

Social Participation and Communication with Reminiscence Intervention



Cynthia Sanchez OTR, OTDS

SETTINGS AND BACKGROUND

Dementia triggers a decline in thinking skills, severe enough to impair daily life, independent function, behavior, feelings, and relationships (Alzheimer Association, 2020). Due to the limitation in cognitive and behavioral abilities, it is difficult for patients to engage in self-care, leisure, social activities, and meaningful tasks. Residents in skilled nursing facilities typically demonstrate behaviors such as "aggression, anger, depression, anxiety, wondering, sleep issues and sundowning" (Alzheimer's Association, 2020). Older adults may experience isolation due to living alone, chronic illness, loss of a significant other, difficulty moving, decreased income and decreased ability to drive (Wilson and Moulton, 2010). Reminiscence intervention is described as a care system that involves receptiveness and empathy in listening to past experiences and memories of elderly patients (Nakamae, Yotsumoto, Tatsumi, & Hashimoto, 2014). Reminiscence intervention allows communication, sharing memories about the resident's life and experiences, create an opportunity for the occupational therapist to communicate, provide positive feedback, and create meaningful tasks. The purpose of this evidence-based project program is to determine if reminiscence intervention improves participation and communication for patients with mild to moderate dementia.

PIO QUESTION

Does the use of reminiscence intervention in a skilled nursing facility provide improved participation and communication for patients with mild to moderate dementia?

SIGNIFICANCE

This project design is a client-centered, occupation-based, evidence-based project. Reminiscence focuses on a person's past experiences, memories, thus by engaging residents to participate in meaningful tasks that have value to a patient the potential to increase communication and social participation increases.

REFERENCES

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LITERATURE REVIEW

Woods (2012) concluded that cognitive stimulation is useful for improving social interaction and quality of life. Woods et al. (2018) concluded reminiscence therapy could improve the quality of life, cognition, communication, and possibly mood in people with dementia in some circumstances. Smallfield & Mollitor (2018) found that interventions that support social participation and leisure engagement might decrease social isolation, loneliness and improve well-being. The literature provides a mixed review on the usefulness and effectiveness of reminiscence intervention.

METHODS

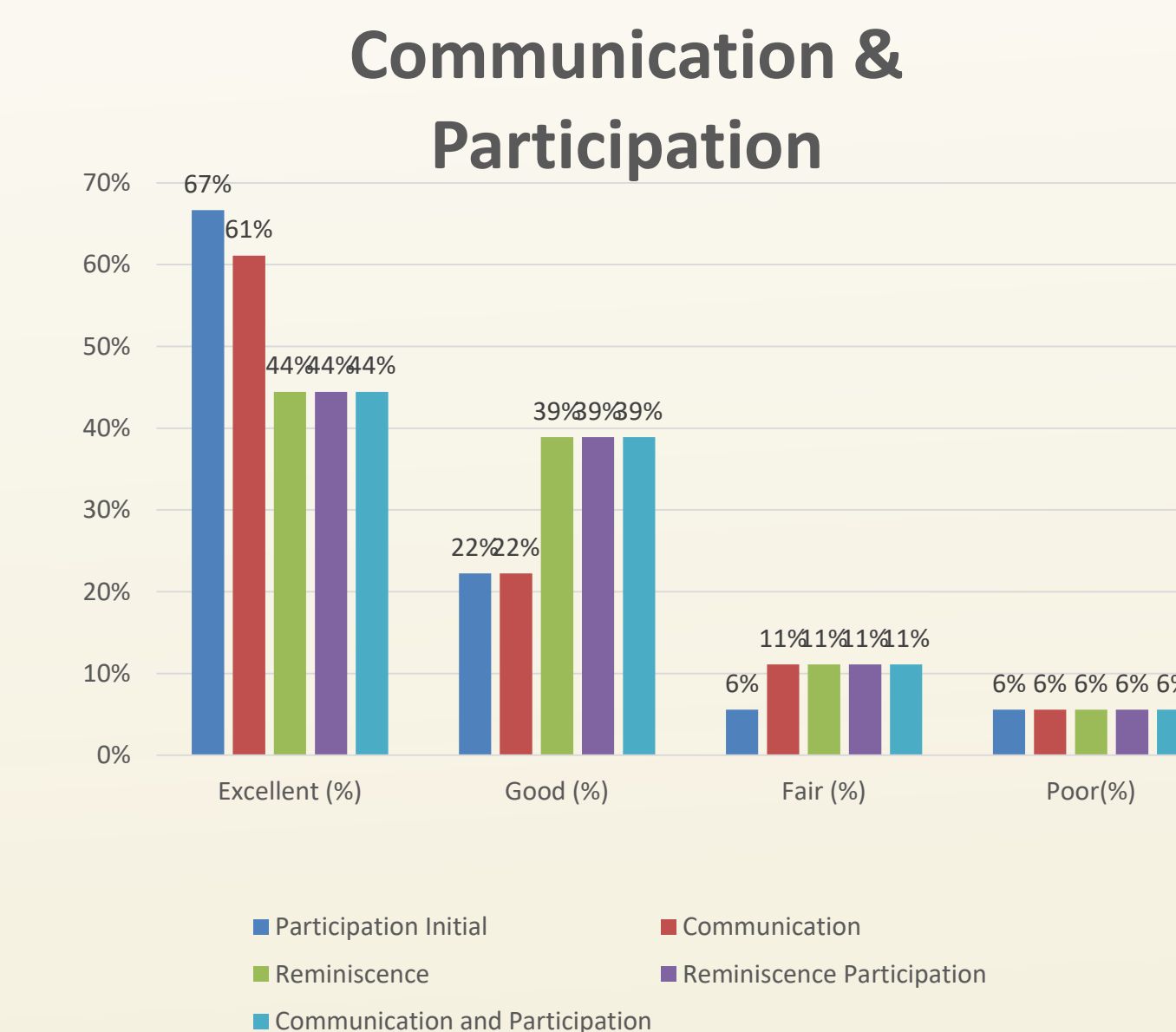
There were three parts to the reminiscence intervention.

