

## IMPROVING DEMENTIA THROUGH KINETOTHERAPY AND MELOTHERAPY

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### Abstract

*Premises:* By associating kinetotherapy with melotherapy in dementia patients, a much higher recovery percentage was found.

*Objectives:* The study on the improvement of dementia by recovery started with the establishment of the title of the paper, the study of bibliography, the determination of the hypothesis, the establishment of the place and the period, the groups of patients and methods of recovery.

*Methods:* In this experiment, the following research methods were used: observation, experimental measurement and recording of data and graphical presentation.

*Results:* Applying an early, gradual and individualized recovery program based on diagnosis, sex, age will shorten the duration of improvement and reintegration into socio-professional activity. Following the recovery process, there was an improvement in physical and mental state. The results of the observations acknowledge this improvement.

*Conclusions:* The findings of the recovery process show improvement of physical and mental state by increasing muscle tone and better articular mobility.

**Key words:** kinetotherapy, melotherapy, dementia, granular area, subventricular area

### Research objectives

- Regain force and increase the muscular resistance
- Increase muscular mobility
- Establishing the muscular relaxation capacity
- Correcting posture and body alignment
- Psychological improvement through music therapy

### Hypothesis

The hypothesis at the basis of the paper is that applying an early recovery plan, personalized in a stepwise manner by considering the primary diagnostic and the potential secondary diagnostics, by accounting for age and sex, with a special emphasis on the psychological and morphofunctional particularities, will improve dementia.

### The objectives of the paper

- Implementing kinetotherapy and music therapy (melotherapy) in the recovery process
- Synthesis of the main ideas from the specialty literature and from personal experience regarding the approach for kinetic intervention on the dementia patients
- Obtaining information regarding the other conditions based on which the recovery process will be established

### The tasks of the paper

- Establishing the group of patients by considering the diagnostic, the age, the sex etc.
- Establishing the commands and the programs
- The study will take place in the Saint Luca – CFM Department- period May-December 2018

15 patients have been selected, out of which 10 women and 5 men, with age between 55 and 82 years.

Table 1. *The age structure of the patients involved in the research*

Age	55-60 ani	61-70 ani	71-80 ani
Patients' number	2	5	8

### Research methods

- Observation
- Experimental investigation
- Data registration
- Satisfaction survey

### Recovery methods

Kineto therapy- it is a recovery method which uses a system of exercises with actions on the entire organism. It is highly valuable in the complete or partial recovery of the morpho or functional deficiencies caused by traumatic conditions of the body. This method has a series of benefits such as:

- fights against posttraumatic stasis and edemas by improving the peripheral circulation
- tonifies the muscles
- maintains the elasticity of the capsule-ligaments structures and articular mobility
- maintains several segments of the body in correct positions, fighting vicious attitudes
- readapts the patient from a functional perspective, making him able to progressively

integrate in the training process.

Kineto therapy uses various exercises:

- postural, with the role of maintaining a correct position in different segments of the body, ensuring the prevention of articular and vicious attitudes
- static, using isometric muscular contraction
- dynamic, using isotonic muscular contractions

The kinetic programs used in this experiment have the purpose to improve articular mobility and muscular tonus.

The kineto specialist will establish a personalized program based on the patients' needs. An important problem in case of dementia is the state of mind of the patient, who can be agitated, aggressive or even in depression (M. Slăvilă, 2016).

Melotherapy- is a specific form of psychotherapy in which the treatment of the patient is performed by using music. The main objective is to diminish the anxiety, to remove inhibitions, to tonify, to help in reorganizing inner life, to facilitate self acceptance, other people acceptance and reality acceptance, to reestablish the communication, to alleviate the motor and sensorial handicaps (Drăgulin, 2009). In general, the instrumental music has the capacity to induce energetic equilibrium through the bio resonance phenomenon induced by sound vibration. In medieval and classical music we find again the well-known rhythm of our life beyond the memory, traumatized in the subconscious. So music therapy, like other natural methods, is used in prophylactic and curative purposes.

The therapeutic objectives of music therapy:

- balancing of neurovegetative physiological processes;
- improving the capacity of verbal communication of some subjects with deficiencies in this field;
- emotional discharge;
- enriching the personality by refining the affectivity, stimulating the imagination and developing the creativity.

According to the explanations of psychologists and neurophysiologists, the formative value of receptive music therapy (listening to quality music repeatedly) has as its cause the demand and development of both cerebral hemispheres, both the left and especially the right (Olahu, 1990).

## Results

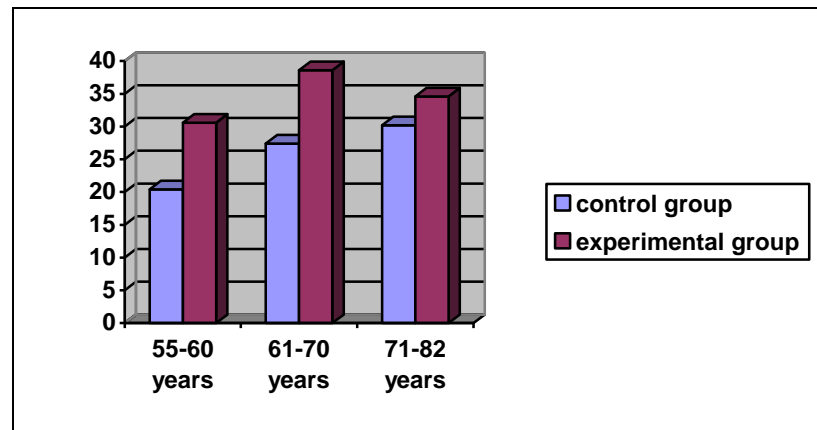


Fig. 1. Control and experimental groups

Dementia is progressively evolving, worsening as the years go by. The evolution can also be slowed down by means of kinetotherapy, melotherapy, psychotherapy (Bălăceanu-Stolnici, 1998).

## Conclusions

The kinetotherapy implemented in the recovery process of dementia patients had a positive impact on joint mobility and muscle tone.

Melotherapy has been used for a long time in the process of recovery of many diseases, including dementia. This unconventional therapy is beneficial for maintaining physical and mental health.

In the case of the experimental group that benefited from melotherapy, there was a reduction of anxiety, depression and a well-defined state, also observed through the results obtained after completing the satisfaction questionnaire (Louis, 2012).

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