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Project title
Road to wellness: Review of "Movement with Music Program" for elderly with depressive symptoms in Psychogeriatric Day Hospital

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Introduction
Depression challenges social and medical systems as it encumbers quality-of-life and was reported to be even life-threatening. Movement with music not only improves the physiological health, but also believed to activate endorphin-related brain’s pleasure circuits. It could be one of the potential therapeutics for depressed elderly.

Objectives
To investigate the effects of “Movement with Music” program in Psychogeriatric Day Hospital (PGDH) of Kowloon Hospital (KH).

Methodology
A quasi-experimental study with single-group Pretest-Posttest design was conducted from August-2013 to September-2014. Patients diagnosed with Depression and mood disorders were recruited. “Movement with Music” consisted of thirty-minute exercise session on weekly basis for twelve weeks. Timed Up & Go test(TUG) and Berg Balance Scale(BBS) were used for measuring physical abilities. Geriatric Depression Scale Short Form(GDS-SF), Epworth Sleepiness Scale(ESS) and Mini Mental State Examination(MMSE) were employed to evaluate mental health. Numeric Pain Rating Scale(NPRS) was adopted for pain measurement. Exit-questionnaire on the perceived impact and program evaluation was also conducted. Paired t-test was used to analyze the result.

Result
Thirty patients (twenty-four females and six males) with mean age of 78.6±6.2 completed the program. Physically, TUG improved from 15.78±5.76 seconds to 14.67±6.14 seconds (p<0.05) and BBS increased from 42.73±9.91 to 46.13±9.79 (p<0.05). Psychologically, GDS and ESS improved from 6.70±2.58 to 4.80±2.89 (p<0.05) and 7.33±5.13 to 4.20±3.81 (p<0.05) respectively. NPRS decreased from 4.17±2.68 to 3.00±2.26 (p<0.05). MMSE increased from 21.93±5.56 to 22.87±4.99, although not statistically significant. Furthermore, positive result of perceived impact with average score of 87.7±7.9% was reported. The effects of movement with music on physical and mood enhancement were demonstrated in this study. Familiar music could motivate people's exercise compliance and promoted the sense of well-being. The positive results suggested “Movement with Music” could be an inexpensive and feasible way for improving physical fitness and subjective well-being of the depressed elderly. Further study on the potential benefits in applying movement with music as a type of exercise therapy for depressed elderly is recommended.