More Music less meds

CAN WE REDUCE THE USE OF PSYCHOTROPIC MEDICATIONS WITH MUSIC AND OTHER NON-PHARMACOLOGICAL INTERVENTIONS?

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Person Centered Care and Individualized music

Ice Breaker

Find a partner-decide who will be "A" and who will be "B".

Music & Memory

FUNNY HOW A MELODY SOUNDS LIKE A MEMORY

ERIK CHURCH
Music at the Idaho state veterans home

-Oni Kinberg, LCSW, MSSW
-Shawn Miles, Recreation Assistant
-Patsy Lowrey, Music and Memory Coordinator ISVH
--Grant and M+M foundation
and many more (POW/MIA, ALA, many other donations and dedicated staff.
-Alive Inside-screening at the Flicks

How are you already using the power of music

Break into groups of 6-12 people
Answer these questions and report back to group

1. What are the different types of music programs or ways that people who live in your facility access music?
2. Do you have any stories about music and people living in the facility you work in, or other past experiences?
3. Are you already familiar with the music and memory program and individualized music for people who have a dementia process?

5 reasons researchers believe that music boosts brain activity

1. Music evokes emotions that bring memories.
Music can evoke emotions in even the most advanced of Alzheimer’s patients. Neurologist Oliver Sacks says that, “Music evokes emotion, and emotion can bring with it memory... it brings back the feeling of life when nothing else can.” By pairing music with every day activities, patients can develop a rhythm that helps them to recall the memory of that activity, improving cognitive ability over time.
5 Reasons continued

2. Musical aptitude and appreciation are two of the last remaining abilities in dementia patients.

Linda Maguire, lead author on the study wrote, "Musical aptitude and music appreciation are two of the last remaining abilities in patients with Alzheimer's." Because these two abilities remain long after other abilities have passed, music is an excellent way to reach beyond the disease and reach the person.

3. Music can bring emotional and physical closeness.

In the later stages of dementia, patients often lose the ability to share emotions with caregivers. Through music, as long as they are ambulatory, they can often dance. Dancing can lead to hugs, kisses and touching which brings security and memories.

4. Singing is engaging.

The singing sessions in the study engaged more than just the brain and the area related to singing. As singing activated the left side of the brain, listening to music sparked activity in the right and watching the class activated visual areas of the brain. With so much of the brain being stimulated, the patients were exercising more mind power than usual.
Five reasons continued

5. Music can shift mood, manage stress and stimulate positive interactions.

The Alzheimer’s Foundation of America has an entire web page dedicated to music therapy in Alzheimer’s patients. They say that, “When used appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function and coordinate motor movements.” This is because music requires little to no mental processing, so singing music does not require the cognitive function that is not present in most dementia patients.

How Effective is Personalized Music in a Nursing Home Setting?

In spring 2012, we surveyed nursing home professionals who participated in our Music & Memory certification training to learn more about residents’ experiences with personalized music. Here is a snapshot of the survey findings:

How likely are you to recommend this program to other nursing homes?

94% Very likely
6% Somewhat likely
Reduction of Symptoms

Personalized music helped ease residents’ incidents of depression, anxiety and challenging behaviors. Some residents experienced a reduction in pain symptoms when listening to their personalized playlists.

Do you believe that the use of personalized music can help in reducing the use of antipsychotic medications?

Yes 53%
Maybe 44%
No 3%

77 Percent agreed that personalized music enabled better care all or most of the time.

All of the time Most 9%
Of the time 68%
Occasionally24%
All Agreed that personalized music brought greater pleasure all or most of the time.

All of the time 25%
Most of the time 75%

Can music work for your facility?
https://www.youtube.com/watch?v=Uh6uaAljJqKg

Listening together
Benefits to residents and staff

https://www.youtube.com/watch?v=Uh6uARijqkc

Music Appreciation

Groups based on residents expressed favorite types of music.

Concerts and other performances

Elvis experience

Hymns

Special performers

Choirs
Can you add individualized music to your toolbox?

Break into the same groups you were in earlier. Discuss and answer these questions.

If you were to implement a music and memory program who would be the lead person in this project
Can you think of any barriers
Can you think of who would be your best allies/
Would you need any financial support to get this project off the ground

Individualized care for all residents everytime

Here are some bullet points to include for Idaho iCARE.

iCARE worked the state survey agency at Idaho Department of Health & Welfare and the Boise State University Center for the Study of Aging to provide grant writing support to not-for-profit facilities applying for technology mini-grants for person centered care utilization. One grantee was successful in obtaining full-funding requested and will be reporting out on their experience and results at the 2017 Idaho Health Care Association convention. Oneida County Hospital Long Term Care is a shining star of this effort. iCARE plans to continue work to promote the CMP-funded grants with nursing homes across the state.

Individualized care for all residents everytime

Idaho iCARE was invited to participate in a Standards workshop for developing the standards CNAs in Idaho are trained to. iCARE was able to strongly advocate and promote person centered care during this workshop and the results are included in the new standards being developed.
iCare

iCARE supports the Idaho Alzheimer’s Planning Group’s efforts to address the need for improved behavioral care for elders with dementia and has been a co-sponsor of legislation. The goals of this joint effort is to open access to residential assisted living for people living with dementia and with a history of behaviors that may be a danger to themselves or others but that has since been resolved.

iCare

CARE sponsored screening of "The Age of Love" at the 2016 IHCA Convention

Individualized care for all residents everytime

Partnerships were formed, including the collaboration with many other states who have a focus of culture change and person-centered approach, as well as being a great center point for dissemination of information is worth a notable accomplishment mention for 2016. We began with this as a goal and have continued to build on it. Two examples of these partnerships beyond the state of Idaho are:

- Promoting the Oregon Partnership to Improve Dementia Care Webinar in the fall of 2016
- The broad reach for distribution of the http://www.cultureoutcomes.com/resources/toolkit/
Individualized care for all residents everytime

The other very valuable accomplishment is that we still exist and still have bi-monthly coalition meetings to try and keep the up energy and motivation for advocating for culture change in Idaho.

QUESTIONS??????

THANK YOU