“Dance Research in Dementia Care: applying psychomotor interventions with Latin Ballroom”

Azucena Guzman-Garcia, PhD, CPsychol

27th May, 2014
Outline:

- Setting the scene/Why Dancing?
- What is this intervention?
- Method:
  i) Qualitative study
  ii) Quantitative study – Preliminary Results
- Discussion on Feasibility
- Future Research
Why Dancing?
Photo source: Google Images
Dancing benefits:

- Dance: rhythmic motion of the body executed to music to display gracefulness (Scott, 1899)
- Brain mechanisms behind Dancing / potential for rehabilitation (Brown & Parsons, 2006)
- Dancing develops better balance & cognitive abilities (Verghese, 2006)
- Dancing increases social interaction, physical health (McKinley et al, 2008)
- Develop skills for care staff in non-pharmacological treatments (Banerjee, 2009)
Impact of Danzon dance in UK to treat BPSD in dementia
Why Danzón...

England / XVII Century

Mexico
What to do?

Medical Research Council Framework
Danzón and Balance

Danzón Dance Intervention:

Danzón

Dance Psychomotor Therapy
(Wallon 1935; Tupinier 2009)

F.I.T.T. Recommendations
(ACSM, 2008)
Danzón Dance Intervention:

Warm up
Exercises & simplified Danzón steps

Danzón-practice
4 dance steps

Free-style to Danzón
Dance-free to Danzón music

Cool Down
Move less energetically and close session

Four Repetitions

Guzmán-García et al., *Dementia*, 2012
## Pre-Clinical

<table>
<thead>
<tr>
<th>Approach</th>
<th>Studies</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Therapeutic Dance</td>
<td>Ravelin et al., 2009;</td>
<td>-Reminiscence</td>
</tr>
<tr>
<td>Dance Movement Therapy</td>
<td>Hokkanen et al., 2008 &amp; 2003</td>
<td>- Speech and visuospatial ability</td>
</tr>
<tr>
<td>Dance Therapy</td>
<td>Duignan et al., 2009 Nyström et al., 2005 Rösler et al., 2002</td>
<td>-Agitation decreased -Reminiscence -Procedural learning</td>
</tr>
<tr>
<td>Social dancing</td>
<td>Palo-Bengtsson et al., 2002; 1998;1997.</td>
<td>-Remaining social functions</td>
</tr>
<tr>
<td>Psychomotor Dance</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Guzmán-García A. et al. 2012, *IJGP*
PhD Findings

Systematic Literature Review

Models Qualitative Pilot Trial

Longitudinal Study Multiple-Baseline Single Case

7 Qualitative
3 Quantitative

6 weeks – 2 CH
(n=13 / 80+)
x 30 min - 2 per week

32 interviews conducted/coded
Grounded Theory Methodology

3-6 wk/ 12 wk/ 12wk
(n=10 / 84+)
individual behaviour/mood items)
Case example:
Single-Case Study Evaluation

External researcher collected residents’ views (n=10):

“I enjoyed the dancing very much! “

“Twice a week is fine, I would be happy to dance seven days a week, I enjoyed it 100%”

“Gets easier with practice”

“I just can say that if you feel miserable and you dance, it cheers you up...”
Single-Case Study Evaluation

Staff (n=32) and relatives’ views (n=3) in the three care homes:

Staff Quotes:

“I could see dancing for newer staff for getting involved, to feel confident physically, it gets them to know their clients more”

“I am able to carry on the Danzón sessions”

“It feels good to see residents happier after taking part”

“Keep the Danzón and add other musical rhythms, like Rock & Roll”
Preliminary Conclusions:

- Limitations

- Participants could perform and interact in Danzón by implicit cues and several repetitions; regardless level and type of dementia or problematic behaviours

- Training and manual has been developed

- In line with NICE guidelines and UK National Dementia Strategy (2009)

- Future Directions
Acknowledgements:

✓ Residents and Staff

✓ Prof. Lynn Rochester

✓ Prof. Ian James

✓ Prof. Julian Hughes

✓ Prof. Mark Freeston (Single-case statistical analysis)

✓ Challenging Behaviour Team (Newcastle-UK)

✓ Dr Lisa Robinson

✓ Prof. Martin Orrell (NELFT & UCL)
Thank you for your attention!

Azucena.GuzmanGarcia@nelft.nhs.uk

@Dancementia