

Final Progress Note Format
MUS: 298.01

SMT: JD Hogue
Initial of Client:
Age: ~70
Individual/No. in Group : ~10
Length of Session: 50 min

Supervisor: Cindy Ropp
Diagnosis: Alzheimer's
Gender: Female
Location:

Assessment Summary:

- Assessment Date: 5/14/14
- During the assessment phase of treatment, client displayed strong motor skills by answering questions on topic and by walking independently. She was able to verbalize and communicate on topic, but she often forgot words for simple objects. She also displayed strong social interaction skills by using facial expressions to convey emotions and by shaking hands with SMT. Maintaining and increasing these goal areas is critical for slowing down her Alzheimer's rate of degeneration. Therefore, Client needed more practice in these skill areas so that she does not lose them as quickly.

Goal: To maintain verbalization

Objective: Client will verbally respond to the SMT when the SMT asks her a question at least 4 out of 5 trials (80%) during the session.

Rationale: Client currently is verbal and is capable of speaking. Maintaining her verbalization rate will allow her communicate for as long as possible what she does and does not want.

Data Collection Method: Frequency; the number of times. Client responds to the SMT.

Goal: To maintain gross motor movement

Objective: Client will complete at least 80% (4 out of 5) of the physical movement trials in every session.

Rationale: Client is currently functioning mostly independently by walking on her own. Maintaining these skills will help ensure that can remain physically active for as long as possible and slow down the rate of degeneration.

Data Collection Method: Frequency; the number of completed trials during a session

Goal: To maintain short-term memory

Objective: Client will correctly an SMT movement by herself after the SMT showed it to her at least 4 out of 5 trials during a session.

Rationale: Client is showing signs of memory decline. By repeating a phrase by herself, she will show that she can continue using her short term memory to complete tasks.

Data Collection Method: Frequency; the number of correctly movements performed when the SMT is not performing the movement

Goal: To maintain long-term memory

Objective: Client will tell at least two stories from her past as prompted during the session.

Rationale: Client is currently reminiscing stories from her past. Maintaining this skill will help Client connect with people for as long as possible.

Data Collection Method: Frequency; the number of times client tells a story from her past

Music Therapy Interventions:

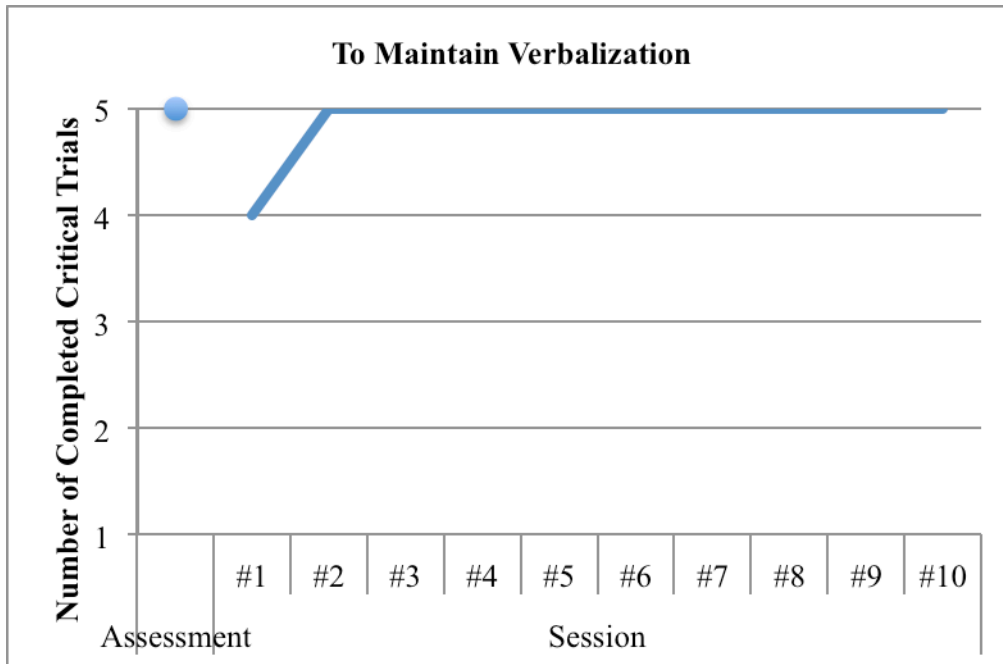
- Client engaged in music and gross movement interventions. These interactions gave the client opportunities to play instruments, dance, march, and move her arms to the rhythm of the music. The SMT would tell and show client what to do, and while the music was playing, the client would perform the gross motor movement with the SMT.
- Client engaged in group singing activities to reinforce verbalization skills. The SMT would perform a song either on piano or guitar, and Client would sing while SMT performed it.
- Client engaged in activities designed to work on reminiscing and discussing. The SMT would play a song either on piano or guitar, and Client would talk about how that song connected to her past in some way. SMT would respond with questions, and Client would respond with answers.
- Client engaged in activities to work on short-term memory. The SMT would play a 4-beat music phrase, and Client would repeat the phrase directly after SMT.