Part 1: The first part of the reminiscence intervention was to determine in residents met the criteria of 65 years of age, living in the skilled nursing facility, and mild to moderate dementia as determined by administering the Saint Louis University Mental Status Examination (S.L.U.M.S)

Part 2: Residents at the skilled nursing facility selected a photo scrapbook activity to participate in reminiscence intervention. The occupational therapist called family members to give photographs to residents for participants. Residents participated in thirty-minute reminiscence intervention three-times-a-week for two-weeks.

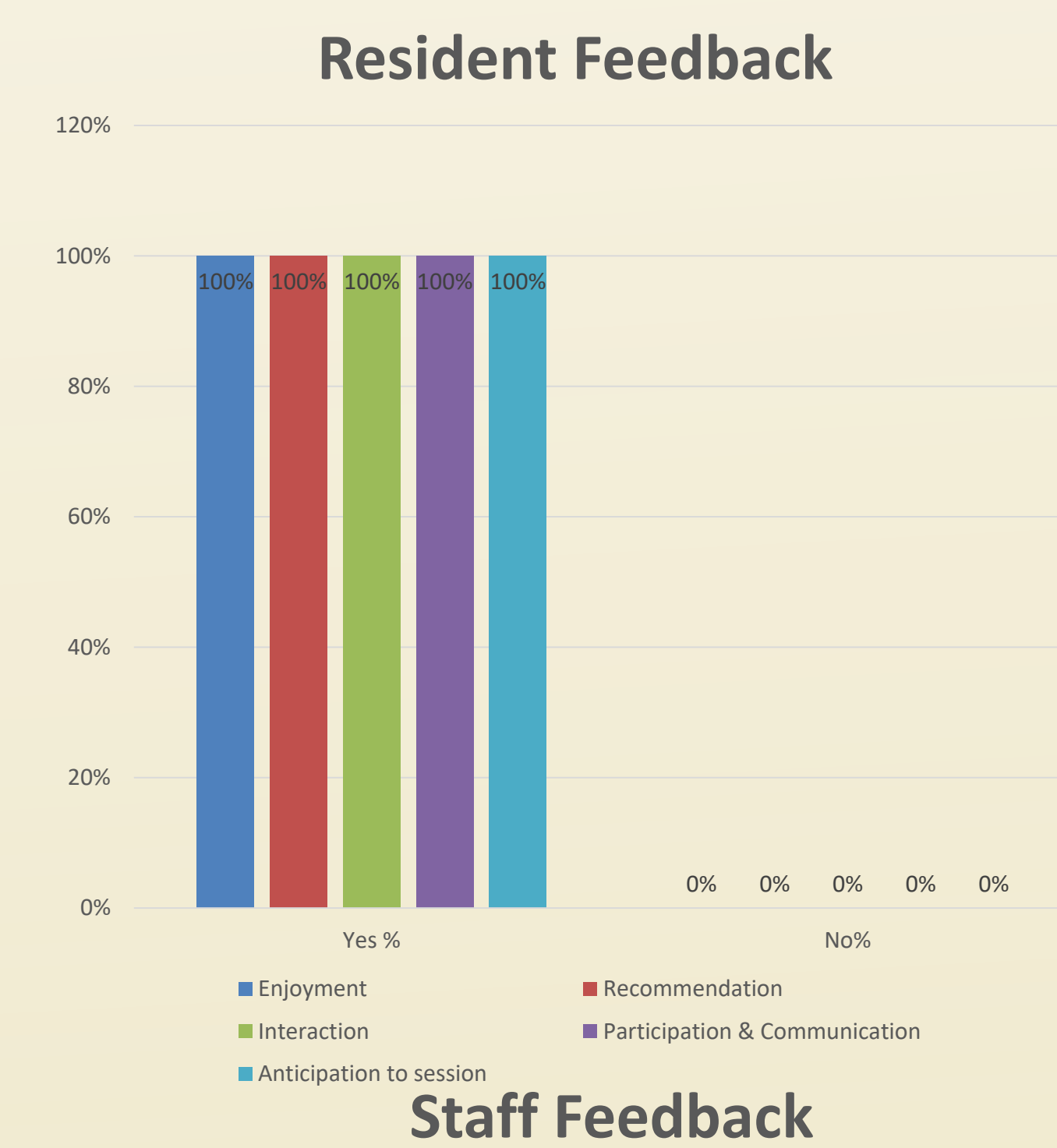
Part 3: Residents, family members, and staff members asked to fill out a Likert questionnaire to reflect the resident's level of communication and participation with reminiscence intervention. Questionnaires also reflected the resident's level of enthusiasm, communication outside treatment session, and participation compliant. The occupational therapist provided surveys in English and Spanish.

