

Impact of Music on Patients with Alzheimer's Disease

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There have been studies on the effectiveness of music intervention with patients that have Alzheimer's disease. There are many nonpharmacological interventions that we can implement for patients to reduce behaviors in patients with Alzheimer's Disease (Bufalini et al., 2022).

There has been extensive research on how music has helped improve cognitive function and creates a sense of peace with patients with Alzheimer's Disease (Bufalini et al., 2022). Now, caregivers of patients with Alzheimer's Disease have been merged into this type of therapy and this has shown more progress for patients with Alzheimer's (Bufalini et al., 2022).

Effects of a Personalized Music Intervention for Persons with Dementia and their Caregivers

This research was conducted to see the effects of music on a person with dementia or Alzheimer's disease (Bufalini et al., 2022). The main goal of this research study was to use research data to back up ideas on how music can help with depression and anxiety in people who have dementia (Bufalini et al., 2022). This research is significant and will help researchers and caregivers in the future know how to deal with depression and anxiety in patients and can help the root cause of some behaviors that patients might have (Bufalini et al., 2022). The results of this research found positive findings and observations from a patient and caregiver standpoint (Bufalini et al., 2022).

Key Points

(Bufalini et al., 2022) conducted a study on patients in a nursing home and used the caregivers and the residents as the test subjects. They had both caregivers and residents in a nursing home in Pennsylvania be test subjects in this study (Bufalini et al., 2022). They had 8 different sessions with different types of music for each of the pairs of one caregiver and one resident (Bufalini et al., 2022). These were personalized sessions for each group that consisted of different genres of music (Bufalini et al., 2022). While they were in these sessions, the recorder would make observations about the behaviors between the caregiver and the resident, these included physical touch, eye contact, posture, breathing, verbal communication, and facial expressions (Bufalini et al., 2022). After these sessions, the recorder had the caregivers fill out a post session questionnaire and they recorded this data into their findings (Bufalini et al., 2022). The results of this study were positive, the caregivers reported that they felt less stressed after

having these music sessions and that the residents had a positive response to this therapy and that they were not going to incorporate a music room in their facility for resident and staff members to use (Bufalini et al., 2022). They used a quantitative research approach called the Wilcoxon Signed Rank test to collect their data (Bufalini et al., 2022).

Assumptions

The researcher had assumptions of this study to have a positive outcome. They expected that the musical interventions for caregivers and residents were going to decrease the level of depression and anxiety in both parties (Bufalini et al., 2022). When the research results came back, they were to be expected. (Bufalini et al., 2022) reported, "... approaches have tended to focus exclusively on the person with dementia rather than integrating caregivers". The author believed beforehand that this music therapy would help caregivers as well.

Deficit/Conclusion

I accept the author's reasoning and observations of this study and I believe that their findings will truly help caregivers and patients have less anxiety and depression. We can see that music therapy is one way that we can use nonpharmacological measures to help patients relax and to feel at peace. There are multiple studies that are being conducted to back this research and hopefully soon, we will be able to see a shift of using medication into using music therapy as a coping mechanism. I believe that if we do not implement music therapy as an option for all patients with dementia or Alzheimer's disease, there will be an increased amount of depression and anxiety for these individuals.

à **THIS IS WHERE PART 1 ENDS! THE NEXT SECTION (SECOND ARTICLE TITLE HERE) IS WHERE PART 2 BEGINS!**

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Key Points

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Assumptions

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Deficit/Conclusion

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Deficit/Conclusion

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Conclusion

Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles.

Discuss how the information can improve:

- Patient outcomes
- Nursing practice

- Evidence-based practice/Quality Improvement efforts
- Healthcare as a whole

References

Bufalini, J., Eslinger, P., Lehman, E., & George, D. R. (2022). Effects of a Personalized Music Intervention for Persons with Dementia and their Caregivers. *Journal of Alzheimer's disease reports*, 6(1), 43–48. <https://doi.org/10.3233/ADR-210043>