Alzheimer's Society Dementia Knowledge Centre Resource List

Therapies for dementia

Record ID 14845
Title: Sounds of nature
Author: Wheelock, Barry
Imprint: Penryn, Cornwall : Calmer By Nature, 2010
Description: 30 minutes
Source: Calmer By Nature, PO Box 3, Merchant House, Commercial Road, Penryn, Cornwall TR10 8AE. Tel: 079 67381299; Email: barry@calmerbynature.com; Website: http://www.calmerbynature.com
Main subject: Therapies
Subjects: Dementia; Therapeutic techniques
Notes: Additional cost of £1.90 for postage and packing
Abstract: A natural sensory therapy CD that captures the sounds of nature from all over Britain. It is designed to be used to create a calming atmosphere and to provide some therapeutic relief to individuals dealing with stress, dementia, insomnia, and other mental health issues.
Class: HJ (WHE)

Record ID 14831
Title: Alzheimer's disease, a multifractorial disorder seeking multitherapies
Author: Iqbal, K
Co-author: Grundke-Iqbal, I
Imprint: 2010
Description: pp 420-424
Source: Alzheimer's & Dementia
Issue: Vol 6 (5) September 2010
Main subject: Dementia research
Subjects: Alzheimer's Associations; Therapies; Brain structure & changes
Notes: Keywords: Alzheimer’s disease subgroups; Cerebrospinal fluid; CSF biomarkers; Aβ1-42; Tau Ubiquitin; Alzheimer disease therapeutics; Neurofibrillary degeneration; ß-amyloid
Abstract: Alzheimer’s disease (AD) is multifactorial and apparently involves several different etiopathogenic mechanisms. There are at least five subgroups of AD on cerebrospinal fluid levels of Aβ1-42, a marker of beta-amylloid (Aβ) plaques, and tau and ubiquitin, two markers of neurofibrillary tangles. These different therapeutic drugs for different disease subgroups might be required. Stratification of AD patients by disease subgroups in clinical trials is critical to the successful development of potent disease-modifying drugs. Levels of disease markers in the cerebrospinal fluid are promising, both in identifying various subgroups of AD and in monitoring the response to therapeutic drugs.
Class: Journals held in library in title order

Record ID 14827
Title: The effects of music therapy on reducing agitation in patients with Alzheimer's disease, a pre-post study
Author: Zare, M
Co-author: Ebrahimi, AA; Birashk, B
Imprint: 2010
Description: pp 1309-1310
Source: International Journal of Geriatric Psychiatry
Issue: Vol 25 Iss. 12 (December 2010)
Main subject: Therapies
Subjects: Music therapy; Dementia; Challenging behaviour; Prevention; Nursing homes

Abstract: In this letter to the editor, the authors report a study conducted in Iran designed to assess the effects of music therapy in patients with Alzheimer’s disease. Although the sample was small, the authors were able to conclude that music therapy does have positive effects in reducing agitation, which is one of the most intrusive behaviours in Alzheimer's disease. They suggest that if nursing homes or other caring centres use music therapy as a daily programme for people with dementia, intrusive behaviours in such patients may be reduced. Tables and statistics.

Class: Journals held in library in title order

Record ID 14808
Title: Efficacy of music therapy treatment based on cycles of sesions: A randomised controlled trial
Author: Raglio, A
Co-author: Bellelli, G et al
Imprint: 2010
Description: pp 90-904
Source: Aging & Mental Health
Issue: Vol.14(8) November 2010
Main subject: Therapies
Subjects: Music therapy; Dementia; Challenging behaviour
Notes: Keywords: Dementia; Behavioural disorders; Music therapy treatment
Abstract: The authors undertook a randomised controlled trial to assess whether a music therapy (MT) scheme of administration, including three working cycles of one month spaced out by one month of no treatment, is effective to reduce behavioural disturbances in severely demented patients. Sixty people with severe dementia (30 in the experimental and 30 in the control group) were enrolled. Baseline multidimensional assessment included demographics, Mini Mental State Examination (MMSE), Barthel Index and Neuropsychiatry Inventory (NPI) for all patients. All the patients of the experimental and control groups received standard care (educational and entertainment activities). In addition, the experimental group received three cycles of 12 active MT sessions each, three times a week. Each 30-min session included a group of three patients. Every cycle of treatment was followed by one month of wash-out. At the end of this study, MT treatment resulted to be more effective than standard care to reduce behavioural disorders. The authors observed a significant reduction over time in the NPI global scores in both groups (F7,357 = 9.06, p < 0.001) and a significant difference between groups (F1,51 = 4.84, p < 0.05) due to a higher reduction of behavioural disturbances in the experimental group at the end of the treatment (Cohen's d = 0.63). The analysis of single NPI items shows that delusions, agitation and apathy significantly improved in the experimental, but not in the control group. This study suggests the effectiveness of MT approach with working cycles in reducing behavioural disorders of severely demented patients. Tables and statistics.

