

Evaluation of the use of a Playlist for Life with patients and family in a community hospital environment

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Background

On learning about the effect personal music can have on patients with a diagnosis of dementia, nursing staff within NHS Forth Valley community hospitals were enthusiastic to explore this concept further.

Aim

To evaluate if the use of music personal to the patient had an effect on their social engagement or interaction and the value of this to both patient and relative during visits.

Methodology

- One patient-carer identified
- Risk assessments and consent in place
- Music identified
- Intervention evaluated using a framework adapted by Cohen-Mansfield, carer interviews and staff perceptions

"Definitely been worthwhile"



"Encourage others to try this, to experience different emotions and memories"

Outcomes

Patient

- Increased social engagement
- More receptive to routine care tasks

Carer

- More positive and relaxed
- Something they could share together

Staff

- Increased confidence in using Playlist for Life (PFL)
- Introduced PFL into personal care plan

Conclusion

The study revealed the use of personal music as a valuable tool to increase social engagement and interaction between patient and carer.

Currently.....

- Now introduced in two other community hospitals and an Integrated Care Ward within the Acute setting
- Charitable funding has allowed for the purchase of more iPods
- Promoting PFL through different channels including local radio and newspapers

References

Cohen-Mansfield, J., Dakheel-Ali, M. & Marx, M.S. (2009) Engagement in persons with dementia: the concept and its measurement. *AM J Geriatr Psychiatry*. 17 (4) 299-307
Playlist for Life: Available online: <http://www.playlistforlife.org.uk/>