



**HOCHSCHULE OSNABRÜCK**  
UNIVERSITY OF APPLIED SCIENCES

# Interdisciplinary Research Project TiP.De – Theatre in Dementia Health Care

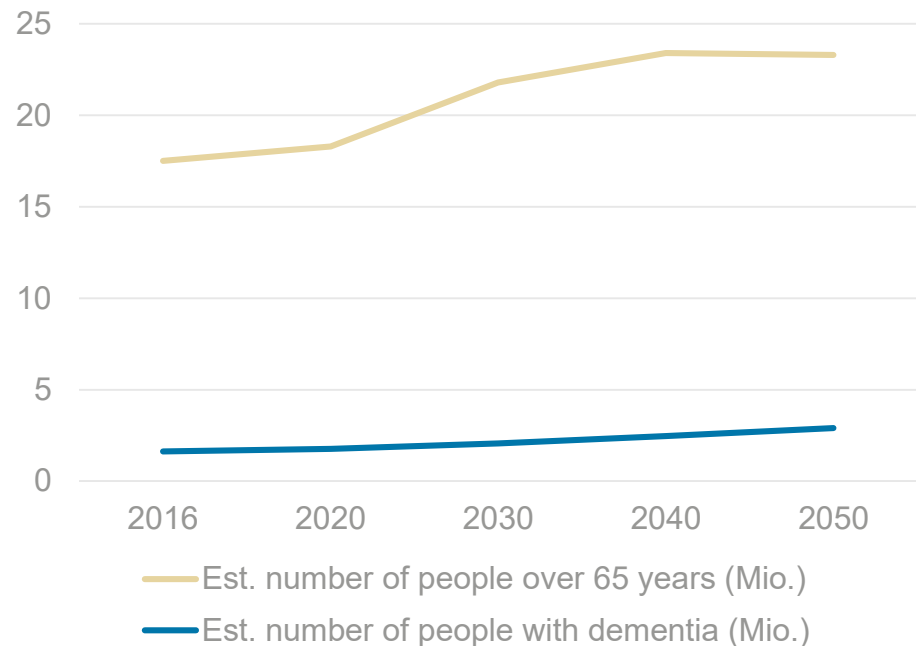


## BACKGROUND TIP.DE

### Germany:

- 1,6 Million people with dementia now
- 3,0 Million people with dementia in 2050
- Necessity to adjust nursing care in nursing homes to:
  - residents with high age and multiple morbidities
  - Individual needs of residents
  - High shortage of manpower in nursing

### Demographic development in Germany



(Dalz, 2018; Seeling, Cordes & Höhn, 2018)



## BACKGROUND TIP.DE

**Osnabrück University of Applied Sciences, Campus Lingen:**

**Two of 21 study courses at Campus Lingen:**

- Nursing (B.Sc.)
- Theatre Pedagogy (B.A.)
  
- Interdisciplinary lectures and trainings for the students
- Interdisciplinary research project at a hospital with pediatric and geriatric patients



## FRAMEWORK TIP.DE



### Sponsors:

- European Fonds for Regional Development (EFRE)
- German Federal State Lower Saxony



### Extend of Funding:

- Duration: 36 months (April 2017 – March 2020)
- 245.337,98 Euro / R\$ 1.104.556,57



### Cooperating Elderly Homes:

- DRK Wohnpark Meppen-Esterfeld
- Seniorenresidenz Meppen





## RESEARCH QUESTION TIP.DE

Which effects do **theatrepedagogical interventions** have on **quality of life** of people with dementia in nursing homes?