Class: Journals held in library in title order

Record ID 14807
Title: Music and dementia: Observing effects and searching for underlying theories
Author: Spiro, N
Imprint: 2010
Description: pp 891-899
Source: Aging & Mental Health
Issue: Vol.14(8) November 2010
Main subject: Therapies
Subjects: Music therapy; Dementia care; Activities; Challenging behaviour; Non-pharmacological interventions; Quality of life

Abstract: It seems that the power of music as a therapy for dementia may lie in a number of sources: superior retention, attention, arousal, by-passing or triggering failing capacities, and underlying physiologically, neurologically or socially driven emotional effects. The question remains whether some of the effects are generalised from one set of mechanisms, perhaps related to attention and arousal, whether each behavioural response has its source in a different underlying process, and how the relationship between quality of life and ‘health’ effects of music should be treated. Indeed, though distinctions are made between music therapy and activities, the boundaries seem more flexible than suggested by the definitions. The basic research has begun, and the field is now ready for a deeper exploration of the processes underlying its success. The future for this non-pharmaceutical approach seems promising.

Class: Journals held in library in title order

Record ID 14796
Title: A promising therapy
Author: Bradley, C
Imprint: Alzheimer's Society, 2010
Description: pp 20-21
Source: Living with dementia- magazine of the Alzheimer's Society
Issue: December 2010/January 2011
Main subject: Therapies
Subjects: Therapeutic techniques; Early stage dementia; Rehabilitation; Support
Abstract: A large proportion of people with dementia often find that they withdraw from activities and hobbies which they used to enjoy. The author looks at recent research funded by the Society into cognitive rehabilitation which is designed to encourage and support people with dementia to set themselves goals, such as resuming a favourite activity or hobby. In particular, the research demonstrated that this therapy can help people in the early stages of Alzheimer's disease.

Class: Journals held in library in title order

Record ID 14792
Title: Brightening up the day
Author: Bishop, L
Imprint: Alzheimer's Society, 2010
Description: pp 14-15
Source: Living with dementia- magazine of the Alzheimer's Society
Issue: December 2010/January 2011
Main subject: Therapies
Subjects: Therapeutic techniques; Music therapy; Physical activities
Abstract: The subject of this article is Singing for the Brain, a service which was developed by Alzheimer's Society's West Berkshire office in association with the University of Reading. The service was designed to encourage people with dementia and their carers engage positively with others through group singing, as well as related physical and memory exercises. In particular, the article focuses on the Singing for the Brain group in Salisbury, one of more than thirty such groups run by the Society across England and Wales.

Class: Journals held in library in title order

Record ID 14722
Title: Reaching out- reflection on an inpatient therapy group for people with moderate to severe dementia
Author: Genziani, M
Co-author: Goodwin, C
Movement as the medium for connection, empathy, playfulness

