

The Magic of Music at Boquete Health & Hospice



As either a patient, or a care giver, your comfort and well-being are important to us at Boquete Health & Hospice (BHH). This includes doing what we can to manage any stress which may be accompanying your situation. Listening to music can be effective at elevating one's mood and reducing stress and anxiety. As a patient, listening to music can positively impact memory and cognitive function, can provide comfort, and can even help support a person's spiritual needs.

For these purposes, BHH reminds you to utilize the music and various music players you might have at home. If the care giver or patient doesn't have an appropriate way to listen to music in their current environment, BHH has small MP3 music players which we can lend you. We also have small speakers we can lend, and earphones for private listening.

In addition, if you need assistance finding your favorite music, the Magic of Music Team at BHH may be able to help. They have a library of music which contains more than half a million of the world's most popular and familiar music. If you need a music solution, we can lend you a music player with many of your favorite songs loaded onto it.

Here's what the wife of a BHH patient had to say about their experience....

"Music can help when you are bedridden or being a caregiver, or for any other reason, actually. Last year when Hubert was sick, we were glad we could borrow an MP3 player with different music genres on it. We both love Motown and there was a nice selection. While waiting in the emergency room in a hospital in David, we would both plug in one side of the headphones that came with it and relax while listening to music together. When Hubert received blood transfusions, it was so nice to block the surrounding noises of a hospital and be in our own world with music. We learned that we could ask for our own customized playlist, and it was truly wonderful to listen to our favorite music while he was going through medical procedures. Even at home, when I had to stay awake until 11 pm to give Hubert his medications, it was nice just to listen to music from the MP3 player so I wouldn't fall asleep." - Willeke Pena-de Voogd

To obtain a music player and/or music for either the patient or care giver, please call Boquete Health & Hospice at (+507) 6781-9250.