lung Association
- NHLBI Data fact sheet, COPD, NIH publication No. 03-5229, March 2003.
- From the Global Strategy for the Diagnosis, Management and Prevention of COPD, Global Initiative for Chronic Obstructive Lung Disease (GOLD) 2008.
- National Heart, Lung, and Blood Institute fact sheet 2003.
- Keeping You in Harmony, Katrina Riggin, RRT, Pulmonary Rehab, Ball Memorial Hospital.
- Harmonicas for Health—A Guide to Breathing Better, Gormley and Vesely, Cardiopulmonary Rehab, Bloomington Hospital.
- UMHS press release: When breathing needs a tune up, harmonica class hits all the tight notes, Sep. 28th 2005, Katie Gazella.
- Jerry Reynolds RT, Ohio State University in Columbus, Sing Out The secret weapon for respiratory health, MDA Publications, Vol. 12, #3, May/June 2005 (muscular dystrophy).
- Harmonicas for Fun & Health, www.harmonicamasterclass.com, David Barrett
- www.sciencedaily.com music for your lungs: pulmonologists treat breath shortness with harmonica classes.
- www.azcentral.com/news/arizona republic/local/articles/1228phx breath 12268.html (John C. Lincoln hospital, Phoenix).
- http://www.stltoday.com/news/multimedia/videos/harmonicas-for-health/html_0310bb02-8f35-5a1d-bad5-50c60504db47.html
- https://www.youtube.com/watch?feature=player_detailpage&v=xedc5Be-ZnI
- http://www.youtube.com/watch?v=PmHy2FevTuE
- http://www.youtube.com/watch?v=yeTTs5bc_P4&feature=relmfu
- Amarillo Globe News, Playing harmonica leads to health benefits, Wednesday, March 17th, 2004
- Elisabeth Olson, Easy Breathers Project Manager, Air Education and Communication Specialist, Wisconsin Department of Natural Resources, CE/6 Box 7921, 101 S. Webster St., Madison, WI 53707-7921. You can also go online at www.easybreathers.org.

References (cont.)

- University of Wisconsin-Eau Claire, Lee Anna Rasar, September 28th 2010, rasarla@uwec.edu
- The Times of India, madhavi.shah@timesgroup.com
- > Zen and the art of harmonica, David Harp, Kripalu Online, 2007
- Mayo Clinic, Harmonica Helps pulmonary and lung-transplant patients breathe easier, Lauren Venoy, July 19th, 2013
- COPD Digest, Harmonicas 4 Health, Vol. 12, #3, October 15th 2016, pg. 22-23
- Radchenko, Christopher, M.D., University of Cincinnati Health: Short- and Long-term Lung Damage from COVID-19, Nov. 8, 2020
- Mayo Clinic: COVID-19 (coronavirus): Long-term effects, Nov. 17, 2020
- Bright, Natasha, UMiami Health News: Strengthen Your Lungs Against COVID-19 Symptoms, Sep. 1, 2020
- Cedars-Sinai Medical Center: Improving Lung Capacity Pre- and Post- COVID-19, July 26, 2020
- Nho, Richard, Ph.D., University of Minnesota: Can Vaping Scar Your Lungs? New Insights and a Possible Remedy, April 27, 2020
- Radcliff, Shawn, Healthline: First Long-term Study of E-Cigs Finds Link to COPD Risk, Dec. 17, 2019
- Broderick, Stephen R., M.D., Johns Hopkins: What does Vaping Do to the Lungs?
- Shmerling, Robert H., M.D., Harvard University: Can Vaping Damage Your Lungs? What Do We Know (and Don't) Know, Dec. 10, 2019
- https://www.readingmusic1.com/harmonicas-for-health

My Thanks to...

Introduction music:

- "Walkin' Blues" by Joe Peters; performed by Joedai Warriors, "Red, Black, & Blue" CD.
- "What's On Your Mind" by Joe Peters; performed by Joedai Warriors, "Edge of Disaster" CD.
- "Feeling Blue" by Phil Hipskind; performed by Kari Johnson & the Impasse Band, "Time Marches On" CD, 2014

© Larwence Vesely

All photography used with permission:

- Steve Fletcher
- Louise Michaelis
- F.D. Gormley