

The Effects of Music Therapy and Physical Activity on Residents in Long Term Care Facilities Whose MMSE is Less Than 23

ABSTRACT/BACKGROUND

Cognitive impairment has been found to be a key variable in the overall impact on physical and mental health in the elderly. Cognitive impairment has also been found to have a significant impact on mobility, depression and social isolation.

This study will examine if patient engagement in music therapy (MT) has a greater effect on increased cognitive function; specifically improvement in short term memory than engagement in physical activity alone in residents residing in nursing homes.

Music has been found to enhance autobiographic memories, emotion(s), cognitive stimulation and learning, physical improvement as well as increasing social interaction. Physical activity has also been shown to improve cognitive function.

For the purpose of this study MT will consist of songs presented in a game format. Songs from the study participants generational time period will be randomly played. Study participants will be asked to name the song, the singer or discuss how the song makes them feel. Physical activity will consist of range of motion exercise that can be performed in a chair as well as in a standing position. MT and physical activity sessions will be conducted 3 times per week for 30 minutes per session.

Twenty residents residing in a long-term care nursing facility with a score of 23 or less on the Folstein Mini-Mental State Examination (MMSE) will be divided into two groups. The MMSE will be administered to each group before and after each MT and physical activity session during the course of this 3 month long study.

RESEARCH QUESTION

Is there a relationship between nursing home residents who engage in music therapy twice a week for 30 minutes each session and improved short term memory in nursing home residents whose Folstein MMSE is less than 23 and engage in physical activity?

PROBLEM/PURPOSE

- Investigate the engagement of music therapy(MT) and an increase in the Folstein Mini-Mental State Examination(MMSE) scores of nursing home residents who have scores of 23 or lower, when engaging in music therapy twice a week for 30 minutes each session.
- Examine if resident engagement in MT has a greater effect on increased cognitive function, specifically improvement in short term memory than engagement in physical activity alone in residents residing in long term care facilities.

HYPOTHESIS

Residents in long term care facilities who engage in music therapy twice a week for 30 minutes each session will have an increase in short term memory as opposed to residents in long term care facilities who engage in physical activity, consisting of range of motion exercises, but do not engage in music therapy twice a week for 30 minutes each session.

RESULTS/CONCLUSIONS

- Literature review reveals to date, that there has been no study conducted to see the influence of music therapy on short term memory.
- Studies have shown that music is a unique stimulus that has been found to enhance autobiographic memories as well as emotions.
- Music has also been associated with positive impact on social interaction, physical improvement, cognitive stimulation and learning.
- Physical activity is associated with cognitive function in the elderly, and the reduction of Alzheimer's and Parkinson's disease.
- The MMSE will be administered prior to the initiation of the study and throughout the conclusion of this 3 month study.
- Study to be initiated Summer 2016.

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