

# Pilot study on the feasibility of in-hospital dancing to improve quality of life of community-dwelling people with dementia.

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This study is designed to test the hypothesis that in-hospital dance courses are a feasible non-pharmacological intervention for improving quality of life in community-dwelling people with dementia. Current study is a pilot study, meaning it's...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Dementia and amnestic conditions
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON46040

### Source

ToetsingOnline

### Brief title

Dance2Health

### Condition

- Dementia and amnestic conditions
- Lifestyle issues

### Synonym

cognitive impairment, Dementia

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Catharina-ziekenhuis

**Source(s) of monetary or material Support:** Factorium Podiumkunsten;te Tilburg

## Intervention

**Keyword:** Dance, Dementia, Feasibility, Quality of life

## Outcome measures

### Primary outcome

Feasibility of the intervention, determined on the basis of the following aspects:

\* Qualitative data:

- Observations during the dance sessions, with regard to atmosphere and behavior during the lessons.
- Group interview to explore the experiences of participants.
- If applicable: reasons for termination of participation.

\* Quantitative data:

- Dance session attendance, measured by the percentage of participants present at 8 or more of the 10 lessons offered.
- With the number of falls during the sessions, we want to estimate the safety of the intervention.

### Secondary outcome

Only quantitative data, in which pre- and post-intervention measurements are compared.

- Quality of life, measured with the QoL-AD, a standardized questionnaire of 13 items.
- Physical functioning measured by hand grip strength (in kg) and the 4-meter walking test (in m/s).

## Study description

### Background summary

The number of elderly people is increasing and with longer life expectancy the incidence of dementia is increasing too. Therefore the costs and the burden on society are rising. The government is encouraging elderly to live independently for as long as possible. This raises the need to embed interventions in community settings that improve self-reliance, quality of life and resilience of the elderly. An effective method for this could be dance, because of the combination of exercise, social interaction, music and relaxation.

### Study objective

This study is designed to test the hypothesis that in-hospital dance courses are a feasible non-pharmacological intervention for improving quality of life in community-dwelling people with dementia. Current study is a pilot study, meaning it's a small study on feasibility, aiming to gather information for a larger study.

### Study design

Single site cohort pilot study with pretest and posttest design and mixed qualitative/quantitative method.

## **Intervention**

Experienced dance teachers have created a physical activity program for elderly people with dementia, using music and mindfulness techniques. An experienced and trained professional dance teacher will lead the session, assisted by at least two others (professional dancer, hospital staff, researcher).

The pilot involves 10 dance sessions, each of 1 hour, at the Catharina Hospital, over a period of 7 weeks.

In addition, we plan a visit prior to the start of the intervention and a visit at the end of the intervention period. During these visits, measurements will be taken and questionnaires will be filled in with the subjects. During the last visit we carry out a group interview to explore the experiences of the participants.

In order not to influence research results, partner/family members/caregivers may not participate and are not allowed to watch the sessions.

A dance session consists of a warm-up, sitting on a chair, to activate body and mind. Then a part with moving and improvising on music, where different themes are covered. For example, steps, weight moving, balance, orientation in space and interaction with environment. The movements are inspired by different dance styles, such as ballet, modern dance, tango, improvisation and contact improvisation. It is concluded with breathing exercises and flexibility exercises.

## **Study burden and risks**

Previous studies in the elderly have shown no serious safety risks during dance interventions. We try to ensure safety because the sessions are held in a familiar environment in Catharina Hospital. Lessons are led by experienced and professional dance teachers, assisted by at least 2 others (professional dancer, hospital staff, researcher).

## **Contacts**

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## **Trial sites**

### **Listed location countries**

Netherlands

## **Eligibility criteria**

### **Age**

Adults (18-64 years)

Elderly (65 years and older)

### **Inclusion criteria**

Community-dwelling

Diagnosis of dementia (any etiology)

Age  $\geq$  70 years

Able to walk 4 meters independently with or without aid

Mentally competent to give informed consent

### **Exclusion criteria**

Non-Dutch or Non-English speaking

Severe visual or hearing impairment

## **Study design**

### **Design**

**Study type:** Interventional

Masking:	Open (masking not used)
Control:	Uncontrolled
Primary purpose:	Prevention

## Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-11-2018
Enrollment:	35
Type:	Actual

## Ethics review

Approved WMO	
Date:	23-10-2018
Application type:	First submission
Review commission:	MEC-U: Medical Research Ethics Committees United (Nieuwegein)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
CCMO	NL65619.100.18