RECR 392- Evidence-based Practice Course Project Literature Review Table

For this assignment, you will conduct an exhaustive review of the literature to address your PICOT statement. In order to do so, you will have to identify search terms and begin looking through relevant databases. Use the resources provided in the assignment to develop search terms, identify databases and journal articles. For this project, you must find a minimum of 10 articles using the following criteria- must be published within the last 7 years, must be relevant to your chosen topic, must be the highest quality research currently available on the topic. To help you better organize your information, use the table below. Additionally, I encourage you to **download each article and save it to your computer**. DO NOT upload articles to your blog.

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| Authors Names | Name of the Article & Journal Title | Year Published & DOI | Type of Research (Use Triangle, what kind of study was this?) | Theoretical Framework (What theory or model was used as the basis of the study?) | Findings(What were the results of the research study?) | Important Discussion Points (What conclusions were the researchers able to draw about their work?) | Why is this study relevant to your PICO(T) statement? |
| Kyongok Park, Seonhye Lee, JeongEun Yang, Taekwon Song and Gwi-Ryung Son Hong | A systematic review and meta-analysis on the effect of reminiscence therapy for people with dementia. *International Psychogeriatrics.* | Year: 2019 DOI: <https://doi.org/10.1017/S1041610218002168>  | This study was a systematic review and meta-analysis of randomized controlled trial journals and articles.  | A random effect model was used to measure the effects of each study that was reviewed in order to accurately document the effects of each study conducted as well as an emotion-oriented approach that aims to improve mood using RT.  | RT is a non-pharmacological intervention that can be conducted in a group or individual setting. RT has a moderate effect on depression and has been reported to help manage behavioral and psychological symptoms of dementia (BPSD). It can also help slow down the progression of the disease and can be an important addition to pharmacological approaches. Researchers also reported that quality of life scores increased in the groups who received RT. | In order to have a more successful RT session, it is important that the space is a safe environment for everyone to feel comfortable and talk without being criticized while reminiscing. This can increase confidence after RT sessions. QoL scores can be heavily dependent on whether the participants had a positive experience in their RT sessions. Therefore, having a positive experience can increase QoL as well as decrease feelings of depression in participants according to the researchers.  | RT has been shown to decrease symptoms of depression and increase quality of life, even in the follow-up of a session. These are important goals for PWD to reach. Depression and loneliness can be debilitating and being in a group RT session can provide a sense of comfort and sense of belonging. This in turn can also increase QOL. |
| Hsiu‐Ching Lin PhD Ya‐Ping Yang RN, PhD Wen‐Yun Cheng RN, PhD Jing‐Jy Wang RN, PhD  | Distinctive effects between cognitive stimulation and reminiscence therapy on cognitive function and quality of life for different types of behavioral problems in dementia. | Year: 2017DOI: <https://doi.org/10.1111/scs.12484>  | A quasi-experimental design was used to conduct research among people with dementia in 10 long-term care facilities.  | The study was based on the theoretical concepts of reality orientation and cognitive stimulation. | After conducting a study for 50 minutes once a week for a 10-week period, the researchers found that RT sessions had a positive effect on cognitive function. They used the MMSE to examine the results for cognition. They also found that there was a decrease in BPSD and increase QOL by using the Quality of Life Alzheimer’s Disease (QOL-AD). This included decreased behaviors in wandering, aggression, sleep disturbances and anxiety.  | The participants were examined three times throughout the study, the first week (pre-test), the 12th week (post-test) and the 24th week (follow-up). After administrating the assessments, they found that RT had a positive effect on cognitive function, decreased behaviors associated with BPSD and a more accepting attitude towards their lives.  | The use of RT led to a short-term positive effect on cognition, decreased BPSD and increased quality of life. This can help caregiver burden as well as help staff care for clients and build rapport.  |
| SeolHwa Moon & Kyongok Park | The effect of digital reminiscence therapy on people with dementia: a pilot randomized controlled trial. | Year: 2020DOI: <https://doi.org/10.1186/s12877-020-01563-2>  | Randomized controlled trials were used to conduct the study to determine the effect that digital Reminiscence Therapy had on individuals with dementia.  | The study was based on the model of familiarity among elders with dementia, which is a model that believes that the more familiar an older adult is with their environment, the more comfortable they will be both consciously and unconsciously leading to an improvement in overall function. Familiarity can also be a trigger for memories in people with dementia. | This study used digital RT sessions as an innovative approach to reach people with dementia who may not be able to meet in person. The study was conducted twice a week for four weeks. After the conclusion of the study, the researchers reported that there was a significant positive increase on their quality of life and socialization and a decrease in depression, however cognition remained the same. The participants were assessed three times for the duration of the study (before the intervention, post-intervention and four weeks later.) The results remained the same even after the four week follow up.  | The researchers found that although there was not an effect on cognition, that the ability to use technology as a means of communication was extremely beneficial for the participants. This opportunity gave them another chance to socialize with peers and find commonalities within their program sessions. They were able to share experiences and talk about happy moments in their lives which also resulted in their increased mood and decreased depression.  | Finding new approaches to providing services is important. For instance, in the world right now we are relying heavily on technology to communicate with one another. This study is useful now more than ever because the study had positive outcomes for the group that had received RT sessions.  |
