

Increasing Staff Awareness of Music Efficacy in Management of Dementia Related Neuropsychiatric Symptoms by Use of The MIDAS Assessment Tool.

Dementia is one of the leading healthcare challenges of the 21st century, with an estimated 5.7 million Americans living with the condition. Neuropsychiatric symptoms can be challenging to deal with, and they often lead to increased levels of stress and anxiety for caregivers. Music therapy can help minimize neuropsychiatric symptoms, such as depression, anxiety, and agitation among people with dementia. Despite this evidence, many staff members are unaware of the efficacy of music therapy for these symptoms and may not recommend it to their patients.

The objective of this project is to recommend a policy for the acute care agency's geriatric unit to implement and sustain music therapy through the use of the Music In Dementia Assessment Scale (MIDAS) assessment tool to identify dementia patients who are receptive to music therapy.

Synthesis and Analysis

MIDAS measures the effect of music on a patient through the recording of target behaviors in a dementia patient before exposure to music and after exposure to music. Music has been shown to have a beneficial impact on neuropsychiatric symptoms common in dementia, yet little is known about staff awareness or perceptions of its efficacy. Gerdner's Mid-Range Theory proposes an individualized music program based on a person's preference.

Implementation Process

The implementation process for this project involves creating a policy that utilizes MIDAS to increase staff awareness of music benefits to dementia patients. The policy is

referenced in Appendix H. A selected group of five experts will evaluate the policy. The experts include an academic, a nurse manager, a case worker, a nurse clinician and a psychiatrist.

Evaluation Criteria

The selected experts evaluated the developed policy using an evidence-based questionnaire. The AGREE II form, a 5-point Likert scale, was used by the experts for this evaluation.

Outcomes: The policy was sent to the experts and the outcome has been disseminated through a bar graph and a pie chart in appendix J.

Recommendations

The developed policy will inform nursing staff and care management collaborators of the effect of music on dementia patients by use of the MIDAS tool. The use of this scale in inpatient and care settings will identify patients with an appreciation for music and this clear data will inform implementation of music therapy for dementia patients.

KEYWORDS: *MIDAS, DEMENTIA, NEUROPSYCHIATRIC SYMPTOMS, AGREE II*