

## Target Area: Behaviour Problems

<p>Toseland, Diehl, Freeman, Manzanares, Naleppa et al. (1997). <i>The Impact of Validation Group Therapy on Nursing Home Residents with Dementia</i>. <i>Journal of Applied Gerontology</i> 16(1): 31-50</p>	<p>PEDro score - 5/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design:</p> <p>Y Studytype: RCT.</p> <p>Y Population: n=88, 14% male, M=87.8 years (SD=5.95), errors on Short Portable Mental Status Exam M=7.43 (SD=2.10).</p> <p>Y Groups:</p> <ul style="list-style-type: none"> <li>o Validation Therapy (n=31).</li> <li>o Social Contact (n=29).</li> <li>o Usual care (n=28).</li> </ul> <p>Y Setting: Nursing home.</p> <p>Primary outcome measure/s:</p> <p>Y Multidimensional Observational Scale for Elderly Subjects (MOSES) - subscales: self-care, disorientation, depression, irritability, withdrawal.</p> <p>Y Cohen-Mansfield Agitation Inventory (CMAI).</p> <p>Y Geriatric Indices of Positive Behaviour (GIPB).</p> <p>Y Minimum Data Set (MDS).</p> <p>Secondary outcome measure/s:</p> <p>Y None.</p> <p>Result: Significant decrease in depression scale of MOSES for Validation Group; both Social and Validation groups showed decrease in verbal aggression on CMAI. Authors concluded there is "limited support for the effectiveness of validation therapy for nursing home residents with dementia".</p>	<p>Aim: To reduce problem behaviours and increase positive interactions in nursing home residents, using Validation Therapy vs Social Contact.</p> <p>Materials: Manual of activities for Social Contact group.</p> <p>Treatment plan:</p> <p>Y Duration: Length of therapy: 52 weeks; total contact time: 104 hours.</p> <p>Y Procedure: 4 sessions per week; 30 mins per session.</p> <p>Y Content:</p> <ul style="list-style-type: none"> <li>• <i>Validation Therapy group</i>: A multicomponent intervention to encourage people with dementia to continue communicating by using memory fragments and other aspects of intact cognitive, affective and motoric functions. Group leaders were given training and ongoing supervision during the project. Group interaction is highly interactive and relatively structured. Uses 4 x 5 -10 min segments as follows:             <ol style="list-style-type: none"> <li>1. Start by fostering warm greetings, holding hands and singing a song.</li> <li>2. Interaction by focusing on topics and reminiscing.</li> <li>3. Program activity.</li> <li>4. Passing out refreshments and closing the group.</li> </ol> </li> <li>• <i>Social Contact</i>: 1 activity conducted each meeting following a manual with 54 activities in 8 categories: music, art, literature and writing, dance / exercise, games / trivia, holiday / event planning, discussion and other group activities.</li> <li>• <i>Usual Care</i>: Participated in social and recreational program offered by the facility.</li> </ul>