

## Target Area: Behaviour Problems

<p>Woods, Craven &amp; Whitney (2005). <i>The Effect of Therapeutic Touch on Behavioral Symptoms of Persons with Dementia</i>. <i>Alternative Therapies in Health and Medicine</i> 11(1): 66-74..</p>	<p>PEDro score - 6/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design:  Y Study type: RCT.  Y Population: n=57, 19% male, M=81.04 years (67-93 years), Alzheimer's disease, Mini-Mental State Examination M=5.85 (SD=7.24).  Y Groups:  <ul style="list-style-type: none"> <li>o Therapeutic Touch (n=19).</li> <li>o Placebo Therapeutic Touch (n=19).</li> <li>o Control (n=19).</li> </ul> Y Setting: Nursing home.</p> <p>Primary outcome measure/s:  Y Modified Agitated Behaviour Rating Scale.  Y Focusing on 6 behavioural symptoms: restlessness, vocalization, searching / wandering, escape restraints, tapping / banging, pacing / walking.</p> <p>Secondary outcome measure/s:  Y None.</p> <p>Result: Significant differences between Therapeutic Touch and Control groups for restlessness and vocalization, but no differences between Placebo and experimental groups.</p>	<p>Aim: To reduce behavioural symptoms of dementia, using a nonpharmacological treatment (Therapeutic Touch).</p> <p>Materials: None.</p> <p>Treatment plan:  Y Duration: Length of therapy: 3 days; total contact time: 42 mins.  Y Procedure: 2 sessions per day (morning and afternoon); 5-7 mins per session.  Y Content:</p> <ul style="list-style-type: none"> <li>• <i>Therapeutic Touch</i>: Administered by therapists trained in the procedure (5-8 years of training with the originators of Therapeutic Touch). Specifically, a series of gentle movements are performed on the neck and shoulders in which the mental intentions of the therapist is paramount and includes: <ol style="list-style-type: none"> <li>1. Mental intention to assist the participant.</li> <li>2. Centering (quieting) by the therapist.</li> <li>3. Focus on the wholeness of the person with dementia.</li> <li>4. Concluding with resting of the practitioners hands on the person's shoulders and directing thoughts of balance towards them.</li> </ol> </li> <li>• <i>Placebo Therapeutic Touch</i>: Simulated the movements of therapeutic touch, but instead of adopting the mental set of Therapeutic Touch, the practitioner performed serial 7s.</li> <li>• <i>Control</i>: Received routine care.</li> </ul>