

The Role Of Occupation Therapy (Ergo Therapy) Activity And The Influence Of Musical Therapy In The Treatment Of Memory Loss Due To Alzheimer's

Prof. Dr. Sevda Asqarova

Head,
Ergotherapy Department,
Faculty of Health Sciences,
Üsküdar University,
Turkey.

Accepted 16 October, 2017.

ABSTRACT

The aim of this research is to identify the general problems of individuals with Alzheimer's disease and to identify their activity deficiencies by evaluating their wishes. By looking at Alzheimer's individuals living alone from the general point of view, I aimed to make an assessment by considering the influence of the disease and to make an analysis with factors such as which activities are preferred, which activities are not desired to be done and which activities are difficult. By identifying a person Alzheimer disease and assessing their physical condition, cognitive function, ability and emotional state, their deficiencies and willingness were determined. By paying attention to making changes in the daily living activity plan and especially aiming to show the effect of Music Therapy on patients scientifically.

This study would be more participatory and active by choosing a person who is in the first stage of the illness so that I would make a demand - case distinction. We have progressed by demonstrating the therapeutic aspects of music, paying great attention to participation and motivation in the activities we have planned. to ensure that lost melancholic abilities are eliminated through music therapy.

Keywords: Alzheimer's disease, Ergotherapy, Music Therapy, Partial memory loss.

Introduction

Alzheimer's Disease; progressive destruction occurs in cognitive functions, such as language, abstract thinking, problem solving, orientation, which causes progressive loss in all cognitive functions of the brain, primarily memory. It is a disease in which the individual becomes increasingly dependent on others, shortly after social functioning and decline in intellectual capacity, progressing rapidly, and being diagnosed.

In the first and middle stages of the disease, the cognitive functions are not completely lost and the functioning of the patients can be regained by different applications. Alzheimer's disease, especially in the second phase, causes anger and aggression in patients with the expansion of the area where the brain is affected. In this process, calming patients is a very challenging process in terms of giving care. Especially in this period it is said that it is beneficial to benefit from the calming effect of music.

Alzheimer's disease is a progressive brain disorder that causes changes in memory and loss of thought and other brain functions and eventually destroys the brain cells. It usually slows down and slowly deteriorates as brain function falls and brain cells eventually disappear and die. However, neuroscience studies continue to improve ways of effective treatment and prevention of the disease. Researchers are also trying to develop better ways and for families to care for affected people, and better ways to support their friends and caregivers.

At this point rehabilitation goes into effect. Ergotherapy is in the top of the approaches in rehabilitation. Ergotherapist; determine whether a person responds better to some cues and other communication strategies, and work with caregivers to use those strategies. Helps to create activities that the person can do together and teaches strategies to effectively manage difficult or unusual behaviors to the person. (for example, thinking you are someone else, improper dressing, screaming, etc.). Proper household arrangements to prevent the person from falling or sustaining injuries. It tries to avoid repetitive inefficient behaviors. Early intervention may slow down rapid progress. Sudden changes in personality make cognitive tasks to spread to the long term. Your music implements the unseen benefits of art. It enables efficient artistic activities (music, painting, marbling, clay, ceramics, etc.) to improve the free time concept.

By assessing the impact of these approaches on the individual on ergotherapy. I intended to create an activity plan with music therapy.

Again, Alzheimer's disease is a neurodegenerative disorder of the brain that destroys, and eventually destroys, brain cells that begin with memory loss, judgment, orientation, and the inability to distinguish time lag and other brain functions. It usually progresses with loss of neurons in the cortex and hippocampus and is lethal. However, neurobiology researchers continue to develop effective treatments and ways of preventing the disease. It is more common in women than men. Researchers are also trying to develop better ways and techniques for families to care for affected people, and

better ways to support their friends and caregivers. The Alzheimer's Association is aiming to advance these research efforts by seeking more answers and seeking new therapies, collaborating with stakeholders, promoting worldwide partnerships among scientists, and supporting scientists who are increasing the visibility of Alzheimer's as a global health problem.

