

MUSIC AS A SENSORY STIMULATION TOOL FOR DEMENTIA PATIENTS

- PILOT PROJECT TESTING A MUSIC SENSORY STIMULATION TOOL FOR DEMENTIA PATIENTS

Executive Summary of report by Marianne Saxtoft, Samskabelse, a Danish consultancy and analysis company – 9/5 2018

I. OBJECTIVES

The objectives of the project was to identify malfunctions in daily care and care situations for dementia patients and to test the effect of inmuRELAX in preventive social pedagogical and caregiving practice. The project is aimed specifically at patients with externalised symptoms, such as:

depression, verbal or physical violence, offensive behaviour, agitation, and restlessness.

The purpose of the project was to investigate whether the use of an inmu can increase the sense of well-being for dementia patients and thus alleviate stressful situations and ease the care situations in the nursing homes.

II. FACTS ABOUT THE PROJECT

50 subjects, from 11 nursing homes in Denmark, suffering from dementia used an inmuRELAX for four weeks. Each subject was followed by a designated caregiver. The caregiver registered the different malfunctions and problems the subject had before the project started and after the inmuRELAX was introduced. All designated caregivers had received a brief course and instruction in how the inmu can be used prior to the project start. The caregivers reported qualitatively and quantitatively on the development and effect on the subject's behaviour and malfunctions weekly.

III. CONCLUSION

The effect of the use of inmuRELAX clearly showed an improvement in the patients' functional level, increased well-being and relief in daily care and care situations for 2/3 of the subjects.

During the project the caregivers observed and recorded changes in behaviour of the subjects on different indicators on a scale from 1 to 5. The project showed improvements on all indicators during the four weeks the project lasted:

- Degree of combative behaviour or verbal aggression: 30% reduction
- Use of sedatives: 24% reduction
- General mood (restlessness /well-being): 20% improvement
- Workload in daily care and care situations: 32% improvement
- Disruption in sleeping at nights: 17% improvement
- Use of sleeping medicine: 10% reduction

IV. FINDINGS

Among other things, the data shows that the use of inmuRELAX:

- makes dementia patients feel more secure and comfortable
- refreshes and eases tensions in situations related to eating
- helps calming patients down
- prevents resistance or aggressions in daily routines (e.g. toilet visits, personal hygiene and getting dressed)
- eases resistance to the use of lift sling
- minimises repetitive night call
- improves sleep patterns
- can reduce the use of sleeping medicine and sedatives

The project showed that the effect increased over the project period. The caregivers also reported that the effect was higher when the inmu become part of the daily routine.

A. SELECTED DATA

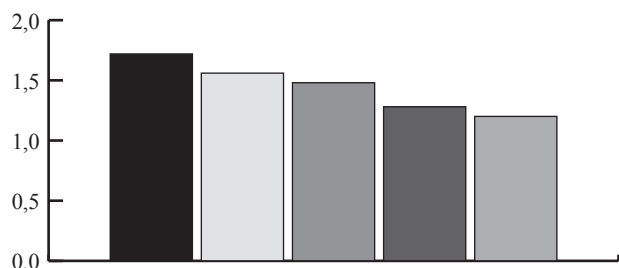


FIG 7. Average degree of how often the patient suffering from dementia is considered aggressive or violent, week 0-4

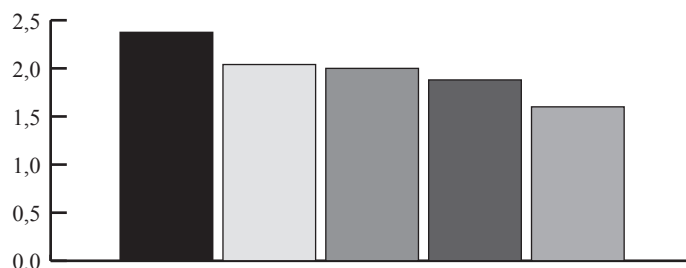


FIG 2. Average degree of daily tasks hampered by patient behaviour, week 0-4.