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Music therapy on Alzheimer's Disease

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Introduction: Alzheimer's Disease (AD) is the most common type of dementia. It may impact cognition, social abilities and daily functioning. Apart from pharmacologic treatment, increasing evidence has supported Music Therapy (MT) to manage AD. The aim of this review is to investigate the effect of music therapy on AD.

Methodology: Electronic databases including Google, Google Scholar, Google Books, Yahoo, PubMed, National Center for Biotechnology Information (NCBI), Oxford University Press (OUP), WHO, Department of Health, Alzheimer's Disease International, Vocational Training Council Library service (EZProxy server) were searched from inception to 4/2017. Adults of age 65 and over, irrelevant of gender and race, were included. Critical appraisal was done and information was analyzed.

Results and Discussion: Six studies met the inclusion criteria with 268 subjects (119 men and 149 women; mean age is 77.9 year-old). The detailed flow of study selection was shown in Figure 1. The total duration of inclusive studies ranged from two weeks to one year. Cognitive functioning, emotional status and behavioral functioning were explored in this review. Three studies found significant improvement ($p < 0.05$) or slightly significant difference in psychological symptoms. Two studies found significant improvement ($p < 0.01$) in anxiety. One study found significant improvement ($p < 0.05$) and four studies found slightly or no significant difference in cognitive level. Two studies found significant ($p < 0.05$) or considerable improvement ($p < 0.005$) and one study found no significant difference in daily memory function. One study found significant ($p < 0.05$) and another one study found no significant difference in the ability to perform the activity of daily living. None of the study found significant differences in physiological, biological and physical status.

Conclusion: In this review, the positive effect of MT on AD in an older adults was found. Further research should investigate the impact of MT on the cognitive level and activity of daily living of AD patient with a longer MT intervention. should emphasize the hospital safety climate and safety education for nurses working long in one department.

Biography

Law Winky is a graduate of the Bachelor of Science (Honours) in Health Care of the Technological and Higher Education Institute of Hong Kong. LEUNG Yuen Ling research interests including complementary alternative therapies, disease management and child health.

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