| P. Van Bogaert RN, MSc, PhD D. Tolson PhD, MSc, BSc (Hons) R. Eerlingen RN, MS D. Carvers RN, MSc K. Wouters MSc, PhD K. Paque RN, MSc O. Timmermans RN, MSc, PhD T. Dilles RN, MSc, PhD S. Engelborghs MD, PhD  | SolCos model‐based individual reminiscence for older adults with mild to moderate dementia in nursing homes: a randomized controlled intervention study. | Year: 2016DOI: <https://doi.org/10.1111/jpm.12336>  | This study used randomized controlled trials to measure the effects of individual Reminiscence Therapy on patients with dementia. | The framework being used is the person-centered approach with RT in order to improve care in a long-term care facility. Specifically, the SolCos Transformational reminiscence model was also used throughout the study.  | The study was 45-minute sessions twice a week every week for an eight-week period. The study used the Cornell Scale for Depression (CSD), the Neuropsychiatric Inventory (NPI) to assess behavioral disturbances and the Mini-Mental State Examination (MMSE) for cognition. The participants were assessed before and after the study. They were also assessed six months after the conclusion of the study and again a year later. The results improved in the assessments after the sessions and were maintained throughout the six months, however the results did not continue past a year.  | It was interesting that the results did not continue beyond a year. It seems that most of the follow-ups were only about 4-6 months after the conclusion of the study and any time after that, the results were no longer significant. However, if a facility were to offer RT services year-round indefinitely and include it in the treatment plan of PWD, the results would likely be maintained for a while longer until the disease progressed.  | The focus on early memories is important in RT because long-term memories are usually still intact during the early stages of dementia. If PWD can successfully recall past experiences, RT can have a positive effect on a variety of domains. RT sessions focus on a person’s strengths rather than limitations, and this can aid in the enjoyability of a program which can be another factor for the success in improvement of cognition, mood and BPSD.  |
| Victor Molinari | Commentary on “In search of the best evidence for life review therapy to reduce depressive symptoms in older adults: A meta‐analysis of randomized controlled trials”: Some thoughts on how life review reminiscence therapy can inform clinical theory and practice for both younger and older adults | Year: 2019DOI: <https://doi.org/10.1111/cpsp.12304>  | A meta-analysis of randomized controlled trials was conducted to review the effects of Reminiscence therapy on older adults with dementia. | Gerontological Theory was used, specifically the lifespan development theory proposed by Erikson. Ego integrity vs. despair, in successful ageing it is important to have ego integrity and RT can play a role in providing successful ageing in this phase. | The meta-analysis conducted was used to search for evidence that RT can be used to reduce depressive symptoms in older adults with dementia. The average number of sessions from each journal/article reviewed was eight sessions. The participants reported a short-term effect and most follow-ups did not last longer than a year. The analysis also concluded that participants who have trouble focusing or functioning in a group would benefit from individual RT sessions, while those who may benefit from social exchanges may benefit more from a group setting. Online therapy can also be helpful for participants with limited mobility or those who enjoy working in their own environment. Depressive symptoms had decreased in the groups that received RT sessions. In conclusion, in every method of delivery, there was a positive effect from receiving RT when compared to those who did not receive RT.  | The systematic review suggested that regardless of the setting, RT sessions can help decrease depression in the participants. It was also important to note the duration of the studies lasted an average of eight sessions. However, not all the studies followed-up for longer than a year, meaning that there was a short-term effect on the positive results of RT.  | When facilitating RT, there will be a short-term effect on depressive symptoms and the number of sessions required to accomplish this is about eight. The variety of settings in which RT can be facilitated gives staff and caregivers options. Choosing the correct setting for each participant is just as important because it can aid in the success of the RT sessions.  |