Dance therapy as a profession began in the United States in the 1940s, when psychiatrists began to explore the use of group therapy to treat the increasing numbers of traumatised returning servicemen. Dance therapy is particularly appropriate in working with people with dementia because the therapists' training and skills in the non-verbal area enable them to meet the person with dementia in his or her world. In acknowledging the person's physical, emotional, social and spiritual selves, dance therapy helps with integration and a sense of cohesion. A separate box describes two examples which illustrate the benefits of dance therapy for people with dementia: 'Do you know who this is?' and 'Reaching out'.
**Abstract:** The physical care of people with dementia is of vital importance, but so too is their emotional, social, mental and spiritual wellbeing. The creative arts are gaining increasing recognition not only as a tool for delivering effective person-centred dementia care, but also for attending to soul as well as body. This practical book provides a creative map of care with easy-to-follow examples and detailed case studies. The authors discuss meditation, singing, movement and storytelling in turn describing the therapeutic benefits of each. They also look at the importance of creative supervision in promoting creativity and creating a safe space for honest interpersonal connection. This book is an essential foundation for effective teamwork.

**Class:** HJ (Hay)

**ISBN:** 9781849050562
objectives of the National dementia strategy. The authors conclude that, whilst music therapy has been an unqualified success so far, there is much more support that music therapists can do to support those with dementia and their families, especially in palliative care. Includes case studies and a definition of dementia care mapping.

Title: Non-pharmacological approaches for dementia that informal carers might try or access: A systematic review

Abstract: Objective: To review non-drug treatments for dementia; to provide a source of evidence for informal carers who want ideas about non-drug approaches for dementia, that they might try or that they could try to access. The systematic review addresses: what non-drug treatments work and what do they work for? What non-drug treatments might work and what for? What non-drug treatments do not work? Methods: Literature searches of seven electronic databases (AMED, CINAHL, EMBASE, MEDLINE, PSYCINFO, Cochrane Library of Systematic Reviews and DARE) were carried out in November 2007 using the following search terms (or derivatives): dementia/Alzheimer's AND Review AND non-drug therapies and aimed at finding systematic reviews. Results: 33 reviews were identified; 25 were judged to be high or good quality. Studies within these systematic reviews were characterised by weak study designs with small sample numbers. Three interventions were found to be effective for use with particular symptoms of dementia: music or music therapy, hand massage or gentle touch and physical activity/exercise. Conclusions: Whilst informal carers can apply some of the interventions highlighted in the home setting at little or no cost to themselves or to health or social care services, others are likely to require training or instruction. Service providers and commissioners should explore current and future provision of more structured group activities for people with dementia; in particular the provision of group music therapy and group exercise activities that meet the needs of both the person with dementia and their carer.

Knowledge and practices of dementia patients across Sussex in relation to vitamin and herbal extract use

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Tables and summary of key points. [Abstract]
Abstract: In this research letter, the authors present the findings of a recent study which they carried out into the knowledge and practices of dementia patients who attend memory clinics across Sussex with regard to the use of complementary therapies such as over the counter vitamins and herbal extracts. Amongst their findings, the authors discovered that a the majority of patients who take vitamins and herbal extracts have not discussed their use with their doctors. They believe that this is a serious problem as the non-disclosure of their use will contribute to the low level of knowledge about possible side effects among both patients and their carers. Consequently, they argue for a series of educational programmes to better inform patients, carers and doctors about the potential side effects, as well as their lack of proven efficacy. Tables and statistics.

