C5-13: The Effect of Music on Pain for Home-Dwelling Persons with Dementia

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Presentation Preference: Late Breaker poster submission

Abstract Categories:
Research Interest Groups (RIGs): Aging/Gerontology

Abstract:
Introduction: The purpose of this study was to examine the effect of music on pain for home dwelling elders with dementia. The following research hypotheses were tested in this study: Hypothesis 1: Persons with dementia will experience lower pain scores while listening to music than before listening to the music. Hypothesis 2: Persons with dementia will experience lower pain scores during the music intervention weeks than during the no music intervention weeks.

Method(s): A quasi-experimental design was used. A non-probability convenience sample was used. Persons with dementia were recruited from the Alzheimer Association and assisted living facilities. A total of 15 patients with dementia participated in this study. The sample size was determined by power calculation based on Cohen effect-size formulas using a power of 0.70 and a moderate effect size. Persons with dementia living at home participated in this study. During the music intervention weeks, the subjects listened to their preferred music played by family caregivers for 30 minutes prior to peak agitation time, two times a week for two weeks, followed by no music for two weeks. The process was repeated one more time. The subjects’ preferred music was assessed using Assessment of Personal Music Preference. Peak agitation time was measured using the modified Cohen-Mansfield Agitation Inventory. Pain level was measured for 90 minutes (30 minutes before, while, and after listening to music) during music intervention period by family caregivers using modified Pain Assessment in the Dementing Elderly. During no music intervention weeks, pain level was also measured for 90 minutes. One factor repeated measures ANOVA was conducted to analyze the data. A non-probability convenience sample are the limitations of the study.
**Results:** Mean pain levels were significantly lower while listening to 30 minutes of music than before listening to the music. There was no significant difference in mean pain level between music intervention weeks and no intervention weeks.

**Discussion & Conclusions:** Listening to preferred music is encouraged to control pain in home-dwelling clients with dementia. There is a need to compare the effect of music on pain between nursing homes and clients’ homes.

**Abstract History:**
This abstract has been published or accepted for publication.
Pain Management Nursing In Press

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