Reminiscence Therapy as a Strategy to Prevent Cognitive Decline in Elderly People
A Systematic Review

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Keywords: Reminiscence therapy, Elderly, Cognitive decline.

Abstract: Dementia is a symptom or a condition which is often happen to some elderly people that decreasing cognitive ability and also functional and behavior disorder. Reminiscence therapy is one of psychosocial intervention that is commonly used for the elderly people in dementia that has the main objective as defending the personal past and perpetuating the identity of the certain person, and also use stimulation, communication, socialization, and entertainment. The objective of this research is to identify the effectivity of reminiscence therapy on elderly people with dementia in preventing cognitive decline. The article searches through the database, for instance, ProQuest, Scopus, Ebsco, Cinahl, and ScienceDirect. The year limitation range is 9 years (2009-2017). The analysis from the article searches is resulted 15 suitable articles with the term required. The reminiscence therapy which is used to prevent cognitive decline (the life quality repairment) is using elderly life story approach with the methods of pictures, multimedia, music, peer support, and combining. Reminiscence therapy which is using the life story approach with the method of pictures, multimedia, music, peer support, and combination reliable and effective to increase the life quality of patients with dementia.

1 BACKGROUND

Dementia is one of the most common diseases in the elderly and the major cause of disability worldwide. Elderly with dementia often exhibit a variety of functional disorders and behavioral problems (WHO, 2017). The cognitive function becomes the main focus of various studies in patients with dementia and is a major feature of treatment. Meanwhile, non-cognitive symptoms which occur in the elderly with dementia is also quite disturbing family members and/or careers for being a serious thing and can affect the welfare of patients (Pruszy, 2015). The non-cognitive symptoms become a dominant problem, both emotionally and financially (WHO, 2017).

The effectiveness of pharmacological treatment in dementia patients is quite limited, due to the lack of curative care. The act of promoting welfare and quality of life is an important thing can be done to improve the life of patients with dementia (Algar et al., in press). Therefore, non-pharmacological interventions for dementia patients have received attention in recent years.

One effective non-pharmacological therapy in the care or treatment of the elderly with dementia is Reminiscence therapy, which provides emotional and social benefits. Reminiscence therapy is a commonly used psychosocial intervention for the elderly in the treatment of dementia in maintaining personal pasts and perpetuating the identity of the person by means of stimulation, communication, socialization, and entertainment.

Reminiscence can also be considered as a generator of past memories and events that are interpreted today (Gonzalez *et al.*, 2015). The goal of the intervention based on the memento as discussed in this review is to understand a person's relationship with his/her past. Thus, the purpose of this study was to examine the benefits of reminiscence therapy in elderly with dementia in preventing cognitive decline.

2 METHODS

This study employed the systematic review design. Data of this study were taken from database of ProQuest, Scopus, Ebsco Cinahl, and ScienceDirect in 2009-2017. The articles were searched with the keywords of reminiscence therapy, elderly, and cognitive decline. Every article that included in this systematic review had ethical clearance approval.

The literature selection was determined by the following inclusion criteria: (1) the study sample is the elderly, (2) the articles were published between 2009-2017, (3) the articles were published in English, (4) the articles focused on the reminiscence therapy, and (5) the articles focused on nursing. The exclusion criteria include the sample, not the elderly.

3 RESULTS

From the article and journal searching, 8.778 papers were found from databases, including 1215 articles in ProQuest, 823 articles in Scopus, 1651 articles at Ebsco Ciahl, and 3257 articles in ScienceDirect. The detailed identification and selection processes of the papers can be seen in Figure 1. The results of the paper selection were according to the inclusion criteria and then were given sequence number to facilitate the review process (Table 1).
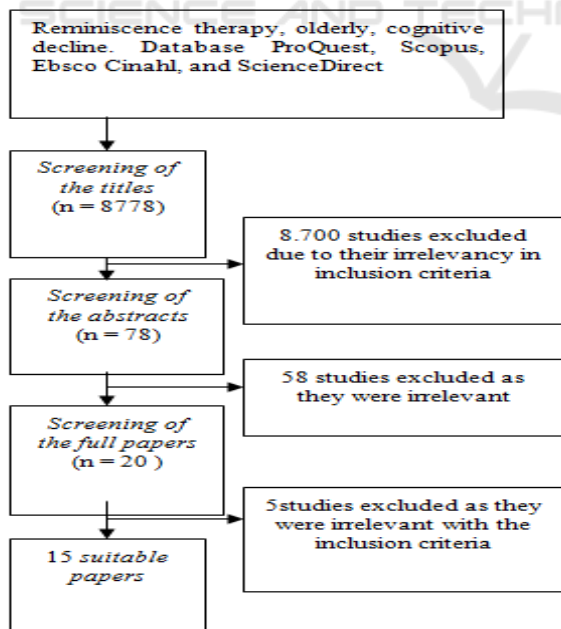

Figure 1: The Paper Selection Processes.

Table 1: The selected papers list.

