



FACILITY
BENEFITS OF
PERSONALIZED
MUSIC

RESIDENTS WIN!

FACILITY WINS!

We all know that in nursing homes....

TIME = \$

BENEFIT # 1 : STAFF TIME

- Wouldn't your medication nurses be thankful to have one med pass without that resident following along asking the same question over and over again?
- Wouldn't your C.N.A.'s feel empowered by having soothing music for residents who are resisting care?

STAFF TIME

- Individualized music can reduce behaviors such as:
- repeated attempts to stand/get out of bed without assistance, aggression, repetitive questions, yelling,

STAFF TIME

- Alzheimer Society of Toronto Study
March 2014 (AST) iPod Project found

“an improved ability to manage behavioral and psychological symptoms of dementia (BPSD) such as depression, anxiety, agitation and aggression.”

STAFF TIME

Alzheimer Society of Toronto Study:

- “The **caregivers also found that personalized music helped them to accomplish activities of daily living.** Providing the iPod during activities that might otherwise cause agitation, such as meals.....served to calm their loved ones.”

STAFF TIME

- Journal of Gerontological Nursing, Studaby by Clark, Lipe and Bilbrey :
- "...decreases occurred in 12 of 15 identified aggressive behaviors."

STAFF TIME

A 2008 study by Raglio et al found

“delusions, agitation, anxiety, apathy, irritability, aberrant motor activity and **night-time disturbances, were improved significantly**”

STAFF TIME

- What about residents who are up all night?
 - Wouldn't staff like to have a additional tool in their tool box when residents are up at night?
 - Individuals can have separate playlists- one for daytime/stimulation and one for nighttime/rest

Disclaimer:

- This is of course, not a cure-all and we don't pretend to say that every behavior problem will suddenly disappear from your facility. **What we do know is that once you provide individualized music in a systematic way following widely used principles, you will see some of these benefits.**

STAFF TIME: Changing Behaviors

- The key to making this work is using a systematic method .

STAFF TIME: Changing Behaviors

- The Systematic Method Includes:
 - Getting buy-in from all departments/all staff. Show enthusiasm from the top.
 - Taking this program out of the activities department. Make the whole care plan team responsible, along with all front line staff.

STAFF TIME: Changing Behaviors

- Involve families and volunteers.
- Train, train, train your staff.

STAFF TIME: Changing Behaviors

- **Training must emphasize details such as**
 - It has to be THE RIGHT MUSIC. From the resident's teenage years and early 20's. And not just genre, but CERTAIN SONGS that resonate with the individual.
 - Listening devices must be individualized. (headphones for some, speakers for others)

STAFF TIME: Changing Behaviors

- Timing matters.
- Approach matters.

BENEFIT # 2: Better Quality Measures

- Can reduce the use of antipsychotics in your facility. We all know this is a mandated goal.
- We propose to have the music devices hanging on the med cart. They can be **used PRIOR to administration of medications, as an ALTERNATIVE to them.**

LOWER RISK OF DEFICIENCIES

- Cindy DePorter, DHSR February 25th 2015
- “seeing ...an up rise in citations at tag F 329 for antipsychotic drugs that are being used without adequate indications for use or unnecessary use, ...antipsychotic drugs are started due to behavior issues without behavior interventions being tried, or antipsychotics become the first line instead of being used in conjunction with other behavioral interventions.”

LOWER RISK OF DEFICIENCIES

- Cindy DePorter, DHSR Feb. 2015

“It is important that surveyors are able to see that other types of interventions are tried before antipsychotics are used. ”

Better Quality Measures

- Improved Quality Measures improve your 5-star Rating. **More consumers are looking** at the 5-star Ratings.
- Better Quality Measures can eventually lead to better reimbursement.

BENEFIT # 3: HAPPIER RESIDENTS AND FAMILIES

- In a study by Choi, Lee, Cheong & Lee in 2009, they found that
- “the total scores for the severity and **distress of the patients and caregivers** in the experimental group **were lower...**”

HAPPIER RESIDENTS AND FAMILIES

- IF YOU HAVE HAPPIER RESIDENTS AND FAMILIES, **YOU WILL SEE LESS OF YOUR OMBUDSMAN!**

THIS **FREES UP YOUR TIME** TO ADDRESS OTHER PRESSING ISSUES FOR YOUR RESIDENTS!