

Target Area: Behaviour/Emotion > Agitation

<p>Moyle, W.,Cooke, M.L., Beattie, E., Shum, D.H.K., O'Dwyer, S.T. &amp; Barrett, S. (2014).Foot massage versus quiet presence on agitation and mood in people with dementia: A randomised controlled trial <i>International Journal of Nursing Studies</i>, 51(6), 856-864.</p>	<p>PEDro score – 8/10</p>
<p>Method/Results</p>	
<p><b>Design</b></p> <ul style="list-style-type: none"> <li>➤ <b>Study Design:</b> RCT</li> <li>➤ <b>Population:</b> n=53 (35 females; mean age 86.5; range 74-103) patients with moderate to late stage dementia and recent history of agitation living at long-term care facility.</li> <li>➤ <b>Groups:</b> <ol style="list-style-type: none"> <li>1. Foot massage intervention (n=25)</li> <li>2. Quiet presence control (n=28)</li> </ol> </li> <li>➤ <b>Setting:</b> Five long-term care facilities in Brisbane, Australia.</li> </ul> <p><b>Primary outcome measure:</b></p> <ul style="list-style-type: none"> <li>➤ Cohen-Mansfield Agitation Inventory</li> </ul> <p><b>Secondary outcome measures:</b></p> <ul style="list-style-type: none"> <li>➤ Observed Emotion Rating Scale – mood measure</li> </ul> <p><b>Results:</b> Both intervention and control groups showed a significant increase in agitation from baseline to post-treatment, with a greater increase in the quiet presence group. There was no significant difference between groups on OERS mood ratings. These results do not demonstrate any benefit from foot massage as a complimentary therapy for improving agitation and mood in people with dementia.</p> <p><b>Prepared by:</b> Kaitlin Fitzgerald, University of Newcastle</p> <p><b>Checked by:</b> Tim Regan, University of Newcastle</p>	<p><b>Aim:</b> To evaluate the effectiveness of foot massage as a complimentary treatment for improving agitation and mood in people with moderate to late-stage dementia who are living in long-term care.</p> <p><b>Materials:</b> Printed questionnaires, unscented sorbolene for massage lubricant, standardised procedural manuals for both treatments.</p> <p><b>Treatment Plan:</b></p> <ul style="list-style-type: none"> <li>➤ <b>Duration:</b> An average of 12 massage sessions (2 hours total) in the massage treatment group, and an average of 14 sessions (2 hours, 20 minutes total) in the quiet presence group, over 3 weeks.</li> <li>➤ <b>Procedure:</b> Participants were randomly allocated by computer to receive either 10 minute foot massages (intervention group) or 10 minute quiet presence sessions (control group). After a 3-week wash-out period each participant then received the alternative treatment.</li> <li>➤ Agitation and mood was rated by care staff at baseline (within 2 weeks prior to commencement) and post-treatment (within one week of completion). Written observations were recorded at the end of each treatment session by intervention assistants to measure safety and tolerability.</li> <li>➤ <b>Content:</b> The intervention involved a 5 minute light-pressure massage of each foot using long, rhythmical strokes and flexion, extension and rotation of the toes, foot and ankle by trained massage therapists.</li> <li>➤ The control comprised trained assistants sitting quietly near the participant's feet for 10 minutes without talking or making physical contact with the participant.</li> </ul>



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