



Service Priorities and Programmes Electronic Presentations

Convention ID: 217

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Doll Therapy for patients with dementia in acute psychogeriatric admission wards

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Keywords:

Doll Therapy

Dementia

Introduction

Doll Therapy was introduced to Castle Peak Hospital (CPH), Department of Old Age Psychiatry (OAP) in-patient service since Jan 2015. Doll Therapy is one of the non-pharmacological intervention utilized for people with dementia. It is an effective therapeutic intervention that provided comfort and pleasant diversion through sort of tactile/ sensory stimulation for demented clients. A pilot study had been conducted and result shown participants' had significant mood improvement and reduced in behavioral disturbance.

Objectives

- To increase patients' accessibilities to non-pharmacological interventions - To increase patients' opportunities for enjoyment and communication - To bring a calming down effect to demented patients

Methodology

A doll therapy corner was established with six dolls purchased. Doll therapy manual was formulated and briefing to OAP staff were conducted. A pilot study with quasi-experimental design had been conducted from Jan 2015 to Aug 2015 with 18 in-patients participated. All of the participants suffered from dementia. Pre-test and post-test were conducted. Chinese version of Cohen-Mansfield Agitation Inventory (CMAI), Cornell Scale for Depression in Dementia (CSDD) and an observational chart were used as study instruments. The doll therapy program consists of 20 sessions and each session of 2 hours.

Result

The result shown there were improvement in participants' mood and cyclic function, as well as declined their disturbing behaviours after the program. CSDD shown clients' anxiety level decreased from 24.62% to 2.46% , clients' sense of happiness increased from 4.92% to 61.89% . From observational chart, clients increased communication with others. CMAI shown clients' restlessness reduced from 16.07% to 7.2%. Clients' wandering behavior decreased from 20.39% to 3.2% after the doll therapy.

Conclusion By introducing the Doll Therapy to psychogeriatric clients, the care practices for OAP in-patients enhanced. Doll Therapy provided a good

companionship to psychogeriatric clients and clients overcome a sense of loneliness and anxiety. It helped improving patients' mood and reducing in episodes of distress. Pilot study shown demented patients had significant mood improvement and reduced in behavioral disturbance. By introducing the Doll Therapy to OAP, non-pharmacological intervention for demented clients enhanced and patients' quality of life improved.