12 Signs And Symptoms Of Alzheimer's Disease

1. Forgetfulness that affects and disrupts everyday life. In particular, forgetting appointments, meetings, shopping lists and other up-to-date information that are of interest to a very recent period.
2. Plan and difficulty of calculation. Forgetting bills, being unable to remember the recipe of a meal you've been doing all the time, the difficulties involved in the sequence and duration of everyday tasks.
3. Disruptions in work and home tasks that have been done before. Confusion about housekeeping is disturbing to remember and information about how things are used.
4. Confusion about time and place. Unable to find regular shops, mosques or workplaces.
5. Difficulties in detecting and distinguishing images. This difficulty occurs both in the reading of the text and in the sense of shape. Some images can be mixed with other places or memorabilia that have been seen to be highly anticipated. To make a different identity from people with similar face expressions and insist on it.
6. Speaking and weakening in meaning, decrease in word count, frequent start of meaning shifts.
7. Putting things in places different from ordinary places and forgetting them, and treating them as unconscious by accusing their relatives with theft. For example, putting shoes in the refrigerator, confusing the eggs under the bed.
8. Difficulty in judging and making decisions. Spending long periods of time in decisions that are easy to make in the day-to-day life, making unwise decisions, or surprising decisions that are never anticipated.
9. Begin to withdraw from social activities. Do not give up social cohesion regularly.
10. Reflection of personality changes in behavior. For example, when you are generous, you become a stupid person, or when you are stingy, you become an extravagant person.
11. The beginning of absurd sexual tendencies.
12. Not enjoying most things and reflecting it around.

Diagnosis And Steps

There is not a single test to show whether one person is Alzheimer's. While doctors can almost always determine whether a person is demented, definite cause can be difficult to determine. The diagnosis of Alzheimer's disease requires careful medical evaluation, including the following:

- Comprehensive medical history
- Mental state test
- Physical and neurological examination

Alzheimer And Demans

Alzheimer's is the most common type of dementia and is a general term used to describe various diseases that damage brain cells. Alzheimer's disease accounts for 60 to 80 percent of dementia-related areas. Other types include vascular dementia, Lewy body dementia and frontotemporal dementia. In some cases, it is said that one person may have more than one species and that it is a mixed dementia.

It does not mean that memory problems are directly related to Alzheimer's disease. It can be said that many health problems cause problems related to memory and thinking. If dementia-like symptoms are due to treatable conditions - such as thyroid problems, depression, excessive alcohol use, drug interactions, or some vitamin deficiencies - these can be reversed.

Chapters have spread to related fields. These are:

- Speech understanding
- The feeling of the relationship between our bodies and the objects in our circle.

Alzheimer Disease Brain Functions

Alzheimer's disease leads to nerve cell death and tissue loss in the brain. Over time, the brain shrinks significantly and almost completely loses its function.

Alzheimer's brain

- The cortex vibrates; identify areas of damage, recall, thinking and planning.
- The attraction between them is particularly severe in the hippocampus, a field that plays a key role in the formation of new memory in the cortex.
- The ventricles (fluid filled cavities) expand.

Alzheimer's tissues have far fewer nerve cells and synapses than a healthy brain.

- Abnormal clusters of protein fragments and plaques accumulate between nerve cells.
- Dead and dying nerve cells involve confluences of twisted strands of another protein.
- Researchers are not sure what causes Alzheimer's brain cell death and tissue loss, but plaques and confusion are prime suspects.
- Earlier Alzheimer changes may last 20 years or more before diagnosis.
- Mild to moderate Alzheimer's disease usually lasts 2-10 years.
- Severe Alzheimer's disease can last from 1 to 5 years.

At earliest levels, plaques and patches begin to form in the following brain regions in order to be able to detect symptoms with current tests:

- Memory and learning
- Planning and thinking

Individuals In Alzheimer's Patient

People can develop serious thinking and memory-related problems that can disrupt social life or work. They may also be blurred and confused and have trouble with controlling money, expressing themselves, or arranging their thoughts. Many of the Alzheimer's patients are diagnosed at this level.

Ergotherapy Activities In Alzheimer's Patients

Using technology to set the environment and secure it to increase daily activity, including mobility within safe boundaries. For example, a courtyard surrounded by hedges with stop signs may be anything you need to direct a person to their garden.

If personality changes are observed; To listen to caregivers, to teach the concepts of non-defensive response and referral techniques, and to work on determining the underlying emotions that guide the patient's behavioral outbursts.

