

Target Area: Behaviour/Emotion > Agitation

<p>Moyle, W.,Cooke, M.L., Beattie, E., Shum, D.H.K., O'Dwyer, S.T. & Barrett, S. (2014).Foot massage versus quiet presence on agitation and mood in people with dementia: A randomised controlled trial <i>International Journal of Nursing Studies</i>, 51(6), 856-864.</p>	<p>PEDro score – 8/10</p>
<p>Method/Results</p>	
<p>Design</p> <ul style="list-style-type: none"> ➤ Study Design: RCT ➤ Population: n=53 (35 females; mean age 86.5; range 74-103) patients with moderate to late stage dementia and recent history of agitation living at long-term care facility. ➤ Groups: <ol style="list-style-type: none"> 1. Foot massage intervention (n=25) 2. Quiet presence control (n=28) ➤ Setting: Five long-term care facilities in Brisbane, Australia. <p>Primary outcome measure:</p> <ul style="list-style-type: none"> ➤ Cohen-Mansfield Agitation Inventory <p>Secondary outcome measures:</p> <ul style="list-style-type: none"> ➤ Observed Emotion Rating Scale – mood measure <p>Results: Both intervention and control groups showed a significant increase in agitation from baseline to post-treatment, with a greater increase in the quiet presence group. There was no significant difference between groups on OERS mood ratings. These results do not demonstrate any benefit from foot massage as a complimentary therapy for improving agitation and mood in people with dementia.</p> <p>Prepared by: Kaitlin Fitzgerald, University of Newcastle</p> <p>Checked by: Tim Regan, University of Newcastle</p>	<p>Aim: To evaluate the effectiveness of foot massage as a complimentary treatment for improving agitation and mood in people with moderate to late-stage dementia who are living in long-term care.</p> <p>Materials: Printed questionnaires, unscented sorbolene for massage lubricant, standardised procedural manuals for both treatments.</p> <p>Treatment Plan:</p> <ul style="list-style-type: none"> ➤ Duration: An average of 12 massage sessions (2 hours total) in the massage treatment group, and an average of 14 sessions (2 hours, 20 minutes total) in the quiet presence group, over 3 weeks. ➤ Procedure: Participants were randomly allocated by computer to receive either 10 minute foot massages (intervention group) or 10 minute quiet presence sessions (control group). After a 3-week wash-out period each participant then received the alternative treatment. ➤ Agitation and mood was rated by care staff at baseline (within 2 weeks prior to commencement) and post-treatment (within one week of completion). Written observations were recorded at the end of each treatment session by intervention assistants to measure safety and tolerability. ➤ Content: The intervention involved a 5 minute light-pressure massage of each foot using long, rhythmical strokes and flexion, extension and rotation of the toes, foot and ankle by trained massage therapists. ➤ The control comprised trained assistants sitting quietly near the participant's feet for 10 minutes without talking or making physical contact with the participant.



PsychBITE™

Psychological Database For Brain Impairment Treatment Efficacy

www.psychbite.com

Target Area: Behaviour/Emotion > Agitation