

Overview

- Nursing home residents often experience a reduced capacity to carry out activities of daily living (ADLs) accompanied by increased depression rates^{1,2}
- Traditional rehabilitation approaches may lack engagement, enjoyment, and interaction
- Creative arts interventions have been shown to decrease depressive symptoms,³ but there is limited research studying the potential impact of creative arts in maintaining upper extremity motor and ADL function

Aims

- To evaluate the feasibility and preliminary effects of an art-based group intervention on upper extremity fine motor skills in adults living in a skilled nursing facility
- To create standards of measurement for non-pharmacologic approaches attempting to enhance the motor capabilities and quality of life of nursing home residents

Methods

- 9 nursing home residents were enrolled in a 4-week structured art curriculum consisting of modeling clay and painting
- Participants attended one 1.25 hour session per week and performed pre- and post- session tests evaluating motor function and mood.
- Participant motor function and mood were also evaluated before and after the 4-week intervention.
- Tests included: Minnesota Manual Dexterity Test (MMDT), Hand Grip Strength Test (HGST), Dementia Mood Picture Test (DMPT), and the Geriatric Depression Scale (GDS)

Preliminary Results



Figure 1. Representative Works from the Art Curriculum. (a) Clay model created by research team for demonstration; (b) product created by participant after Week 1. (c, d) product created by participant after Week 2

"I enjoy being able to make things. When you make something, it makes you feel good."

"I'm not that dexterous. [The workshop] helped exercise my fingers. I like doing something creative and useful."

Conclusions

- Structured clay activities may maintain or improve fine motor skills of nursing home residents by engaging fine motor skills not normally activated in daily life
- Group creative arts activities may improve mood outcomes as measured by the DMPT and GDS
- Maintenance of fine motor skills may contribute to preservation of ADL activity, fall prevention, and feelings of autonomy

References

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