Record ID 14299
Title: Update on the biomarker core of the Alzheimer's Disease Neuroimaging Initiative subjects
Author: Trojanowski, JQ
Co-author: Vandeerstichele, H et al
Imprint: 2010
Description: pp 230-238
Source: Alzheimer's & Dementia
Issue: Vol 6 (3) May 2010
Main subject: Dementia research
Subjects: Research in dementia; Diagnostic imaging; Alzheimer's disease; Mild cognitive impairment
Notes: Keywords: Alzheimer's disease; Cerebrospinal fluid; Plasma; Biomarkers; Mild cognitive impairment
Abstract: The authors review progress by the Penn Biomarker Core in the Alzheimer's Disease Neuroimaging Initiative (ADNI) towards developing a pathological cerebrospinal fluid (CSF) and plasma biomarker signature for mild Alzheimer's disease (AD) as well as a biomarker profile that predicts conversion of mild cognitive impairment (MCI) and/or normal control subjects to AD. The Penn Biomarker Core also collaborated with other ADNI cores to integrate data across ADNI to temporally order changes in clinical measures, imaging data, and clinical biomarkers that serve as mileposts and predictors of the conversion of normal control to MCI as well as MCI to AD, and the progression of AD. Initial CSF studies by the ADNI Biomarker Core revealed a pathological CSF biomarker signature of AD defined by the combination of Abeta1-42 and total tau (T-tau) that effectively delineates mild AD in the large multisite prospective clinical investigation conducted in ADNI. This signature appears to predict conversion from MCI to AD. Data fusion efforts across ADNI Cores generated a model for the temporal ordering of AD biomarkers which suggests that Abeta amyloid biomarkers become abnormal first, followed by changes in neurodegenerative biomarkers (CSF tau, F-18 fluorodeoxyglucose-positron emission tomography, magnetic resonance imaging) with the onset of clinical symptoms. The timing of these changes varies in individual patients due to genetic and environmenal factors that increase or decrease an individual's resilience in response to progressive accumulations of AD pathologies. Further studies in ADNI will refine this model and render the biomarkers studied in ADNI more applicable to routine diagnosis and to clinical trials of disease modifying therapies. Tables and statistics. [Abstract]

Record ID 14266
Title: Primrose: An Alzheimer's Society branch on wheels
Author: Feeney, J
The subject of this article is the Cardiff Carers’ Information, Support and Wellbeing bus, more popularly known as Primrose. This service was developed by Alzheimer’s Society services in Cardiff in 2007 with the aim of relieving the stress associated with caring for someone with dementia through a variety of complementary therapies; for example, reflexology and Indian head massage. The authors, all of whom are involved in the project, explain why they decided upon complementary therapies and how they monitor and evaluate the effectiveness of this service. They also outline the benefits which this service has brought to carers in the Cardiff area and includes unattributed comments from a number of service users.

Music in the air

This brief article looks at the power of music and how it can be used to interact with and stimulate older people whose other abilities and memories have been lost. However, the author points out that there are also examples of very poor practice when using music in care homes and day centres; for example, the same CD being played on a continuous loop. She also expresses her surprise that, considering the positive effect that music can have on older people, very little time and resources are invested in ensuring that care homes are making the best use of music. She explains that this lack of creativity is why the National Association for Providers of Activities for Older People (NAPA) is promoting a new annual challenge entitled ‘Music in the air’, due to take place in June 2010, which invites care homes to find creative ways to bring music to life, instead of through the traditional sing-along sessions and visiting entertainers. For further information about ‘Music in the Air’, please visit info@napa-activities.co.uk

The impact of different dog-related stimuli on engagement of persons with dementia

This study examined the impact of different dog-related stimuli on engagement of persons with dementia. The authors compared the effects of different stimuli, such as watching a dog, petting a dog, and playing with a dog, on the engagement and behavior of persons with dementia. The results showed that all three stimuli increased engagement and reduced agitation, with the highest levels of engagement observed when petting a dog. The authors concluded that incorporating dog-related activities into care plans can improve the quality of life for persons with dementia.
Abstract: Objective: To provide further empirical evaluation of the effectiveness of animal-assisted therapy in nursing home residents with dementia. Methods: Participants were 56 residents of two suburban Maryland nursing homes and had a diagnosis. Activities of daily living performance was assessed via the minimum data set and cognitive functioning assessed using the Mini-Mental State Examination. Engagement with dog-related stimuli was systematically assessed via the observational measurement of engagement. Results: Mean engagement duration was significantly lower for the small dog. Highest mean engagement duration was found for the puppy video, followed by the real dog and lowest was for the dog-coloring activity. Positive attitudes were found toward the real dogs, robotic dog, the puppy video, and the plush dog. No significant differences were found in engagement duration among our dog-related stimuli. Conclusions: Nursing homes should consider animal-assisted therapy and dog-related stimuli, as they successfully engage residents with dementia. Tables and statistics. [Abstract]

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www.alzheimers.org.uk/dementiacatalogue

Email knowledgecentre@alzheimers.org.uk
Tel 0845 130 2545

Leading the fight against dementia