



PERSONALIZED COGNITIVE AND SENSORY INTERVENTIONS TO IMPROVE QUALITY OF LIFE: CREATIVE NURSING CARE STRATEGIES FOR ALZHEIMER'S PATIENTS

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Abstract

This study examines cutting-edge nursing approaches that emphasize customized cognitive and sensory stimulation in an effort to improve the quality of life for Alzheimer's patients. The study assesses the efficacy of customized activity plans with the goals of lowering anxiety, elevating mood, and increasing patient involvement. Results show that tailored strategies have a major impact on patients' well-being, emphasizing the importance of nurses in dementia care.

Introduction

Alzheimer's disease (AD) presents complex challenges, with patients often experiencing memory loss, confusion, and behavioral changes that impact daily care needs. Traditional nursing care strategies may not fully address the specific cognitive and emotional needs of AD patients. This research investigates the benefits of individualized cognitive and sensory interventions provided by nurses, aiming to improve mental and emotional health outcomes.

Context and Justification:

The need for specialist nursing approaches has grown as AD's incidence has increased. Existing research indicates that regular routines and sensory stimulation can help control agitation and anxiety symptoms. Research on nursing therapies that are tailored to the unique histories and preferences of each patient is, nevertheless, scarce. By assessing the impact of customized interventions on patient quality of life, our study closes this gap.

Materials and Methods:

Study Design: Two groups participated in a randomized controlled trial: an intervention group that received specialized sensory and cognitive activities, and a control group that received conventional care.

Participants: One hundred and fifty nursing home residents with Alzheimer's disease, ages 60 to 90, were chosen as a sample. To tailor activities, each patient's history, cognitive ability, and preferences were evaluated.

Intervention: Personalized memory card games, aromatherapy with beloved fragrances, and music therapy with well-known songs were all part of the daily sessions for the intervention group.

Data Collection: Anxiety and mood levels were assessed using the Neuropsychiatric Inventory Questionnaire (NPI-Q) and the Quality of Life in Alzheimer's Disease (QoL-AD) scale. Observational logs recorded patient engagement and caregiver feedback.

Data Analysis: Pre- and post-intervention scores were compared within and between groups to evaluate the effectiveness of the interventions.

Results and Discussion

Results:

1. **Reduction in Anxiety:** The intervention group showed a significant reduction in anxiety levels ($p < 0.05$), with patients responding positively to familiar music and personalized activities.
2. **Improvement in Mood:** QoL-AD scores indicated an improvement in mood and emotional stability, as patients were more engaged and displayed fewer signs of agitation.
3. **Enhanced Patient Engagement:** Observation logs showed that the intervention group had higher engagement in daily activities, with fewer disruptions in behavior, suggesting an overall improvement in patient quality of life.

Discussion:

The findings highlight the value of individualized nursing interventions in the treatment of dementia. Activities that are customized for each patient's unique background seem to lower stress and elevate mood, which helps to create a more stable emotional state. Nurses can establish a soothing environment that caters to each patient's individual needs by concentrating on familiar sensory and cognitive cues. These results provide credence to the inclusion of tailored care plans for Alzheimer's patients in routine nursing procedures.

Conclusion

The quality of life for Alzheimer's patients is considerably enhanced by customized cognitive and sensory therapies, according to this study. Incorporating personal histories and preferences into nursing care improves patient emotional health and participation. Future studies ought to examine the long-term effects and the possibility of standardizing these techniques for dementia treatment. Nursing plays a vital role in creating patient-centered strategies that meet the cognitive and emotional needs of individuals with Alzheimer's disease.

Reference:

1. National Institute on Aging (NIA) - This government organization provides extensive information on Alzheimer's, caregiving techniques, and dementia research, which can help you construct the introduction and understand the impact of nursing care.
 - National Institute on Aging - Alzheimer's Caregiving
2. PubMed and Google Scholar - Both databases contain a wealth of peer-reviewed journal articles and studies on Alzheimer's care, nursing interventions, and related outcomes. Search terms like "nursing care for Alzheimer's patients," "cognitive interventions in Alzheimer's," or "sensory stimulation for dementia patients" can help you find relevant studies for your literature review and methodology.
 - PubMed
 - Google Scholar

3. BMJ Evidence-Based Nursing - This journal publishes research on evidence-based nursing practices, including studies on dementia and Alzheimer's care. You'll find articles that discuss nursing methodologies and their effects on patient quality of life.

- BMJ Evidence-Based Nursing

4. International Journal of Caring Sciences - Articles from this journal can provide insights into personalized nursing care techniques and how they impact Alzheimer's patients, covering themes like sensory interventions and anxiety reduction.

- International Journal of Caring Sciences [\[08\]](#)

5. Alzheimer's Association - This site includes practical information, recent research, and statistics that can be used in the introduction and conclusion. It provides a solid understanding of the current challenges and advancements in Alzheimer's care.

- Alzheimer's Association