Non-Musical Strategies

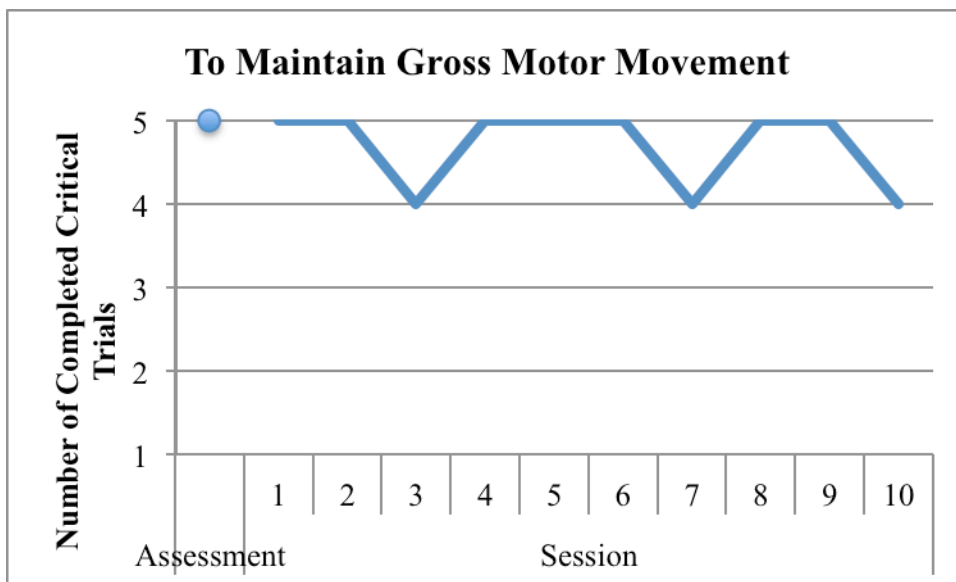
- The SMT would use redirection when Client was engaged in an off-topic behavior or incorrect behavior. SMT would ask Client to participate when she was not participating, and she would participate. SMT would also use nonverbal communication to Client to convey that she needed to participate. SMT used positive reinforcement in the form of verbal praise when Client engaged in desired behavior.

Data Analysis: This section consists of two components:

1. Data presentation:

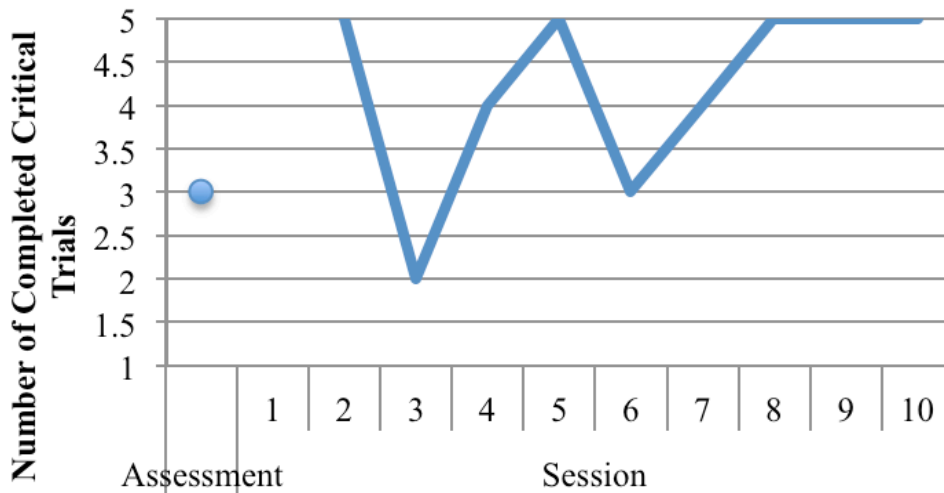


With the exception of session one, Client communicated to the SMT in every critical trial in every session. Client met the objective in every session and functioned around baseline.



