

CMPQI Quarterly Progress Report

July -September 2019

Project #: 34305-23019

Agency: Tennessee Tech University

Project Name: Improvement of Quality of Life for Nursing Home Residents through the 'Music & Memory' Program

Introduction

This progress report covers the fourth quarter of the Improvement of Quality of Life for Nursing Home Residents through the 'Music & Memory' Program. We intend to provide personalized music through the use of MP3 players to residents of nursing homes. This project has the overall goal to:

1. Improve quality of life and care of residents through person-centered care.
2. Implementation of culture change initiatives that go beyond regulatory requirements to improve quality of care and life.
3. Reduction of unnecessary antipsychotic medication use among nursing home residents.

The IRB for the project was approved in May 2018, prior to the start of the project. During the reporting period, project activities focused on planning, scheduling, networking, and training.

Summary of Activities

July – August - Faculty continue to gather data and evaluate new clients every 2 weeks. Recruitment of clients at each facility continues.

September

New senior students viewed the previous training session provided via zoom by Julie Hyland, Director Wisconsin Music & Memory, Ann Stacy, Deborah Ferris, and Kyra Schor as part of their orientation process prior to nursing home facility visits. Students have accompanied faculty into the facilities to observe clients and work with staff on challenges and adjustment of music as needed. A total of 12 clients have been added during this quarter.

Significant Contributions

Significant contributions have been seen in multiple facilities. Faculty and Nursing home staff have verbally reported success stories. The nursing home staff reports music being their first "go to" for agitated clients and how it has helped the long term clients tremendously. One staff reported hearing a patient that does not talk to anyone singing about Jesus as she listened to her music that family had stated was her favorite. Staff have become more involved and suggested changes in clients' music based on their behavior when listening to certain songs. They are able to notice what works well for the clients and what does not. This has been very rewarding to see the staff more engaged as we are finishing the project. This is only a few of the success stories that have been observed.

Project Challenges

The process of change is not the same in each facility. We are working with each nursing home on an individual bases to increase the use of Music and Memory to make it interdisciplinary so that the patient will get the best quality of the program benefits. Each facility faces different challenges to get staff on board and make it part of the daily care for the client.

Upcoming Activities

October- November

Faculty will continue to monitor the current residents' data to measure the effectiveness of this program, through cognitive and psychosocial functioning as well as positive physical demeanor of Alzheimer's and dementia clients as observed by their nursing home caregivers. We will also obtain data to monitor the number and frequency of uptake of antipsychotic medications prescribed for clients. Faculty will continue the process of change with staff member that may be implementing music and memory with the client during personal care on a daily basis. Data collection will be completed by the end of November.

December

The process of distributing equipment to facilities will begin. Facilities will reevaluate the process music and memory. They will need to identify a point person/persons and discuss storage of devices. Each facility will be oriented to their computer and music library. They will be provided with forms to collect information on personal music preferences as they include other clients in the program. Music logs will be provided if the facility wishes to keep track of client music usage.