

Target Area: Behaviour Problems

<p>Remington (2002). <i>Calming Music and Hand Massage with Agitated Elderly</i>. <i>Nursing Research</i> 51(5): 317-323</p>	<p>PEDro score - 7/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design: Y Studytype: RCT. Y Population: n=68; 13% male, M=82.4 years (62-99 years), severity of dementia ranged from mild (4%) to severe (53%). Y Groups: <ul style="list-style-type: none"> o Calming Music (n=17). o Hand Massage (n=17). o Calming Music + Hand Massage (n=17). o Control (n=17). Y Setting: Nursing home. Primary outcome measure/s: Y Cohen-Mansfield Agitation Inventory(CMAI). Secondary outcome measure/s: Y None. Result: Significant differences between the control and other 3 groups, which showed marked decrease in agitated behaviour. No differences between any of the treatment groups. On the CMAI subscales, differences found on the Physical Nonaggression scale, but not Physical Aggression or Verbal Aggression subscales. Effects were sustained up to an hour following exposure.</p>	<p>Aim: To reduce agitation in nursing home residents, using calming music and hand massage techniques. Materials: Portable compact disc player, New Age arrangement of Pachelbel's Cannon in D. Treatment plan: Y Duration: Length of therapy: 1 session; total contact time: 10 mins. Y Procedure: A single 10 min exposure. Y Content: Therapies conducted either in the resident's room or a familiar lounge room. <ul style="list-style-type: none"> • <i>Calming Music group</i>: Played the New Age version of Pachelbel's Cannon in D, which has 32 beats per min, instead of 88-108 beats in the original orchestral arrangement. Played at a volume between 'piano' and 'mezzo-forte'. • <i>Placebo Hand Massage group</i>: Received 5 mins of massage per hand, using the protocol of Snyder et al (1995), with slow strokes, even rhythm, and light pressure on the back of the hand, palm and fingers. • <i>Combined group</i>: Received the massage while listening to the music. </p>