(Seeling, Cordes & Höhn, 2018)



# STUDY DESIGN TIP.DE

## Intervention study

- Two intervention cycles in spring and autumn 2018 in two nursing homes
- Ten weeks with ten theatre intervention hours (one hour per week)
- Up to ten nursing home residents in each intervention group (n=40)
- Assistance by specialised nursing home staff in care for people with dementia

(Seeling, Cordes & Höhn, 2018)





# STUDY DESIGN TIP.DE

## Residents

- Diagnosed dementia (exclusive Korsakow-Syndrome)
- Nursing care diagnoses (European Nursing Care Diagnosis)
- Mobile by foot, walking frame, wheelchair
- Minimum age: 65 years
  
- Informed consent from residents and legal guardians



## OUTCOME MEASURES TIP.DE

- Mixed-methods-Design
- Pre-Post comparison

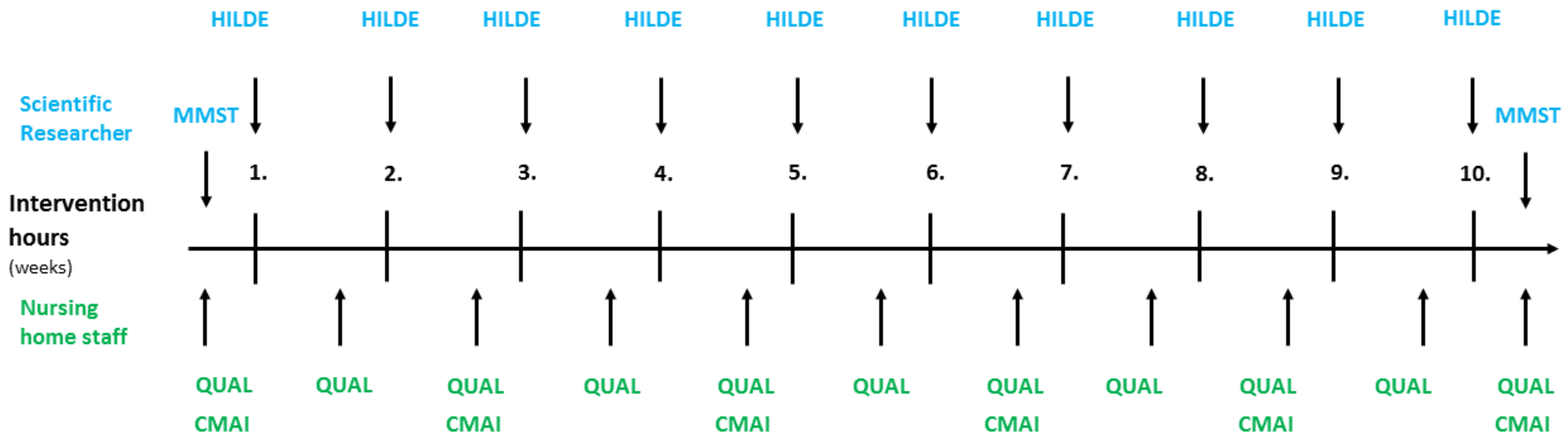
Instrument	Outcome
Mini-Mental State Examination (MMSE) (Folstein, Folstein & McHugh, 1975)	Cognitive impairment
QUALIDEM 2.0 (Dichter et al., 2016)	Quality of life in daily living
Cohen-Mansfield Agitation Inventory (CMAI) (Finkel, Lyons & Anderson, 1992)	Agitation
Heidelberger Instrument zur Lebensqualität Demenzkranker, emotional Scale (HILDE) (Becker et al., 2005)	Emotional reactions in theatre interventions

(Seeling, Cordes & Höhn, 2018)





