





---

Pharmacological Intervention (PI)	PI is the use of a variety of medication to treat BP Cerejeira, Lagarto & Mukaetova D Q G R W K H U H I I H F W V R I G H P Ladinska, (2012) and side effects. The medications inclu [13] antidepressants, AChEI, mood stabilizers, typi and atypical antipsychotics, benzodiazepin memantine and other drugs.
-----------------------------------	---

[7]. Music promotes interaction and encourages the stimulation of listening skills, cognitive stimulation and verbal/nonverbal expression. There was a review in 2014 of 8 studies that consisted of 400 participants, and it was found that music was the best way to reduce agitation. Music therapy is also beneficial because it is a non-pharmacological intervention which is not harmful with no adverse side effects [7].

### Dementia Strategy for United Kingdom

In February of 2009, the national dementia strategy launched in the UK. This was a 5-year plan which costed about 150 million or British pounds (GBP) to support the strategy. In 2010, the government requested to continue the strategy called the Dementia Action Alliance (DAA) [8]. The DAA now has more than 50 organizations to ensure the strategy is in place. The aim of the strategy in the United Kingdom (UK) is to ensure there are improvements made to the dementia services in 3 areas, which include awareness, early diagnosis/intervention and high/efficient quality of care. Dementia has been a huge challenge to the United Kingdom since there are approximately 700,000 people living with dementia. The cost of dementia is 17 billion GBP a year. In 30 years, the UK will have 1.4 million PWD which will be 50 billion GBP a year [8].

7KHUH DUH REMHFWLYHV¶ The DAA has KH GHPHQWLD VWUDWHJ\ LQ W outlined including early diagnosis and intervention and enhancing quality of life, evidence informed care and intervention. [8].

### Music & Dementia Connection

In clinical practice, pharmacological interventions include the use of antipsychotic and benzodiazepines drugs. These drugs help treat the behavioural and psychological symptoms of the disorder. While there is some evidence of efficacy, there are side effects such as reduction in cognitive ability, extrapyramidal symptoms and confusion. The side effects are frequent with the use of antipsychotic drugs. Nonpharmacological interventions should be considered first for the treatment of BPSD since they seek to minimize symptoms [9]. The use of nonpharmacological interventions has resulted in many benefits for persons with dementia as it increases the quality of life, reduces agitation and depression. There are many different types of pharmacological interventions and music therapy is one of them.

Music therapy has been effective in significantly reducing aggressiveness and anxiety. The use of songs can change the focus of DWWHQWLRQ DQG SURPSW SRVLWLYH PHPRULHV IURP D SHUVRQ¶V SDVW ZKLFK FDQ help alleviate agitation. It is found that effective results are derived from personalized activities







---

McDermott O, Orrell M, Ridder MH (2013) London [31]

There was a focus group and an interview conducted with home care residents, hospital patients with dementia, home care staff, a music therapist.

6 key themes were identified and applied in the 4 areas. The findings of the analysis were investigated to develop a theoretical model of music. The aim of the focus group/interview was to engage the participants in a music experience. The questions that were asked





Svansdottir H B, Snaedal J  
(2006)  
Iceland  
[39]

This was a case control study carried out by music therapist in 2 nursing homes and psychogeriatric



