Conflict of Interest Disclosure

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Has no real or apparent conflicts of interest to report.
PRACTITIONER RESEARCH FOR OLDER PEOPLE

Is Music the Best Medicine? : Using Prescribed Music to Enhance Quality of Life for People with Dementia and their Carer

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WHY RESEARCH MUSIC?

It is the capacity of music in maintaining a person's identity: reminding them of their life history and maintaining personhood that is important (Kitwood, 1997)
Using Prescribed Music to Enhance Quality of Life for People with Dementia and their Carer.

If music enhances the lives of people with dementia! Can it also enhance the carer's life?

Is there a way that Carers can see another side of the person they care for- as we often do?

Is there a way to involve them?

Can I use this as a research question?
Involve people who had early to moderate stage dementia who liked music.

Discuss individual prescription times.

Load MP3 Player with preferred music.

Not use medicalized measurement tools!
Design had to involve participants- To have meaning!
Qualitative in Design-their views!
Participative Action Research- hearing their voice!
Wanted to design feedback tool with participants-their words!
Participants would use MP3 players with headphones and listen to preferred Music-their choice!
BEGIN THE BEGUINE

- Discussion Group with people with dementia & group with carers.
- Designed Feedback form using emotional touch points.
- 10 Semi structured interviews/ Diaries from carers.
- Audio taped & transcribed discussion groups, semi structured interviews.
- Thematic & Narrative Analysis.
- Vignettes & Ipoems.
FEEDBACK FORM

Participant Feedback Form
Please tick as many boxes that best describe how you feel after listening to music:

- LIGHT & BRIGHT
- PENSIVE
- FED UP
- CHEERFUL
- THOUGHTFUL
- DOWN IN THE DUMPS/ IN A TANGLE
- HAPPY MOOD
- BORED
- CAN’T BE BOTHERED
- PEACEFUL
- WHAT’S THE POINT?
- FEELING LEFT BEHIND
FINDINGS

- On 33 out of 35 occasions of listening, the feedback showed that listening to music had improved the person’s mood.
- Each person stated they felt relaxed and happier after listening.
- All carers agreed it was a positive experience.
- In some cases the positive effect lasted for a few hours.
- This had a positive impact on the carer.
- All carers felt it was a positive experience and provided a break for them whilst the person was listening.
MORE FINDINGS

- Listening via a personal player and headphones reduced any distractions and appeared to concentrate the effect.
- Music proved to be an effective reminiscence therapy.
- Listening to music for participants with dementia relies on their carer reminding them; and often in assisting them with the player & headphones.
- All carers felt the person with dementia would have listened longer if they had not been reminded to stop.
THE EXPERIENCE OF PEOPLE WITH DEMENTIA

It makes you just relax.......I enjoyed it..... I love music... You were just gone...you can’t talk and listen!

It went well... I enjoyed the music... Relaxed and Peaceful; It does work... it was lovely, thanks.

Yes and I actually did enjoy listening to it because I could sit up there with the headphones on and nobody could distract me...... I quite enjoyed it ... it was funny, cos I’d never worn headphones before.

I usually just listen and but I thought ... you’re getting it quite literally into your head aren’t you?

“Yes, you can’t hear anything! ”...
Aye I got half an hours peace... She was relaxed and focused on a photograph of five generations of the family. It evoked vivid memories from long ago-memories of their wedding, first house sixty years ago.

Oh it’s positive as I can come down and not worry as I know she’s listening to her music and enjoying it.. Would like to continue doing this... I would encourage him to do it...it went really well.

I was a bit sorry when the 45 minutes were up and I thought ah well... It was nice to see her happy.

Quite happy to listen... very settled and relaxed; She is away with the fairies... singing ,swaying with her eyes closed, fully engrossed.
Policy context- Delivering Integrated Care - Supporting Carers & Therapeutic interventions

- Easily accessible
- Non Intrusive- Low Cost
- How do we support the carers