| Juan C. Melendez, Marta Torres Rita Redondo Teresa Mayordomo, Alicia Sales | Effectiveness of follow‐up reminiscence therapy on autobiographical memory in pathological ageing. | Year: 2017DOI: <https://doi.org/10.1002/ijop.12217>  | The study was a quasi-experimental, single-blind design used to measure the effects of Reminiscence Therapy on autobiographical memory in participants with dementia.  | Autobiographical memory being lost as the disease progresses, the theoretical framework is that RT can help trigger memories and be used for better communication in individuals with dementia.  | The criteria for this study were that participants had to score lower than a 19 on the MMSE and score between the levels of 2-4 in the Global Deterioration Scale. The participants were split into two groups: intervention group (received RT) and the control group (received care as usual). Each group had 30-minute sessions twice a week for a total of ten weeks. The purpose of the study was to determine if autobiographical memory was maintained or improved with RT. Autobiographical memory is a memory system that consists of episodic memory (ability to recall detailed personal experiences, specific objects, people, and events experienced at a particular time and place) and semantic memory (general knowledge and facts about the world that are learned). Each group completed the Autobiographical Memory Interview (AMI). Each session would focus on a stage in development: early childhood, adulthood and present life memories. In the intervention group, there was a significant increase in episodic memory while semantic memory stayed the same. The increase of episodic memory overall increased autobiographical memory scores regardless of not improving semantic memory. However, in the control group there was a decrease in semantic memory suggesting that although RT may not improve semantic memory, it can help maintain it in individuals with dementia.  | In the study, the memories that were associated with early adulthood were remembered the most because they usually tied-in with the identity of the person and they had a higher level of repetition and visual imagery associated with them. It was also interesting that this article referenced another study that researched the deficit in episodic memory, which can sometimes be compensated by semanticized memories meaning that the person may still be able to recall generic memories but can no longer retrieve episodic memories. They may remember having children but are not able to recall much about raising them so instead the semanticized memory fills in the gaps. For example, “If I had children, I probably made them lunch and tucked them in at bedtime,” etc. Overall, the study concluded that RT could aid in the improvement of episodic memory and the maintenance of semantic memory. The results were maintained after two months following the sessions (short-term effect). | The ability to improve or even maintain memories can play a big part in the quality of life in PWD. Being able to recall past events and discuss them openly can help improve quality of life in PWD because they are able to successfully remember important and meaningful memories as well as share and reflect with others which can in turn improve overall mood and depression.  |
| Neslihan Lök, Kerime Bademli, Alime Selçuk‐Tosun | The effect of reminiscence therapy on cognitive functions, depression, and quality of life in Alzheimer patients: Randomized controlled trial. | Year: 2018DOI: <https://doi.org/10.1002/gps.4980>  | This study was a randomized controlled trial single-blind study to measure the effects that Reminiscence Therapy had on cognition, depression and quality of life in people with dementia. | The use of psychological interventions to improve cognitive function and quality of life in people with dementia.  | The study used the following to assess the results before and after the conclusion of the research study: MMSE (cognition), QOL-AD (Quality of Life, specifically for Alzheimer’s), and CSDD (depression). The sessions were 60-minutes once a week for eight weeks. The participants were placed into either the intervention group (received RT) or the control group (care as usual). Each group was assessed in a pre-test before the study and in a post-test at the end of the study. The intervention group had increased their overall scores in all the pre-tests (MMSE, QOL-AD and CSDD) suggesting that RT can help increase cognition, decrease depression and increase QOL.  | The results suggested that regular RT should be considered in routine care for the improvement of quality of life, cognition and depression in PWD. Another study suggests that depressed mood can be associated with subsequent cognitive decline. Therefore, the use of RT can improve cognition and in turn improve depressive symptoms. The researchers suggested that the memory recall that was used in RT sessions may have resulted in improved cognition. The QOL improvement was thought to be associated with the happiness of people with Alzheimer’s that resulted from remembering happy past experiences and the social support of getting together and sharing with peers that also shared similar experiences. There was also an increase in self-confidence and sense of belonging to a group that played a part in increasing QOL and decreasing depressive symptoms.  | The results of this study show that a sense of belonging to a group and sharing freely can result in increased QOL for PWD. It can also be associated with the decrease in depression and short-term positive improvement of cognitive functioning. The study used reliable and valid forms of assessing the participants and the results showed an improvement in all three assessments used.  |
| Jarmila Siverová and Radka Bužgová  | The Effect of Reminiscence Therapy on Quality of Life, Attitudes to Ageing, and Depressive Symptoms in Institutionalized Elderly Adults with Cognitive Impairment: A Quasi-Experimental Study. | Year: 2018DOI: [10.1111/inm.12442](https://doi.org/10.1111/inm.12442) | This was a quasi-experimental study conducted to measure the effects of Reminiscence Therapy on depressive symptoms, quality of life and attitude towards ageing in older adults with dementia. | The theory is based off the idea that narrative reminiscence therapy (life stories) is important in the process of remembering and building on autobiographical memories. Improving autobiographical memory can help improve quality of life, cognitive function and decrease depression. | This study focused on narrative RT, which is a form of RT that mainly focuses on story telling from participants. The studies focused on the effects that RT has on cognition, QOL, attitude towards ageing and depression. The sessions were 40-60 minutes every week for 8 weeks. The studies used the following assessments to measure the effects on participants: Geriatric Depression Scale (GDS), MMSE, Attitudes towards Ageing Questionnaire (AAQ) and the World Health Organization Quality