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Title:

Effectiveness of Dance to Improve Mood in Older Adults With Dementia: A Review of Evidence

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ACCEPTED

Session Title:

Rising Stars of Research and Scholarship Invited Student Posters

Slot:

RS PST1: Sunday, 17 November 2019: 11:45 AM-12:15 PM

Applicable Category:

Students

Keywords:

Agitation, Alzheimer's disease and Literature review

References:

Alpert P. T., Miller S. K., Wallmann H., Havey R., Cross C., Chevalia T., et al. (2009). The effect of modified jazz dance on balance, cognition, and mood in older adults. *American Association of Nurse Practitioners*. 21, 108–115. 10.1111/j.1745-7599.2008.00392

Alzheimer's Association. (2019) Alzheimer's disease facts and figures. *Alzheimers Dement*. 2019;15(3):321-87.

Douka, S., Zilidou, V. I., Lilou, O., & Tsolaki, M. (2019). Greek traditional dances: A Way to support intellectual, psychological, and motor functions in senior citizens at risk of neurodegeneration. *Frontiers in aging neuroscience*, 11, 6. doi:10.3389/fnagi.2019.00006

Guzmán, A., Freeston, M., Rochester, L., Hughes, J. C., & James, I. A. (2016). Psychomotor dance therapy intervention (DANCIN) for people with dementia in care homes: A multiple-baseline single-case study. *International Psychogeriatrics*, 28(10), 1695-1715

Lazarou, I., Parastatidis, T., Tsolaki, A., Gkioka, M., Karakostas, A., Douka, S., & Tsolaki, M. (2017). International ballroom dancing against neurodegeneration: A randomized controlled trial in Greek community-dwelling elders with mild cognitive impairment. *American Journal of Alzheimer's Disease & Other Dementias*, 32(8), 489–499.

Van de Winckel, A., Feys, H., De Weerd, W., & Dom, R. (2004). Cognitive and behavioral effects of music-based exercises in patients with dementia. *Clinical Rehabilitation*, 18(3), 253–260.

Abstract Summary:

To appraise and synthesize evidence on dance therapy to improve mood and reduce agitation in persons with Alzheimer's disease and related disorders (ADRD). The research yielded 9 relevant articles that met inclusion criteria. This review has found some evidence to support dance as a nonpharmacologic intervention to reduce agitation.

Content Outline:

I Introduction

A. The purpose of this presentation is to appraise and synthesize evidence on dance therapy to improve mood and reduce agitation in persons with Alzheimer's disease and related disorders (ADRD).

B. Neuropsychiatric symptoms such as agitation are challenging to manage and lead to greater dependence on caregivers resulting in increased caregiver burden.

II Methods

A. Evidence was searched for in the following publication databases: CINAHL, PubMed, Nursing & Allied Health Source (ProQuest), and ScienceDirect.

B. Keywords used included Alzheimer disease, dementia, dance therapy, delirium, behavior, psychomotor agitation, and mood.

C. The Mixed Methods Appraisal Tool (MMAT) was used to assess the quality of relevant articles.

III Findings

A. Nine articles were appraised which included cohort, quasi-experimental, randomized control trial, and a qualitative study.

B. Three studies found dance therapy reduced agitation. Two of the studies were cohort non-randomized, and one qualitative.

IV Implications for practice

A. Dance therapies can be implemented in the clinical setting.

B. Important to include nursing staff feedback on impact of the intervention.

V Recommendations

A. Further research with higher quality design studies, including randomized control trials, should be conducted.

B. Assess the long-term impacts of dance therapy.

VI Summary

A. This review has found some evidence to support dance as a non-pharmacologic intervention to reduce agitation.

Topic Selection:

Rising Stars of Research and Scholarship Invited Student Posters (25201)

Abstract Text:

Purpose: To appraise and synthesize evidence on dance therapy to improve mood and reduce agitation in persons with Alzheimer's disease and related disorders (ADRD).

Background: It is estimated that as of 2019, 5.6 million Americans age 65 or older are currently living with Alzheimer's Dementia (Alzheimer's Association, 2019). Neuropsychiatric symptoms such as agitation are challenging to manage and lead to greater dependence on caregivers resulting in increased caregiver burden. An examination of the current literature is needed to assess the effectiveness of dance therapy to reduce agitation and improve mood.

Methods: Evidence was searched for in the following publication databases: CINAHL, PubMed, Nursing & Allied Health Source (ProQuest), and ScienceDirect. In addition, bibliographies were manually searched from literature in Dissertation and Thesis (ProQuest) for relevant articles. Keywords used included Alzheimer disease, dementia, dance therapy, delirium, behavior, psychomotor agitation, and mood. The Mixed Methods Appraisal Tool (MMAT) was used to assess the quality of relevant articles. Studies included were required to have dance therapy, adapted dance, dance exercise, modified dance, or recreational dance as the primary intervention. The population in each study must focus on persons with Alzheimer Disease or Alzheimer's Disease and related dementia (ADRD). Due to the limited publications in this area, all publication dates and local as well as international studies were included. The research yielded 9 relevant articles that met inclusion criteria.

Findings: The nine articles included cohort, quasi-experimental, randomized control trial, and a qualitative study. Three studies found dance therapy reduced agitation. Two of the studies were cohort non-randomized, and one qualitative. The different dance styles used were international ballroom, Wu Tao, modified jazz dance, poco-poco dance, and Greek dance. All of the studies noted that the movements were feasible and safe for participants with dementia.

Summary: This review has found some evidence to support dance as a non-pharmacologic intervention to reduce agitation. Further research with higher quality design studies, including randomized control trials, should be conducted.