Foundation of the National Student Nurses’ Association

Marilyn Bagwell Leadership Development Grant Application

Lamar University, Beaumont, Texas

On behalf of the Lamar University chapter of the Texas Nursing Student’s Association

February, 11, 2016

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**Purpose of Grant Request:**

The purpose of this grant request is to request funding for the implementation of an innovative, community wide Music and Memory Project involving the use of personalized music playlists on iPods for use in patients with dementia. Grant funds would allow us to purchase iPods and iTunes music for use in long term care facilities for persons with dementia, Alzheimer’s disease, or other cognitive impairments.

**Goals for Chapter Enhancement:**

Grant funds would allow LUTNSA to work toward our goals for enhancing and further developing our chapter by allowing us to expand the use of the Music and Memory Project to a larger population and by allowing our students to disseminate their project and the knowledge gained from this project to student nurses at a national level.

**Project Background:**

Over the last six months, LUTNSA implemented a Music and Memory Project at a local long term care facility with the goal of enhancing the quality of life in older adults with dementia. The aim of this project was to bring the theory of the national Music and Memory Project to our community with the intention of raising awareness of the effects that music can have on people with dementia, Alzheimer’s, or other cognitive impairments. The overall purpose of the Music and Memory project is to educate family members, long term care staff, and health care professionals on ways to reconnect those with dementia or Alzheimer’s to their surroundings and loved ones (Music and Memory, 2016). The goal for our nursing students was for them to learn more about how the use of personalized music playlists downloaded onto an iPod could be used as a communication tool and an alternative therapy for those with memory loss. The main objectives of this project were to use music to increase communication and to reduce agitation and confusion in patients in order to decrease the use of psychotropic medications. By reducing agitation and confusion, events such as falls, disruption in health care, and sleep deprivation can also be reduced. This initiative promotes the advancement of a NSNA resolution adopted by the 2009 NSNA House of Delegates. Resolution 2009-14 submitted by the Villanova University Student Nurses’ Association supports the increased awareness of the therapeutic value of music therapy.

As part of a grant by the Texas Department of Aging and Disability Services (DADS), College Street Health Care in Beaumont, Texas was awarded 15 iPods to give to their residents who experience memory loss due to dementia or Alzheimer’s. Dr. Elizabeth Long, Geriatric Nurse Practitioner and Assistant Professor at Lamar University was instrumental in getting LUTNSA involved in the project. Members of LUTNSA volunteered to participate and were oriented to the facility. The students were oriented to the background of Music and Memory theory and viewed a video demonstrating the use of music in persons with dementia. They were assigned a resident and met with them weekly for 10 to 12 weeks to explore the resident’s music preferences, listen to their iPod with them, and talk with them. Each week the students wrote a reflective journal about their experiences with their resident.

The LUTNSA students that participated in this project demonstrated great leadership potential in several ways. Once the students were oriented to the goals of the project, they became enthusiastic and excited about the opportunity to explore this alternative therapy which is quickly becoming a best practice. They worked with an interdisciplinary healthcare team while observing the effects that music had on their residents with dementia. The students received great media exposure for this initiative which allowed them to assume the role of student nurse leaders by sharing their story on television and in print. They promoted community awareness of music therapy by sharing their experiences with other health care workers, caregivers, and loved ones. As future nurses, they will take the knowledge gained and experiences learned with them as they transition into nursing practice.

**Strategies to Achieve Goals:**

Our first goal is to expand the Music and Memory Project to a larger portion of the population of Southeast Texas. Upon the receipt of grant funds, LUTNSA students would seek out long term care facilities that are certified or interested in becoming certified as a Music and Memory facility. The students will orient a new group of nursing students to the theory of Music and Memory and instruct them on how to identify a person’s musical preferences, and how to download music onto an iPod. The iPods would be purchased with NSNA Foundation grant funds and distributed to the facilities for use. LUTNSA has been contacted by a group of social work students who are also interested in participating in the use of Music and Memory. Our students will serve as nurse leaders as they orient and train students from another discipline on this intervention. This will provide a very valuable learning opportunity as our students gain the experience of working within an interdisciplinary team to achieve a common goal.

Our second goal is for the students to disseminate the knowledge that they have gained from this project with other nursing student organizations at both the state and national levels. The opportunity for LUTNSA students to present this project and to disseminate their work will help to develop their role as future nurse leaders. Strategies to achieve this goal include presenting this project as a focus session at the TNSA convention in February and if funding is received, presentation to the NSNA members at convention in March. Another strategy for dissemination of this project will be to submit an article for publication in *Imprint*.

**Time Table and Budget:**

Time Table: This project will be implemented immediately upon receipt of funding. Experienced students will orient and train new nursing students to iPods and procedures. Two weeks will be allowed to purchase iPods and headphones. Once students have been assigned to a resident at a long term care facility, they will meet with the resident weekly for a minimum of one hour for ten to twelve weeks. The students will keep a reflective journal. They will be allowed to earn community based service learning (CBSL) hours for the time spent with their assigned resident.

Budget:

$45.00 x 30 iPod Shuffles = $1,350.00 (preferred for older adults because of ease of use)

$15.00 x 30 over the ear headphones = $450.00 (preferred over earbuds)

iTunes music money = $310.00 (to personalize playlists)

Registration fee for 3 students for NSNA Convention = $390.00

Total Budget: $2,500.00

**Goal Accomplishment:**

The goal of the Music and Memory project is to expand the availability of personalized music playlists to persons with dementia in long term care facilities in Southeast Texas. This goal will be achieved by purchasing iPods and headphones and using them with residents in a local long term care facility. With the help of facility administration and health care staff, the students will work with an assigned resident to identify music preferences and will download a personalized playlist onto the iPod for the resident. The goal will be accomplished when the student meets regularly with the resident and observes the effects of music on those with dementia.

The Marilyn Bagwell Leadership Development Grant would allow our students to have the funds to expand this project to a greater number of persons in long term care facilities who are living with dementia or Alzheimer’s disease. The opportunity to participate in this innovative therapy will allow the students to develop leadership skills as they learn about evidence-based nursing practice and contribute to the body of knowledge of our profession. These students will take the experience and knowledge gained from this opportunity with them as they transition from nursing student to their professional nursing role. The opportunity to disseminate this work with nursing students from other schools and states will allow them to learn about the process of sharing knowledge and effecting change.

Reference:

Music and Memory. (2016). *Music and Memory*. Retrieved from http://musicandmemory.org/.