

Target Area: Behaviour Problems

<p>Lyketsos, Lindell Veiel, Baker & Steele (1999). <i>A Randomized, Controlled Trial of Bright Light Therapy for Agitated Behaviors in Dementia Patients Residing in Long-Term Care.</i> International Journal of Geriatric Psychiatry 14(7): 520-525</p>	<p>PEDro score - 6/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design:</p> <p>Y Study type: RCT with cross-over design.</p> <p>Y Population: n=15, 7% male, M=80.8 years (SD=8.7), Mini-Mental State Examination score 6.4 (SD=6.8), aetiology probable Alzheimer's disease (12/15) and 3/15 with vascular dementia.</p> <p>Y Groups:</p> <ul style="list-style-type: none"> o BLT group o Placebo group <p>No information reported on sample size per group. It is also noted that 8/15 patients completed the study.</p> <p>Y Setting: Nursing home.</p> <p>Primary outcome measure/s:</p> <p>Y Sleep - log of sleep between 8pm and 8am.</p> <p>Y BEHAVE-AD.</p> <p>Y Cornell Scale for Depression.</p> <p>Secondary outcome measure/s:</p> <p>Y None.</p> <p>Result: Increased sleep occurred in the BLT condition from M=6.4 (SD=2.07) to M=8.1 (SD=1.93). No significant decrease in BEHAVE-AD score. No significant decrease in depression.</p>	<p>Aim: To decrease agitated behaviours in people with dementia, using Bright Light Therapy (BLT).</p> <p>Materials: Specified "Bright Lights" and a quiet room for administration.</p> <p>Treatment plan</p> <p>Y Duration: Length of therapy: 4 weeks; total contact time: 28 hours.</p> <p>Y Procedure: 1 session per day (mornings), with 1 hour per session.</p> <p>Y Content:</p> <ul style="list-style-type: none"> • <i>BLT group</i>: 10,000 Lux full spectrum lamp at 3 feet. Patients instructed to keep eyes open and in the direction of the light source, with instructions repeated every 15 mins. Supervised by a staff member. • <i>Placebo group</i>: Identical condition to BLT except for a dim, digital, low frequency blinking light positioned in the middle of the position of the BLT.