

ORAL SESSION 1: TECHNOLOGY FOR HEALTH

Multisensory stimulation in treatment of older people living with dementia

C.S.S. Castro, B. M. Machado

Castro & Machado (2020). *Gerontechnology* 19(suppl); <https://doi.org/10.4017/gt.2020.19.s.70101>

Purpose Primary senses multisensory stimulation shows promise as a complementary treatment for the behavioral and psychological symptoms of dementia. This study aims investigate the effects of multisensory stimulation (MSE) on older people living with dementia, related behavioral changes, mood and interaction when compared to a control group. **Method** Interventional, controlled, non-randomized, parallel, open-label, quasi-experimental, quantitative and qualitative and exploratory clinical trial study. Sample: 20 participants, in average 83 years old; 17 women and 3 men; schooling average was 3 years; diagnosed with moderate or severe dementia living for about 4 years in a nursing home in the city of Ribeirao Preto. Assessment Tools: Mini-Mental State Examination; Katz Index; Cornell Scale for Depression in Dementia; Neuropsychiatric Inventory Questionnaire; Observation Record in the Institutional Environment and in the Multisensory Environment. Sample defined by convenience and separated in two groups. Intervention Group (IG): 10 elderly who participated in a multisensory stimulation program (PEM). Consisted on 24 sessions of 30 minutes, 2 times a week, during 3 months, in a multisensory room. Control Group (CG): 10 participants who did not participate in PEM After 3 months program, sample was re-evaluated. Data analysis: descriptive statistics, non-parametric tests and Content Analysis. **Result and Discussion** In the multisensory environment it was observed: relaxing or exciting effects, feeling of well-being and positive emotions, favored cognitive abilities (attention maintenance, memory, perception). In the IG reduction of the behavioral changes and better cognitive performance it was observed, when compared to the CG. Caregivers also reported that IG had engaged behavior, neutral mood, better verbal communication and greater interaction in the institutional environment during the intervention period. Multisensory stimulation promise as a complementary treatment of dementia as a non-pharmacological alternative for management of neuropsychiatric symptoms in nursing homes.

"This study was financed in part by the Coordenação de Aperfeiçoamento de Pessoal de Nível Superior - Brasil (CAPES) - Finance Code 001"

Keywords: dementia, multisensory program, multisensory environments, behavioral symptoms management, non-pharmacological treatment

Address: Ribeirao Preto Medical School, University of Sao Paulo. Brazil

Email: carla.santana@fmrp.usp.br