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INTRODUCTION:

The goal of this project is to stimulate the memory and the cognitive capacities of patients with Alzheimer's disease by means of art and historical memory.

OBJECTIVES:

Main Objective

- To perform a qualitative evaluation of cultural activities and their effect on people suffering from Alzheimer's disease and their caregivers.

Other objectives

- To establish an ongoing relationship of activities between Fundació ACE, the Museu Frederic Marès and the Museum d'Història de Barcelona.
- To provide access for people with Alzheimer's disease to activities specifically designed for them.
- To provide activities which improve memory and favor the reminiscence process of the participants through contact with the art and history of the city and its legacy of physical artifacts and intangible attributes.
- To evaluate whether these activities impact the cognitive and emotional development of the patients involved (and, if so, to what extent)

SUBJECTS AND METHOD:

The initial program participants were 20 patients with mild or moderate Alzheimer's disease, all of whom use UAD (Fundació ACE day care services) and with a medium or medium-high socio-educative level. During the museum visits, Fundació ACE staff accompanied patients. The museums were visited in small groups and in alternate sessions. Sessions were prepared and led by museum staff previously trained in the AD process by Fundació ACE. There was a control group which did not visit the museums but took part in virtual work sessions at Fundació ACE led by in-house staff.

These 20 patients were divided into two groups: an experimental group (real + virtual visits), composed of 10 patients and a control group consisting of the other 10 patients (just virtual visits).

Both experience and control groups had virtual sessions. Ten sessions took place (5 in the MUHBA and 5 in the Museu Frederic Marès).

A subsequent evaluation focused on whether the effect of the programme was significant enough to improve patients' cognitive profile and their quality of life, or whether they were just leisure activities which took up their free time but did not result in any improvement in cognition

In addition to a qualitative evaluation performed by the patients, the museums also evaluated this activity. The result of both evaluations will help to plan future activity proposals.

RESULTS:

Table 1. Main Characteristics of the Experimental Group

Average age	69.75
Gender	Women 80% Men 20%
Diagnosis	ATD, level 4 GDS with average attendance at the UAD of 1.1 years

Table 2. Main Characteristics of the Control Group

Average age	68.7
Gender	Women 70% Men 30%
Diagnosis	ATD, level 4 GDS with average attendance at the UAD of 0.8 years

Table 3. Results for Experimental Group

Participation average in museum sessions	90%
Participation average in virtual sessions	80%
Incidences	1 anxiety reaction (no participation in 4 sessions) 1 anxiety reaction with displeasure (no participation in 4 sessions) 1 post-visit anxiety reaction (no participation in 2 sessions) 1 hospitalization (no participation in 1 session) 5 medical controls (no participation in 5 sessions)

Table 4. Indicators of benefit

Participation rate	85%
Asked to continue the experience	95%
Satisfaction of participants	A test for non pharmacological therapies was administered to all participants after each visit to measure aspects of the patients' experience (*) Satisfaction average: 14.9/15
Opinions of Participants	Positive solidarity action High level of involvement by museum staff Instructive Interesting

* (Non Pharmacological Therapy Experience Scale NPT-ES, Muric, Olazarán, Poveda, Lago, Peña-Casanova, 2011). This tool measures aspects of the patients' experiences expressed as behavior and social relationships. It also measures levels of participation, satisfaction, social relations, displeasure and rejection.



CONCLUSIONS:

The reminder sessions for the experimental group gave no information relevant to the project. They tended to only remember an out-door activity and in 75% of cases no memory at all remained about the content of the visit a day later.

Control group sessions were experienced merely as a cognitive stimulation activity and participants did not see it as a virtual visit.

Participants of the museum visits did not usually remember the preparatory sessions. For Fundació ACE personnel this response was not unexpected.

A high level of involvement and satisfaction on the part of museum staff, family representatives, caregivers and Fundació ACE personnel was observed.

From these findings the decision of increasing the number of participants and sessions has been taken.

In the balance between emotions and memory, this program essentially reinforces the emotions.