RESULTS

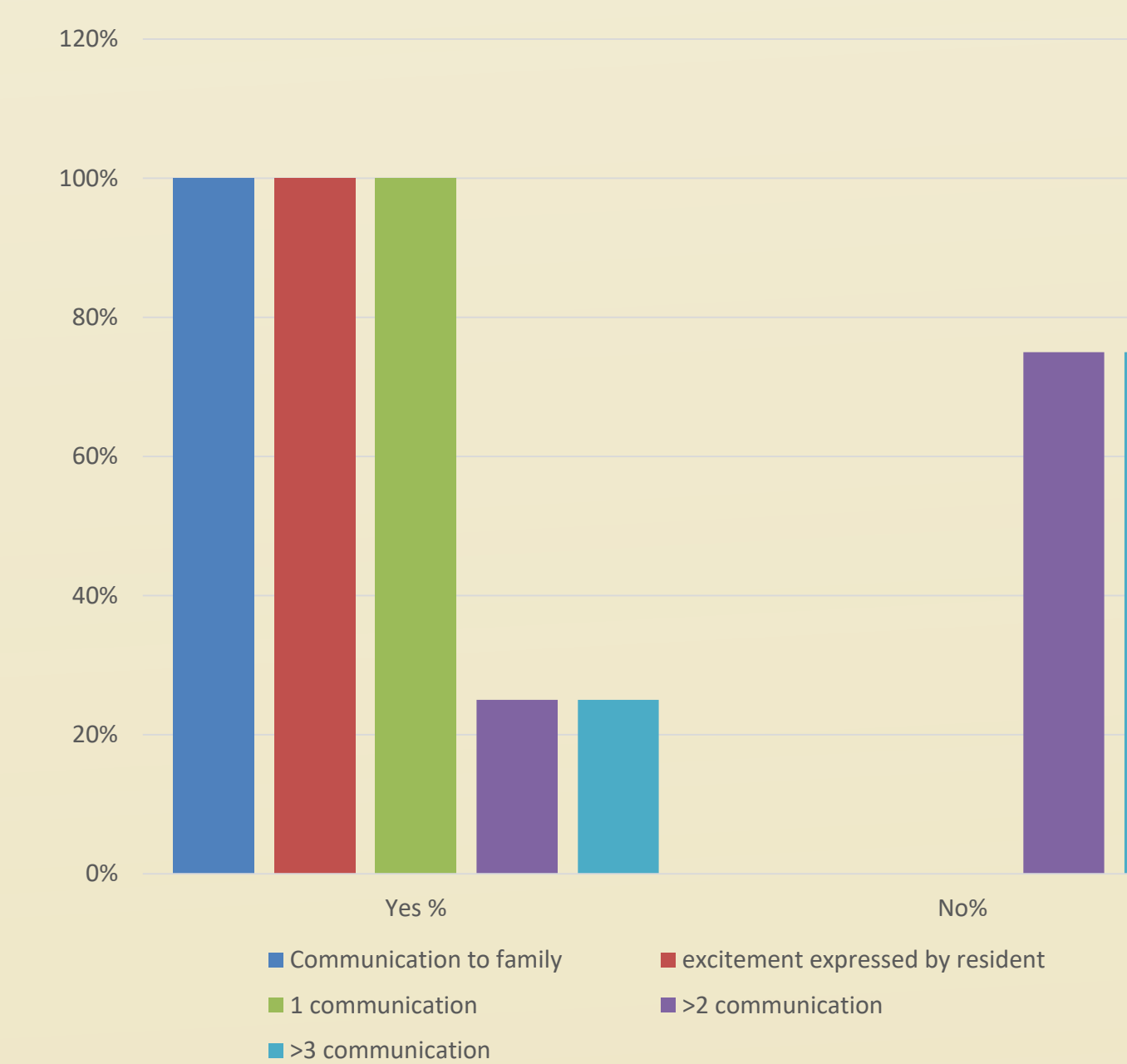


Overall response of communication and participation of the treatment session.

44% reported excellent
39% reported good
11% reported fair
6% reported poor.



100% of residents reported enjoyment in participation in the reminiscence intervention photo collage.
100 % of the residents requested to continue participating in reminiscence intervention tasks beyond the capstone project



100% of the participants communicated with family members outside of the skilled nursing facility
100% of staff members reported residents communicated with them regarding their participation

SUMMARY

Residents demonstrated improved communication and participation during treatment sessions using photographs during reminiscence intervention. Results provide an opportunity for future exploration and expansion of reminiscence intervention to improve communication and participation with residents with mild to moderate dementia.