

CMPQI Quarterly Progress Report

January-March 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 third 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

Jan – Certification training provided for 4 out of 5 nursing homes. Training provided via zoom by Julie Hyland, Director Wisconsin Music & Memory, Ann Stacy, Deborah Ferris, and Kyra Schor to students that are part of implementation of the project. Please see attached training materials. Pre-assessment of nursing staff and nursing students' attitudes completed. Faculty met with Nursing homes on January 7th and 8th to begin pre-training process. Formal training with Music and Memory began on January 15th and 16th. Initial supply order of computers, MP3 players, headsets and speakers completed. Nursing home staff began contacting patient family members to determine interest in the use of music and memory for their family member. Faculty then contacted the family members to obtain permission for the use of music and memory.

Feb – Baseline data to measure the effectiveness of this program was obtained for more than 10 clients, this grant will use evidence-based practice to measure cognitive and psychosocial functioning as well as positive physical demeanor of Alzheimer's and dementia patients as observed by their nursing home caregivers. Obtained baseline data to measure the number and frequency of uptake of antipsychotic medications prescribed for patients.

March – Continued to gather baseline data for more than 10 patients. Each facility continues to reach out to the patient family members for interest in the use of music and memory. \$1,000 was spent on music purchases. Implementation of music began on approximately 10 patients overall. Clients are observed for their response to music. Additional nursing home staff continue to be trained. The fifth facility registered for training.

Significant Contributions

Significant contributions have been by the faculty and staff that wrote the grant and planned the project. The role of these individuals have been in training the facilities and students, gathering consent forms and initial baseline data, and implementation of the program.

Project Challenges

Scheduling conflicts for initial training sessions in the facilities due to needed computer training needs required for new mandated documentation. Initial purchase of music through the Tennessee Tech University purchasing department created a delay implementing the program with the clients in this quarter. The problem process of purchasing music through iTunes has been resolved and \$1,000 has been spent on music for the clients.

Upcoming Activities

April- June

Now that implementation has begun, 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 patients 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 patients. Faculty will also continue to recruit clients in each facility and gain consent from family members. 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.