Demenz und Musik. Forschung und Praxis
Dementia and music. Research and practice

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Forschungsansätze und Weiterbildungen zum Thema „Demenz und Musik“ in Deutschland
Research approaches and further education in Germany regarding “dementia and music”

Prof. Dr. Theo Hartogh
Dementia and music – main fields of work

- **Music in care**
  - Götell
  - Numminem
  - Franke

- **Training and Further education**
  - Götell
  - Numminem
  - Fricke
  - Hartogh
  - Crickmay

- **Integration in music life: Lessons and concerts**
  - Deneire
  - Fricke
  - Crickmay
  - Boele
  - Spalthoff

**Research**
The most important aims

• Care related:
  – facilitate the care
  – Impact on dementia symptoms
    • Decrease agitated behavior
    • Promoting cognition
    • Increase every day function …

• enhancement of the quality of life

• Music related:
  – Maintaining and development of musical skills
  – Conception of musical offers which are optimally adapted to people with dementia
Symptomcluster
Behavioural and psychological symptoms of Dementia (BPSD)

• Affective symptoms (e.g. depression, anxiety)
• Hyperactivity (agitation or restlessness)
• Psychotic symptoms and nocturnal disturbances (delusions, hallucinations)
• Apathy and eating disorders
Study Results: **Less agitated behavior** ...

- **... while listening to music**

- **... while listening to favorite music (significant)**
  - Park, Heeok; Pringle Specht, Janet, K. (2009). Effect of Individualized Music on Agitation in Individuals with Dementia Who Live at Home. In: Journal for Gerontical Nursing – For Nursing Care of Older Adults, 8 (35), S. 47-55

- **... while eating, while music is played**

  - See also research of Götell and Numminem
Degrees of dementia

- **severe**
  - spatial and temporal disorientation, untargeted actions
  - continuous supervision and care required
- **moderate**
  - Limited independence in everyday life
  - Neglect of hygiene and nutrition
- **mild**
  - loss of social and professional capacity
  - largely independent in daily life

Nonverbal communication

- Gestures
- Views
- Touchments
  - tactile
  - auditory (music)
Successful treatment of behavioral disturbances can reduce

• Suffering of the patients
• The burden of the family
• caregiver burden
• economic costs of dementia
Screening and research methodology

• Cognitive deficits (early detection of dementia)
  – Mini-Mental-Status-Test (MMST)
  – DemTect

• Relevant everyday behaviors
  – Nurses` Observation Scale for Geriatric Patients (NOSGER)

• Abnormal behaviour
  – Neuropsychiatric Inventory (NPI)

• Autonomy in Activities of Daily Living
  – Barthel Index

• Quality of life and well-being
  – Dementia Care Mapping

• Conceptualization of interventions which are implemented iteratively in natural settings
  – Design-based research
Comparison of music and memory training
Liesk, J., Hartog, Th. & Kalbe, E. (2011)

- Randomized study
  - target group: people with early-stage dementia

- Methods
  - Pre-post tests (a. o.: NPI, NOSGER, Barthel index, Demtect)
  - Survey of the nursing staff

- Areas surveyed
  - Cognition
  - quality of life
  - everyday functions

- no significant results, but significant developments in individual cases

6 weeks with 12 meetings à 1,5 h
each with 4 groups of 6 participants
Cochrane Analyse 2010

• Analyse of studies which effects of music therapy in the treatment of behavioural, social, cognitive and emotional problems of older people with dementia

• Main result: Ten randomised controlled trials studies were included. The methodological quality of the studies was generally poor and the study results could not be validated or pooled for further analyses.

• Conclusion of the authors: The methodological quality and the reporting of the included studies were too poor to draw any useful conclusions.

• A. C. Vink, M. S. Bruinsma, R. JPM Scholten (2011). Music therapy for people with dementia. The Cochrane Collection
Experience vs. Evidence

• Medical action is based only 20 percent on scientifically proven facts and to 80 percent on experience, skill and psychology.


• In medicine more experience and knowledge should be used, because it makes the medicine more human. False dichotomy: mathematical abstractions in statistical assessments of populations to be a strong emphasis towards individual clinical assessments.

We need a wide range of research methods to legitimize Dementia and Music

• Natural sciences *and* social sciences and humanities: measure and understand.
• Methods which
  – measure the effects of music, music therapy and music education.
  – enters the living environment the vision of people suffering from dementia.
  – enters the experiences of practitioners. ....
• Then we can show
  – that people suffering from dementia have competences and ressources
  – that music increase their well being and quality of life
e. g. Instrumental lessons

Veeh-harp

Piano
Instrumental lesson

• Aims
  – enhancement of the quality of life
  – Learning an instrument

• results (trends)
  – People suffering from dementia can learn to play Veeh-harp
  – Improvement of fine and gross motor control
  – Improvement of cognition

• Research methods
  – Barthel-Index
  – DemTect
  – Box and Block Test
  – Nine-Hole-Peg-Test
Instrumental lesson

- Research method:
  - Design-based Research

- Research of contextual factors for instrumental lessons
  - impaired memory functions
  - perseveration tendency (= pattern formation)
  - unstable attention control
  - communication problems
  - negative attitudes (unmusical, too old...)
  - great sense for atmosphere and ability to really listen to music
  - procedural skills
Important steps for the future

• Development of scientific and practical community
  – International symposiums
  – Interdisciplinary and transnational research and practical projects
  – Publications
  – Communication of research and practice

• Initiation of further education on the topic "Dementia and music"

• Public placement of the theme “Dementia and music” -> WHO: Dementia should be a „public health priority“
music geragogics - Music education for elderly people

(Further education in Germany: Tertiary Certification by the University of Applied Sciences, Münster)

• Concept: 7 weekends, themes: gerontology, biographic work, music and dementia, music practice ....

• Participants: music educators, music therapists, social worker, care staff, volunteers ...

• Locations:
  – Fachhochschule Münster
  – Landesmusikakademie Berlin
  – Landesmusikakademie Sondershausen (Thüringen)
  – Landesverband der Musikschulen in Schleswig-Holstein (Rendsburg)
  – Landeszentrale für Gesundheitsförderung Rheinland-Pfalz (Engers)
  – Verband Bayerischer Sing- und Musikschulen (Hammelburg)
Further education in Germany: „Dementia and music“

- Instrumental lessons with people with dementia
  - Evangelical aid for seniors Duisburg in cooperation with the music and art school and the Alzheimer Society of Duisburg
  - Target group: instrumental teachers

- "On the Wings of Music": people with dementia and their families in the concert hall
  - Institute for Education and Culture Remscheid
  - Two-day training in Berlin, Northern and Southern Germany
  - Target group: concert promoters, managers and Orchestra musicians

- "Music creates relationship“
  - National Centre for Health Promotion in Mainz, in cooperation with the University of Applied Sciences Münster
  - 7 week ends
  - Target group: nurses and social workers

- "Dementia and music“
  - Vita Akademie and Catholic Academy Stapelfeld in cooperation with the University of Applied Sciences Münster
  - 4 week ends
  - Target group: nurses and social workers
Literature Workshops Information presentations of the symposium in PDF

www.musikgeragogik.de

Thank you for your attention!