No.	Author(s)
1.	(Azcurra, 2012)
2.	(Woods *et al.*, 2009)
3.	(Bailey *et al.*, 2017)
4.	(Yasuda *et al.*, 2013)
5.	(Hsu *et al.*, 2017)
6.	(Randall and Neill, 2011)
7.	(Gudex *et al.*, 2010)
8.	(Pringle and Somerville, 2013)
9.	(Gonzalez *et al.*, 2015)
10.	(Elfrink *et al.*, 2017)
11.	(Charlesworth *et al.*, 2016)
12.	(Allen *et al.*, 2014)
13.	(Mahendran *et al.*, 2017)
14.	(Wang, Yen and OuYang, 2009)
15.	(Ito *et al.*, 2007)

The results of the study conducted by Azcurra (2012) were with the population of 135 respondents selected from patients who have undergone long treatment and then divided into three groups: intervention, active control, and passive control. The intervention provided by stimulus of respondent's memory by showing photography, recordings and newspaper clipping, that reminiscience therapy by using life story reliable approach and effectively improve the quality of life in patients with dementia performed as many as 24 sessions in one week. It is directly proportional to the research done by Bailey (2017) in a number of 26 elderly in the intervention group and 25 elderly in the control group.

The interventions provided are environmental supports, individualized behavioral activity programs, and the usual nursing home activities that showed a positive impact in improving the quality of life of the elderly. Based on the research done by Yasuda (2013) there was two sessions of intervention. First session the patient was asked to see the preferred TV program while on the second session the patient was asked to sit in front of the computer to have a conversation via videophone of their old pictures.

The result showed that between reminiscence therapy and videophone had a positive effect on increasing the concentration of the elderly.

Further studies by Hsu (2017) was associated with the predictors of the non-pharmacological intervention effect on cognitive function and behavioral and psychological symptoms of older people with dementia in reminiscence therapy. The interventions were recalling past events or experiences, sharing personal life stories by using tangible prompts. The intervention results showed

that the reminiscence therapy is able to repair and maintain the cognitive abilities of elderly who do as much as 6 months.

4 DISCUSSION

Elderly people with dementia will experience decreased memory and functional disorders and behaviors that affect their behavior in daily life so that it can create personal, family, and environmental difficulties where the elderly live. Therefore, a way that can improve the condition especially non pharmacological way is needed. There have been many researchers looking for ways to overcome the problems that exist. Then, some methods or ways to overcome the things or problems were found and one of them is called reminiscence therapy.

Reminiscence therapy is a commonly used psychosocial intervention for the elderly in the treatment of dementia. It is a way of preserving the personal past and perpetuating the identity of the person and using stimulation, communication, socialization, and entertainment. This therapy consists of several ways or intervention with the same goal that is to maintain and improve the elderly's memory in order to carry out daily activities independently. This therapy can maintain and improve the expected memory quality of life elderly to be better than before getting the therapy.

Fifteen journal using reminiscience intervention with the tools such as pictures, multimedia, music, peer support, and a combination of the four tools showed a significant effect on improving the quality of life of elderly with dementia.

In reminiscence intervention with the help of picture using life story approach was for instance about the reminiscence of the childhood, schooldays, working life, marriage, holiday, and journey.

The respondents were given a memory stimulus by showing photography, recordings, and newspaper clippings about their life since childhood until now. In addition, families or counselors are also involved in the intervention to increase social support for elderly with dementia. This implementation was given into several sessions, namely 12-24 sessions, where each session was held for 2 hours.

The results of the implementation showed that these interventions are effective in improving the quality of life and good relationships with the environment in the elderly with dementia.

The reminiscence interventions with multimedia tools, including Online Life Story Book (OLSB), it is used to restore memories so as to enhance feelings of pleasure and trust. This study has the following four secondary objectives namely: 1) studying the effectiveness of interventions on the burden and quality of life primary informal caregivers; 2) providing an initial health evaluation; 3) studying (time for) nursing home admissions as long-term effects, and 4) providing process evaluation.

The Online Life Story Book is an e-health application that allows placing personal memories on a dynamic timeline. OLSB materials consist of personal information, such as photos at school, holiday activities, weddings, or activities with family and children. Interventions were conducted in 5 sessions for 8-10 weeks. The implementation results showed that these interventions were effective in improving the cognitive function and in reducing depressed feeling in people with dementia.

In reminescence intervention with music aids, it consists of Art Therapy (AR) and Music Reminiscence Activity (MRA), which aim to strengthen the system of attention and improve cognition. The intervention is given for 9 months divided into two sessions, the first session was given every week for 3 months, while the second session was given bi-weekly for 6 months. The implementation results showed that the intervention is effective in maintaining and improving cognitive abilities of elderly with dementia.

Different researchers on two articles discussed the reminiscence therapy with peer support method. Peer support can help the memory of the elderly because in peer support elderly can tell the experience and success of the past. In addition, between peer support and the elderly can exchange information.

Further, researchers on five articles used the method of combining pictures, music, object, and communicating the specific topic followed by singing. This combined method is effective in preventing cognitive decline in the elderly. This method was performed sequentially in the therapy session starting from the greetings, the orientation of reality, telling about certain topics (childhood memories, these events one's life, and events in the past), followed by singing and closing.

5 CONCLUSIONS

The reminiscence therapy by using life story approach is reliable and effective to improve the quality of life in dementia patients.

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