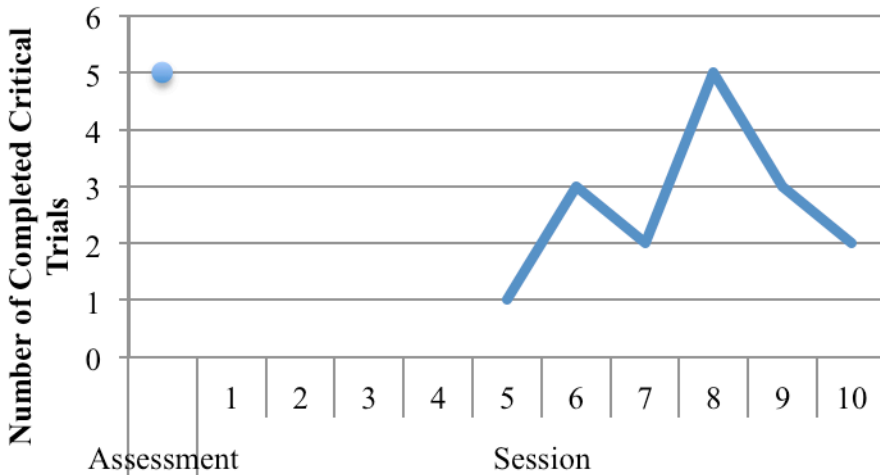
For seven out of ten session, Client completed all of the critical trials. In three sessions, she completed four of the critical trials. She met the objective in every session, and she functioned around baseline in every session.

To Maintain Short-Term Memory



For seven out of the ten sessions, Client functioned above baseline. She did not, however, meet the objective in two of the ten sessions, but she ranged from correctly playing two patterns in session three to ending the last three sessions with playing five patterns correctly.

To Maintain Long-Term Memory



For every session except for session eight, client functioned below baseline. She did not meet the objective in session five, but she met the objective in the other five sessions. In session eight, she discussed more long-term memories during the session than she did in any other session.

Evaluation of the Music Therapy Interventions

- Did the client meet or make progress toward treatment goals and objectives?
Compared to the assessment session, client maintained her gross motor, verbalization, and short-term memory skills. Comparing her long-term memory reminiscences to the assessment, she did not maintain this skill, but she consistently discussed a story from her past whenever SMT directly asked her a question. Therefore, this skill was maintained across sessions
- If yes, what do you believe was effective?
I believe that Client needed a safe opportunity to practice these skills. Practicing these skills might have helped slow down the rate of degeneration.
- If no, why? Consider all factors possible, environmental changes, changes in medication, room assignment (if applicable), changes in staffing, changes in treatment/application.
Client did not show decline in these measured skills.
- What was the impact of the MUSIC on your client's progress?
Because the music in the gross motor activities has strong downbeats, Client was able to entrain and show a more consistent gait and a much more fluid control over arms. The music also provided a connection to the past to which Client could discuss.
- From the categories of interventions you listed previously, which were most effective, or not?
The gross motor activities were the most effective. They required physical contact with Client, and Client was able to connect with her past of square dancing.

Additional Observations:

Across the sessions, I noticed that the clients showed more and more Alzheimer's symptoms in the middle and late sessions than they did in the first few sessions.

Additional Information Deemed Pertinent in Reference to the Client or Group:

The site will provide the password for their wifi if you ask. If you need to plug in speakers, you should bring in an extension cord. I did not have a consistent staff member observe me from session to session. Often, a staff member was not even at the session to observe.

Future Recommendations: Based upon your observations and data collection, provide thorough answers to the following questions:

- Should your client continue to receive music therapy services?
Because Alzheimer's is a degenerative disease, Client is expected to decline. Client should continue services to help slow down the rate of degeneration.
- If yes, what treatment goals should be addressed, and why? What types of specific music interventions should be implemented, and why?
Client should continue to work on gross motor and long-term memory discussion skills. She enjoys square dancing and talking about her life on the farm.