of Life – Old Questionnaire (WHOQOL-OLD). At the end of the study, the results showed a positive effect on QoL and decreasing symptoms of depression. However, cognition remained the same in both the control group and the experimental group. Although it was not explicitly measured, the researchers noticed an increase in social participation in the experimental group. | The researchers used narrative RT and it was interesting that part of the study included refreshments during each session which were prepared with the help of the participants. The recipes used were significant to the participants and held a memory associated with their past. Researchers suggested that this small act of active participation made a significant difference in the improvement of mood and QOL, because of the sense of belonging that came with cooking for everyone in the group as well as the reminiscing of using a recipe from their past associated with good memories. It also boosted self-esteem and enhanced their identity according to researchers. Research also suggests that RT can be effective for those with moderate to severe depression and can be used in conjunction with alternative therapies and medication.  | The use of different methods to increase active participation from participants can be a good way to make sure that everyone is involved and can help increase the effectiveness of the sessions. RT has been documented to increase QOL and decrease depression because of the acceptance of freely sharing their memories with their peers. Also, this can aid in increased communication and socialization from each participant, especially in a group setting. The participants may be more open to sharing about themselves and actively listening to others share, which also can increase empathy towards their peers and enhance communication with caregivers and staff.  |
| Mileski M, Baar Topinka J, Brooks M, Lonidier C, Linker K, Vander Veen K | Sensory and memory stimulation to care for individuals with dementia in long-term care facilities. | Year: 2018DOI: <https://doi.org/10.2147/CIA.S153113>  | This was a systematic review of articles and journals of three databases to determine the effect that Reminiscence Therapy had on delivering better care to older adults with dementia in a long-term care setting. | Focusing on person-centered approach in reminiscence therapy and its effects on cognition, behavior and quality of life. | This systematic review focused on sensory stimulation to improve care for individuals with dementia. The review of the articles led to the conclusion that RT can promote a natural comfort in patients in a long-term care facility. The use of RT can help residents communicate more clearly to staff and peers. It can also reduce behaviors such as wandering, exit-seeking, verbal agitation and poor eating habits. | The main point of discussion of the systematic review was to suggest that using RT can help us better understand the patients and build rapport with them in order to provide personalized care for them. The results of using RT on PWD included a reduction in BPSD and increased effective communication between patients and staff. It also helped to build more effective relationships among participants. | This study is relevant to my PICOT statement because it was a systematic review of over 30 articles that documented the improvement within different domains in PWD. The results suggested that RT has helped increase effective communication with staff and peers as well as significantly reduce behaviors such as wandering, exit-seeking and verbal agitation which are common in individuals with dementia. By using RT, the staff can better understand patient needs as well as use personalized tools for the patients when needed to help improve quality of life at the residential facility.  |
| Hideaki Hanaoka, Toshiaki Muraki, Jacqueline Ede, Koichiro Yasuhara, Hitoshi Okamura  | Effects of olfactory stimulation on reminiscence practice in community‐dwelling elderly individuals. | Year: 2018DOI: <https://doi.org/10.1111/psyg.12322>  | This study was a two group, repeated measure quasi-experiment. The purpose of the study was to measure the effects that olfactory stimulation had on older adults with dementia when compared to regular conversational Reminiscence Therapy sessions. | Using a socio-psychological approach so that older adults can slow the progression of dementia and retain or recover cognitive function, improve quality of life and decrease depression. | This study used olfactory stimulation in its RT sessions. The sessions were 90-minutes every two weeks for a total of 8 sessions. The focus was to measure the cognitive function and maintain mental health in participants. The participants were either in an intervention group (RT) or a control group (care as usual). The groups were assessed before and after the completion of the study using the GDS-15 (to measure depression) and the 5-Cog (to measure cognitive functioning). Following the conclusion of the studies there was no significant change in their cognitive functioning, however there was a positive effect on depressive symptoms. The scores of the GDS-15 showed that there was an overall reduction in depression for the participants in the intervention group.  | The study focused on their sense of smell to elicit memories. What made this study different is that unlike most RT studies that are focused on memories from early adulthood, the olfactory study focused more on memories of early childhood (usually around the age of 10.) This is because we usually have smelled things for the first time within the first 10 years of life. It is also shown that smell carries more emotional responses and makes us more likely to recall the memory associated with the smell. | The use of different techniques to facilitate RT is important because what works for one individual may not work for another. The use of smell in RT can be beneficial in helping recall memories and experiences associated with a happy time. This can result in increased positive mood and decreased depression.  |

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