

Remissvar 20170209 avseende Socialstyrelsens nationella riktlinjer för vård vid demenssjukdom

Musikterapi är ett internationellt förankrat kunskapsområde avseende tillämpning, utbildning och forskning. I Sverige utbildas musikterapeuter inom högskolan (avancerad nivå) och vissa av dem får sedan jobb inom demensvården. I förslaget till riktlinjer saknar vår förening formuleringar kring användandet av konstnärliga terapiformer, speciellt musikterapi, som är en av de mest beforskade terapiformerna. Vi vill lyfta fram musikterapi som konstruktiv insats vid demenssjukdom. Nedan presenteras ett urval studier ur den senaste forskningen vilka pekar på positiva behandlingsresultat av musikterapeutiska interventioner.

Litteraturstudier

- 1. Livingston, Kelly, Lewis-Holmes, Baio, Morris, Patel, Omar, Katona, & Cooper (2014). A systematic review of the clinical effectiveness and cost-effectiveness of sensory, psychological and behavioural interventions for managing agitation in older adults with dementia. Health Technol Assess. 2014 Jun;18(39):1-226, v-vi. doi: 10.3310/hta18390.**

<https://www.ncbi.nlm.nih.gov/pubmed/24947468>

(Person-centred care, communication skills and DCM (all with supervision), sensory therapy activities, and **structured music therapies** reduce agitation in care-home dementia residents.)

- 2. McDermott, Crellin, Ridder, & Orrell, (2013). Music therapy in dementia: a narrative synthesis systematic review. Int J Geriatr Psychiatry. 2013 Aug;28(8):781-94. doi: 10.1002/gps.3895.**

<https://www.ncbi.nlm.nih.gov/pubmed/23080214>

(Evidence for short-term improvement in mood and reduction in behavioural disturbance was consistent, but there were no high-quality longitudinal studies that demonstrated long-term benefits of music therapy.)

- 3. Ueda, Suzukamo, Sato, & Izumi (2013). Effects of music therapy on behavioral and psychological symptoms of dementia: a systematic review and meta-analysis. Ageing Res Rev. 2013 Mar;12(2):628-41. doi: 10.1016/j.arr.2013.02.003.**

<https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0056411>

(Music therapy was effective for the management of the behavioural and psychological symptoms of dementia. The effects were small for depression and behavioural outcomes, and moderate for anxiety.)

Experimentella studier

1. Chu, Yang, Lin, Ou, Lee, O'Brien, & Chou, (2013). *The impact of group music therapy on depression and cognition in elderly persons with dementia: a randomized controlled study*. Biol Res Nurs. 2014 Apr;16(2):209-17. doi: 10.1177/1099800413485410

<https://www.ncbi.nlm.nih.gov/pubmed/23639952>

(Group music therapy reduced depression in persons with dementia. Improvements in depression occurred immediately after music therapy and were apparent throughout the course of therapy. The group music therapy intervention had the greatest impact in subjects with mild and moderate dementia.)

2. Ridder, Stige, Qvale, & Gold, (2013). *Individual music therapy for agitation in dementia: an exploratory randomized controlled trial*. Aging Ment Health. 2013;17(6):667-78. doi: 10.1080/13607863.2013.790926

<https://www.ncbi.nlm.nih.gov/pubmed/23621805>

(Agitation disruptiveness increased during standard care and decreased during music therapy. The difference at -6.77 (95% CI (confidence interval): -12.71, -0.83) was significant ($p = 0.027$), with a medium effect size (0.50). The prescription of psychotropic medication increased significantly more often during standard care than during music therapy ($p = 0.02$.)

3. Vink, Zuidersma, Boersma, de Jonge, Zuidema, & Slaets, (2013). *The effect of music therapy compared with general recreational activities in reducing agitation in people with dementia: a randomised controlled trial*. Int J Geriatr Psychiatry. 2013 Oct;28(10):1031-8. doi: 10.1002/gps.3924.

<https://www.ncbi.nlm.nih.gov/pubmed/23280604>

(Data were analysed for 77 residents (43 randomised to music therapy and 34 to general activities). In both groups, the intervention resulted in a decrease in agitated behaviours from 1 h before to 4 h after each session.)

4. Guétin, S., Portet, F., Picot, M., Pommié, C., Messaoudi, M., Djabelkir, L., et al. (2009). *Effect of music therapy on anxiety and depression in patients with Alzheimer's type dementia: randomised, controlled study*. Dement Geriatr Cogn Disord, 28(1), 36-46.

<https://www.ncbi.nlm.nih.gov/pubmed/19628939>

(Significant improvements in anxiety ($p < 0.01$) and depression ($p < 0.01$) were observed in the music therapy group as from week 4 and until week 16. The effect of music therapy was sustained for up to 8 weeks after the discontinuation of sessions between weeks 16 and 24 ($p < 0.01$.)

5. Raglio A, Bellelli G, Traficante D, Gianotti M, Ubezio MC, Gentile S, Villani D, Trabucchi M. (2010). *Efficacy of music therapy treatment based on cycles of sessions: a randomised controlled trial*. *Aging Ment Health*. 2010 Nov;14(8):900-4. doi: 10.1080/13607861003713158.

<https://www.ncbi.nlm.nih.gov/pubmed/21069596>

(MT treatment resulted to be more effective than standard care to reduce behavioural disorders. We observed a significant reduction over time in the NPI global scores in both groups ($F(7,357) = 9.06, p < 0.001$) and a significant difference between groups ($F(1,51) = 4.84, p < 0.05$) due to a higher reduction of behavioural disturbances in the experimental group at the end of the treatment (Cohen's $d = 0.63$). The analysis of single NPI items shows that delusions, agitation and apathy significantly improved in the experimental, but not in the control group. This study suggests the effectiveness of MT approach with working cycles in reducing behavioural disorders of severely demented patients.)

Avslutning

För mer översiktlig information om musikterapi hänvisar vi till hemsidan www.musikterapeut.se

En mer ingående kvalitativ beskrivning av musikterapi i äldrevård ges i

Stige, B. & Ridder, HM (red). 2016: *Musikkterapi og eldrehelse*. Oslo. Universitetsforlaget.

Där finns även en mycket omfattande litteraturlista i ämnet.

Vi vill också hänvisa till den danska Sundhedsstyrelsen som på sin hemsida skriver om musik och musikterapi som insats vid demens och sammanfattar forskningen kring musikterapi på följande vis:

“Der er således brug for yderligere forskning i musikterapi, men der er tilstrækkelig evidens til at konkludere, at musikterapeutisk behandling bør afprøves til personer med moderat eller svær demens, som udviser svære symptomer på angst eller agiteret adfærd inden påbegyndelse af medicinsk behandling med psykofarmaka.” (<https://www.sst.dk/da/aeldre/demens/viden-og-metoder/tema-om-musik> (under stycket Den nyeste forskning))

Uppmärksammas bör att benämningen “musikterapeut” i Sverige ännu inte utgör en skyddad yrkestitel. Därför bör det i eventuella framtida rekommendationer framgå att behandlare som använder musikterapi bör vara utbildade musikterapeuter på avancerad nivå för att säkerställa kvalitet och patientsäkerhet.

Med vänlig hälsning,

Styrelsen för Sveriges Akademiska Musikterapeuter

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