



# Improvement of Quality of Life for Nursing Home Residents through the "Music & Memory" Program

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# Improvement of Quality of Life for Nursing Home Residents through the “Music & Memory” Program

- Tennessee Technological University Whitson-Hester School of Nursing, Cookeville, TN
- \$165,950.97
- 6 Long-Term Care facilities
  - Bethesda Health Care Center, Cookeville
  - Life Care Center of Sparta
  - NHC HealthCare of Cookeville
  - NHC HealthCare of Sparta
  - Overton County Nursing Home, Livingston
  - Signature Healthcare of Putnam County, Algood (provide support services – program implemented)

# Why Music Intervention?

- Evidence-based intervention
- Video presentation
- <https://www.youtube.com/watch?v=rnUSNbqtVJI>

# Goals & Objectives

- Improve the physical, cognitive, and emotional functioning of Alzheimer's/dementia patients—thereby addressing “Improve quality of life and care of residents through person-centered care”
- Reduce the number and frequency of uptake of antipsychotic medications prescribed for patients pre-, during, and at end of grant period—thereby addressing “Reduction of unnecessary antipsychotic medication use among nursing home residents”
- Assess nursing staff and nursing students' attitudes pre- and post-intervention of Music & Memory to assess the focus area “Implementation of culture change initiatives that go beyond regulatory requirements to improve quality of care and life”

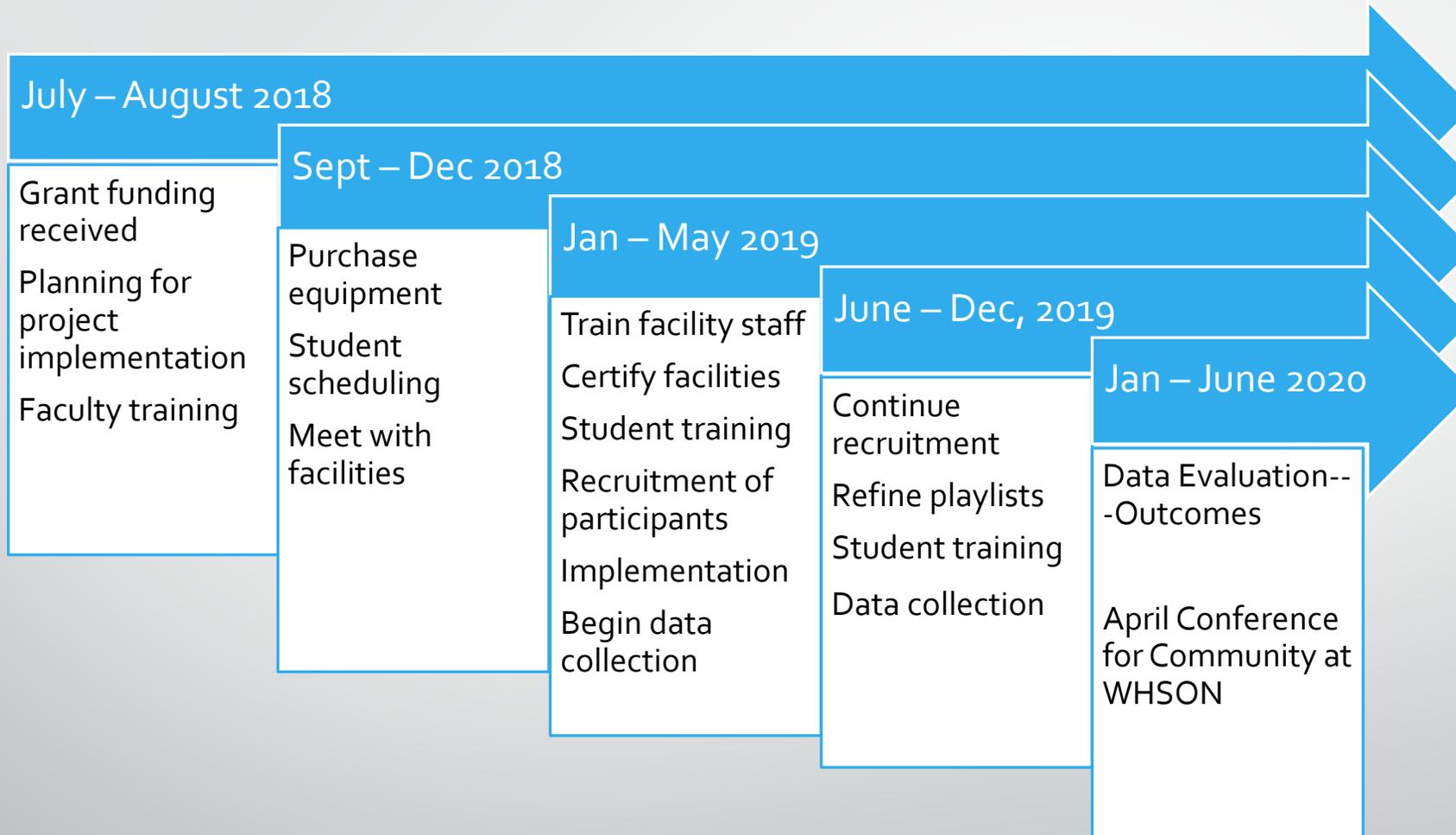
# Stakeholders

- Long-term care residents with diagnoses of Alzheimer's/dementia
- Long-term care facilities involved in grant
- Long-term care staff
- Families and friends of residents
- Long-term care volunteers
- Whitson-Hester School of Nursing faculty and students
- Tennessee Tech University
- Tennessee CMPQI Program
- US Department of Health & Human Services CMS

# Project Implementation Plan

- Recommendation from Music & Memory to extend contact time to ensure integration of the program
- Plan to begin with 3-4 residents and increase participants gradually
- Project period extended through June 2020

# Project Timeline



# Long-Term Care Participants

- Participants expected to increase exponentially as implementation continues & processes are streamlined

Class	Current # Residents	Desired # Residents
NHC Cookeville	11	100
NHC Sparta	7	100
Life Care Center Sparta	6	100
Overton County Health & Rehab Center	7	100
Bethesda Cookeville	5	100
Signature Algood	(3)	

# Best Practices

- All stakeholders actively involved
- Attention to creating & refining personalized music playlists to enhance resident response
- Recognition of benefits by facility and staff
- Prescribed and consistent plan to administer music



# Successes

- Data collection in progress
- Observations very positive overall



Thank you!