

Target Area: Anxiety, Depression, Stress & Adjustment/ Behaviour Problems / Multiple Problems

<p>Kolanowski, Buettner, Costa & Litaker (2001). <i>Capturing Interests: Therapeutic Recreation Activities for Persons with Dementia. Therapeutic Recreation Journal</i> 35(4): 220-235</p>	<p>PEDro score – 5/10</p>
<p>Method/Results</p> <p>Design:</p> <p>Y Study Type: Cross over comparison study using participants as their own control (order of conditions randomly assigned).</p> <p>Y Population: Residents of nursing homes with dementia (40% male, M=89.4 years, SD=6.6, MMSE mean score=10.2; SD=7.1).</p> <p>Y Groups: One group only (participants served as their own controls).</p> <p>Y Setting: Nursing home.</p> <p>Primary outcome measure/s:</p> <p>Y Engagement:</p> <ol style="list-style-type: none"> 1. Time S involved in activity 2. Intensity (from 0 “dozing” to 3 “physically/verbally engaging in activity). <p>Y Affect:</p> <ol style="list-style-type: none"> 1. Philadelphia Geriatric Center Affect Rating Scale (ARS). 2. Dementia Mood Picture Test (DMPT) (rate each of 6 faces to indicate mood). <p>Y Dementia behaviours assessed using Cohen–Mansfield Agitation Inventory (CMAI) (carer rated).</p> <p>Secondary outcome measure/s:</p> <p>Y None.</p> <p>Results: Time on task, displays of positive affect greater during treatment. Also fewer days displaying dementia behaviours.</p>	<p>Rehabilitation Program</p> <p>Aim: To select activities for patients with dementia that match skill level and personal interest so as to increase mood and decrease aggressive behaviours and agitation.</p> <p>Materials: MMSE, Neo Five factor personality inventory (N–5), Psychogeriatric Dependency Scale (PDS) (for assessing cognitive level and personality). Materials for activities depending on those chosen e.g. Materials for making “pleasure books” “feeling bag” materials for “reminiscent group”.</p> <p>Treatment plan:</p> <p>Y Duration: 12 days.</p> <p>Y Procedure: 20 minutes sessions each day.</p> <p>Y Content: Patients assessed using MMSE, N–5 and PDS 3 treatment activities selected to match physical and cognitive skill levels and interests (latter categorised as those appealing to “mainstream consumers”, “creative interactors”, “introspectors”, “homebodies”).</p>