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Verification of the impact of storage by the rhythm phrase to be repeated

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Introduction: Alzheimer's disease (AD) accounts for a high percentage of dementia at over 60%. As dementia incidence doubles every 5 years from 65 years old onwards, developing a countermeasure is an urgent issue. As a countermeasure, the effectiveness of cognitive function training tasks such as dual-task (performing two tasks simultaneously) and n-back task (a delayed recall task for items shown n steps earlier) have been verified. Furthermore, it has been verified lyrics accompanied with sound or rhythm is stored easily by the memory, but difficult to remember when without sound or rhythm. It was hypothesized that combining rhythmic music with repeated memory tasks would improve memory performance. It was also predicted that stress associated with memory tasks would be alleviated by the relaxing effect of music. The purpose of this study is to verify a new training method combining rhythmic music and repeated memory tasks. An intervention study was conducted over 3

months, and compared results from the intervention group and the control group.

Method: Screening test for mild cognitive impairment: Montreal Cognitive Assessment (MoCA test) and; Stress check: Measured α -amylase levels of saliva taken from the sublingual gland. Analysis was conducted by a corresponding t-test, comparing the control group and intervention group results.

Results: In comparison to the control group, cognitive function was significantly improved and distress was reduced in the intervention group.

Conclusion: Repeated memory tasks combined with rhythmic music were effective both in improving memory capacity and reducing stress.

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