If there are repetitive inefficient behaviors; Opportunities may be offered to fulfill occupation duties that meet the need for the product to be productive and help support the association with others. For example, if a person enjoyed enjoying puzzles for a time, simplified puzzles or word puzzles could be a fun activity.

Cognitive Applications In Alzheimer's Individuals

Cognition

Conversational warnings come to our brains and we adapt these warnings and answer them with our actions. The new incoming information is organized, classified and stored by the system for future use. This information will be used in the future for accurate time and space movements. All mental functions in the cognitive domain require the retrieval and use of this information. Perception organizes the sensory information in our circle to make it meaningful. All senses; vision, hearing, touch, pain, proprioceptive sense collects all the stimuli that are around us and takes them to our bodies. The brain turns this information into our experience. For example, when we talk on the phone, we need to stabilize our trunk muscles, to pick up the phone with our upper extremity, and to talk with the voices we extracted from the larynx. When we look at cognitive functions; sensing, memory, engine planning, and attention-maintaining functions. This function can be difficult for people with brain injuries such as Alzheimer's.

Cognitive function

Ability to know, including awareness, perception, logical thinking, language, memory and reasoning, or mental process. In ergotherapy, cognitive systems are examined under two headings as global and special mental functions. Global mental functions: orientation, personality, motivation. Special mental functions are: attention, memory, perception, motor planning, language, calculator. Individuals with Alzheimer's can also have problems in these two areas.

Cognitive Skill in Everyday Life

Cognitive skill is the whole mental process that allows us to perform meaningful activities in everyday life. Requires routine and non-routine activities. Routine operations are automatic operations that require very little attention. Routine operations are automatic operations that require very little attention. Non-routine operations; are the processes that require the attention control mechanism to focus on the new process. When we buy a new electronic device, like when we use it, we start paying attention and automatically using it over time. Non-routine tasks require practice as well as settling. New situations require planning and problem solving in order to achieve the goal. Cognitive requires planning of actions and behaviors to achieve our future goal. For example, if we go to a friend's birthday; decision making (whether by bus or car?) involves taking the right action for the future movement. Habits, routines and person's roles are affected in cognitive system disorders. Here, the pre-injury lifestyle of the affected area and person is also important.

Construction For Alzheimered Individuals

- First of all, it is necessary to give the patient the feeling of trust and courage. The patient should always be helped and the patient is expected to accept this help.
- Share the feelings of the patient. You should tell the doctor what kind of situation it is and treat it in this direction.
- Notes should be taken on a piece of paper to plan the work to be done. The same must be done to locate the goods.

Alzheimer's patients should not drive. That's why someone has to accompany the patient.

- Care should be given to the health and nutrition of the patient.
- The patient should continue to make hobbies. But you may have to stop working.
- The disease should not be advanced and the future care of the patient should be discussed and planned.
- Alzheimer's may require support to adapt and cope with life with this disease, not only because it is the material and spiritual burden of the individual but also to the family.

Daily Life Activities For Alzheimer Patients

Mental Activities

- Opposite concepts
- Sorting, knowing the seasons

Psychomotor Activities

- Ip bead stitching
- Sort the same colors
- Sorting the ring
- Puppet tipping game

Art Activities

- Frame decoration

- Making photo flower
- Simple table construction

Hobby Activities

- Tissue processing
- Filling
- Tree decoration

Sharing Time Activities

- Reading and interpreting daily calendar sheets
- Winter preparation speeches and
- Photo album viewing

Music Activities

Music Activities are one of the major treatments in their own right. The great role and effect of Music Therapy is known in the treatment of Alzheimer's and partially memory-impaired patients.

What is music therapy

Music Therapy practices have a supportive relative in any kind of treatment. In almost all clinical areas such as pediatrics, oncology and cardiology, especially in neurology and psychiatry; in the rehabilitation process of special needs individuals; anxiety, depression, personality disorders, psychiatric problems such as schizophrenia, Parkinson's disease, Alzheimer's disease, stroke, language-speech disorders, MS; acute and chronic pain; there is a great deal of scientific evidence that many other motor therapies are useful as music therapy in the rehabilitation of sensory and cognitive disorders.

Music Therapy does not pose any health risk (in some cases, for example, in patients with hearing impairment, in individuals with significant mental-psychiatric disturbances) an experienced music therapist (in close communication with the treating physician, psychologist, psychiatrist) can arrange the therapy process to suit the person.

