

## **CMPQI Quarterly Progress Report**

**October-December 2018**

**State Project #:** 34305-23019

**CMS Project Number:** 2017-04-TN-0111

**Agency:** Tennessee Tech University

**Project Name:** Improvement of Quality of Life for Nursing Home Residents through the 'Music & Memory' Program

### **Introduction**

This progress report covers the first quarter of the Improvement of Quality of Life for Nursing Home Residents through the 'Music & Memory' Program. We intend to provide personalized music through the use of MP3 players to residents of nursing homes. This project has the overall goal to:

1. Improve quality of life and care of residents through person-centered care.
2. Implementation of culture change initiatives that go beyond regulatory requirements to improve quality of care and life.
3. Reduction of unnecessary antipsychotic medication use among nursing home residents.

The IRB for the project was approved in May 2018, prior to the start of the project. During the reporting period, project activities focused on planning, scheduling, networking, and training.

### **Summary of Activities**

Welcome letter to be mailed to participating facilities.

**October 2018** – Welcome letter mailed to participating facilities. Contact made with five nursing homes; Debbie Carmack of Overton County, Jeremy Stoner of NHC Cookeville, Tamara Brown of Bethesda, Ruthie Birdwell of Signature Healthcare of Putnam County and Stacy Demps of Life Care of Sparta. Faculty met with Nursing homes to identify a team of individuals to implement the program initially. Staff were introduced to the information about music and memory and how it can change the lives of their clients.

**Nov-** Faculty and nursing home staff began introduction of Music and Memory to patients and family members. Over 20 patients have been identified and faculty are attempting to contact family for consent to use Music and Memory.

New facility approved through CMS. Welcome letter sent to NHC in Sparta. Initial meeting with NHC of Sparta, Linda Hunter administrator.

**December-** Faculty working with Music and Memory to develop a landing page for the TTU Music and Memory Project to allow the facilities to access all needed information at one link. This website will be completed by January 4<sup>th</sup>. Surveys and evaluations entered into an online format to offer additional options for completion. TTU faculty have been in constant communication with Music and Memory to

overcome training obstacles that we have encountered and revise a timeline in an effort to sustain the project.

### **Significant Contributions**

Significant contributions have been by the faculty and staff that wrote the grant and planned the project. The role of these individuals have been in planning the initial stages of operationalization of the project. Faculty have been in the nursing homes initiating the change process with administrators and primary staff.

### **Project Challenges**

Scheduling conflicts for initial training sessions in the facilities due to needed computer training needs required for new mandated documentation. TTU faculty have been in constant communication with Music and Memory and hope to slow down the process of the project in an effort to create an environment for change within each facility. Our team would like to extend the process so that we are in the facilities longer to help maintain the project and successfully change the environment with no additional funds.

### **Upcoming Activities**

**Jan** – Pay for training for certification process for each nursing home. Complete initial supply order. Train students that start in January that will help implement the project. Assess nursing staff and nursing students' attitudes pre- and post-intervention of Music and Memory to assess the focus area "Implementation of culture change initiatives that go beyond regulatory requirements to improve quality of care and life. Meeting with Nursing homes on January 7<sup>th</sup> and 8<sup>th</sup> to begin pre-training process. Formal training with Music and Memory on January 15<sup>th</sup> and 16<sup>th</sup>.

Continue to train facilities. Continue to contact patient family members to obtain permission for the use of music and memory. Begin the process of change with staff member that may be implementing music and memory with the client during personal care on a daily basis.

**Feb** – Obtain baseline data to measure the effectiveness of this program, this grant will use evidence-based practice to measure cognitive and psychosocial functioning as well as positive physical demeanor of Alzheimer's and dementia patients as observed by their nursing home caregivers. Obtain baseline data to measure the number and frequency of uptake of antipsychotic medications prescribed for patients.

**March** - Continue to obtain baseline data to measure the effectiveness of this program, this grant will use evidence-based practice to measure cognitive and psychosocial functioning as well as positive physical demeanor of Alzheimer's and dementia patients as observed by their nursing home caregivers as new clients are recruited. Continue to obtain baseline data to measure the number and frequency of uptake of antipsychotic medications prescribed for patients as new clients are recruited. Continue to implement the program in each facility.