Critical Appraisal: A preferred music listening intervention to reduce anxiety in older

Adults with dementia in nursing homes

[Name of Writer]

[Name of Institution]

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Introduction

The aim of this task is to critique a quantitative nursing research, by evaluating the purpose and significance of the research study, structured framework and the approach applied. The approach and findings are used to determine the reliability of the topic. The research article that I have chosen for appraisal is: ''Involvement of music listening to diminish the anxiety of older adults suffering from dementia''. It has been extracted from a peer reviewed Journal of "Clinical Nursing" and starts with a spotlight on the main concept of the research.

Literature Review

According to Moule & Goodman (2013), literature review should give a sound and healthy case for research analysis. Rees (2003) concluded that the literature review portion should clearly specify the aim, recognize the gaps in between the theoretical understanding, and development of method. Preferred music listening to reduce anxiety is a practicable and inexpensive method to encourage mental health of the older adults with dementia. This research displays progressive growth of a unique idea with respect to the previous researches. Current theoretical and experimental knowledge is clearly demonstrated within this study.

Research Problem and Purpose

Music has always been found to render positive effects in terms of reducing the anxiety in different individual groups but no one has observed the effects of music in dementia patients.

This thought should be given a try to research on as it will be feasible for the anxiety of patients with dementia (Sung, Chang & Lee, 2010). It will provide and refine the knowledge of nursing practice. The Nursing staff can learn to deliver suitable care according to the patient's need who is suffering from dementia.

Study Framework

A quasi-experimental pre and pro test plan was applied on the research study. The outline of the research purpose is precise and the framework is logically implemented for such studies in terms of nursing homes.

Research Objectives, Questions, or Hypotheses

The research purpose to evaluate the significant positive effect on the anxiety of older adults with dementia by music is crystal clear. The entire hypothesis is linked to the aim of this work.

Variables

This research work was carried out as thoroughly as possible and used as numerous variables as possible. For instance, gender, race, religion, education, marital status, and severity level of dementia were the most considered variables. Some of the extra variables such as the medication used, control of climate conditions throughout the execution of music etc needs to be considered as they might produce more significant outcomes.

Method/Design

The quasi-experimental pretest and posttest design method used here is ideal for such framework. It is a suitable design to get the required data. All the questions, hypothesis and objectives were evaluated by means of this unique design. The protocol defined for the treatment

was opaque and does not deliver any false outcomes. This method was implemented after being

assessed by the researcher to make sure treatment consistency.

Sample population and settings

The study was carried out in Taiwan with a long term care facility. The criterion of

selection was 65 years and above aged adults, detected with dementia. Participants were divided

into two units; one is the experimental group while other is the controlled group. The sample was

convenience as suggested by Moule and Goodman (2013) because the participants were easily

available to conduct the research. The size and criteria of the sample for this study was

appropriate and resulted in meaningful findings.

Measurements

The variables of the study are sufficiently measured and the result portrayed minute

differences. Therefore, it shows the validity and dependability of the instrument. ANCOVA as a

collection tool was used to determine the positive results.

Data Collection

The data collection procedure was well defined as the Music Preference Survey (MPS)

was used to collect the data. The data collectors; nurses were completely trained to conduct this

research in a constant way. Rating Anxiety in Dementia (RAID) tool was used to measure the

anxiety levels. The data collection was ethically correct and clearly represented the main

research point.

Data Analysis

The power of analysis was utilized to clearly describe the procedure of data evaluation.

This was a primary analysis in this field of nursing. Thus, the small sample size selection was

adequate to deliver the possible results. The data was gathered by using the statistical package SPSS.

Interpretation of Findings

The interpreted results of the study truly reflect reality. These findings will be significant for the nursing profession and are based on clinical and statistically significant result.

Evaluation

The major strengths were the positive results that can be beneficial for the nursing staff to learn and handle the anxiety of dementia patients in the nursing home. Limitations consist of the small and use of convenience which limits the generalized results. Another limitation was the short extraneous variables such as medication used and the influence of weather.

Conclusion

The studies which gave anxiety in the form of outcome were found to add to the deterioration of the practical grade and standard of living of the people suffering from dementia (Hart et. al, 2003) and therefore, created trouble for the nursing staff and health care possessions (Andlin Sobocki et. al, 2005).The result of this study shows that music can be a significant source for the treatment to eliminate the indications of anxiety in dementia patients within nursing habitat.

References

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