Cancer is also a very important disease group that Music Therapy supports. Music therapy can provide important contributions in reducing cancer pain, anxiety, depression and drug side effects, improving social relationships and participating in everyday life.

We can group music therapy methods as passive and active methods. However, in fact, in the selection of the music to be played in the passive music therapy applications or originally produced, planning the individual-specific therapy process by analyzing the individual's problems, physical, social and psychological condition, necessities, past music appreciation-experiences, and the effects of the practice at various stages and at the end of therapy is very important to evaluate them by this methods.

In the Active Music Therapy approach, the person is more actively involved in the therapy process along with the music therapist. In this approach, a variety of methods are used that lead to a wide range of methods, from participating in musical

actions using an instrument, for example using a percussive instrument, to improvisation, music-song creation, session analysis and analysis.

The music therapist makes an assessment taking into account the person's situation, needs, musical preferences (all musical genres and styles), and the purpose of the therapy. The music to be used as part of the therapeutic process or the musical activities to be performed is determined according to this evaluation. In this context, Music Therapy is a therapy process that the therapist performs with the patient.

In summary, Music Therapy - a practice that is used clinically and on a case-by-case basis by a music therapist in a therapeutic relationship. It is an area of expertise that is recognized as one of the complementary medical practices aimed at meeting individuals' physical, emotional, situational, cognitive and social needs and aims to use the powerful and multifaceted effects of music on humans for therapeutic purposes within the framework of certain scientific principles, rules and methods.

Ergotherapy Activities For The Treatment Of Patients Suffering From Alzheimer-induced Memory Loss

Prevention and Effect of Music Therapy

The Alzheimer's Disease, which is described as a period illness, will affects many people in the coming years. World Health Organization data show that Turkey will be one of the four countries with the highest Alzheimer's disease in the world in 2050. According to experts; Although Alzheimer's does not have a definitive treatment, it is said that there are treatments that can prolong the disease process and improve the comfort of life.

Historical Process in the Treatment of Muscular Diseases

Music therapy, a method that has been used for about 2500 years, comes out as a method that has been used in many civilizations day by day. In ancient Anatolian and ancient civilizations, music was considered as a source of all kinds of virtues, which influenced mental education and purification. Historically, it is understood that music is not merely used for listening, but it is used as an aid to communication and psychological treatment.

Music therapy; is defined as an area of expertise that uses music and musical activities to meet the physical, psychological, social and mental needs of individuals. It is observed that the musical influences the emotions and thoughts of people with its unique language, structure and narrative items.

Music Therapy for Alzheimer's Patients

It is known that music has beneficial consequences for the psychological health of individuals. For this purpose, it is thought that it is beneficial to listen to musical genres that are found to have a positive effect on Alzheimer's patients, especially on anger and psychological symptoms. Music therapy is one of the non-drug treatment methods used for

Alzheimer's disease. In music therapy, music elements such as rhythm and melody are used for therapeutic purposes.

Music has positive effects on the neurological and neurological system of Alzheimer's patients, thus providing meaningful reactions to the emotions and thoughts of the patients. In different researches; positive effects of hormones such as serotonin, dopamine, adrenaline, testosterone, which affect the formation of music mental illness and regulate the emotional state of the human being; blood pressure, respiratory rhythm, and organizing physiological functions and oxygen balance of blood circulation.

Which Music Type to choose

The type of music and rhythm used in the treatment of the disease is also very important. It is seen that the types of music that have positive words develop the mood of the patients and leave a positive effect on them. Music, which is slower and more relaxing than melodramas, is said to reduce emotional turmoil and anger in patients. Particular attention should also be paid to the fact that the music being played is not loud.

The choice of music according to personal tendencies and emotional state is also possible with trial and error method over time. By observing the reaction of the patient according to the piece being played, testing another part will have a positive effect on the patient.

Alzheimer's patients in the elderly have been accompanied by the songs they have learned until the age of 25, naturally participating and giving more positive reactions. The illness of the last stage of the illness may be required to listen to music in a particularly well-known manner, and to make predictions by asking who the artist of the song is and the words of the song. This way, it can be used as an important tool to ensure the daily comfort of the patient.