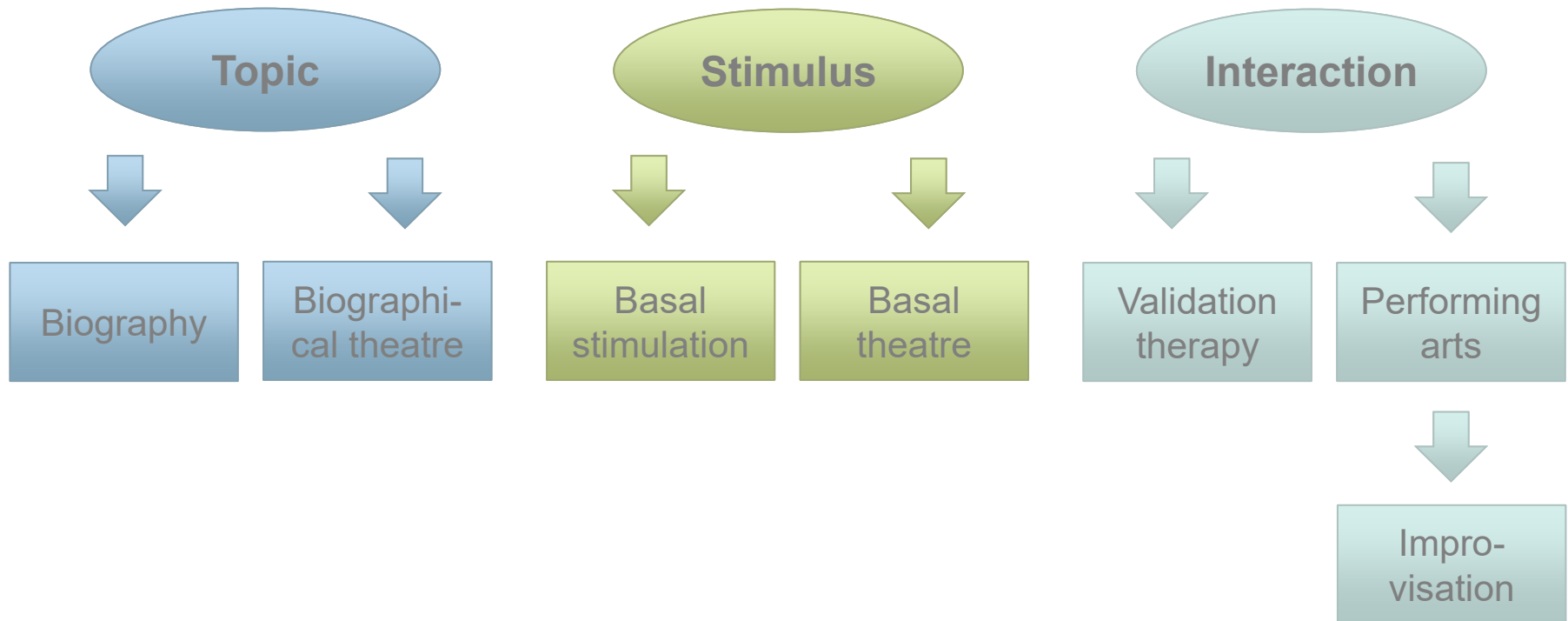
# OUTCOME MEASURES TIP.DE



**Declaration**  
 CMAI – Cohen-Mansfield Agitation Inventory  
 HILDE – Emotionale Skala HILDE  
 MMST – Mini Mental-Status-Test  
 QUAL – QUALIDEM 2.0

(Seeling, Cordes & Höhn, 2018)

# THEATRE PEDAGOGICAL METHODS TIP.DE



(Seeling, Cordes & Höhn, 2018)



## FIRST STUDY RESULTS TIP.DE

- 30 residents, 80% female, average age 85,02 years, Drop-Out 10%
- Theatre pedagogy has a slight positive effect on cognitive impairment during intervention cycles
- Agitation in daily living can be reduced during intervention cycles
- Relationships between residents and nursing home staff gets positively affected

## FUTURE PROSPECTS TIP.DE

- Publication of the theatre pedagogy concept for easy implementation in nursing homes
- Employment of theatre pedagogues in nursing homes
- Positive effects on nursing situation, communication, work experience
- Second project to specialise the concept for different degrees of dementia and different nursing care settings



(Seeling, Cordes & Höhn, 2018)







# LITERATURE

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Thank you!