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Enriched gardens improve cognition and independence of nursing home residents with dementia: a pilot controlled trial

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Background

- Dementia is a major issue worldwide
- Considerable efforts were made to design therapeutic mediation tools and evaluate their benefits on the health of patients

Design & purpose

- Multicentre cluster-controlled pilot trial
- Evaluate the benefits of the frequentation of an Enriched garden (EG) vs a Conventional sensory garden (CSG) by nursing home (NH) residents

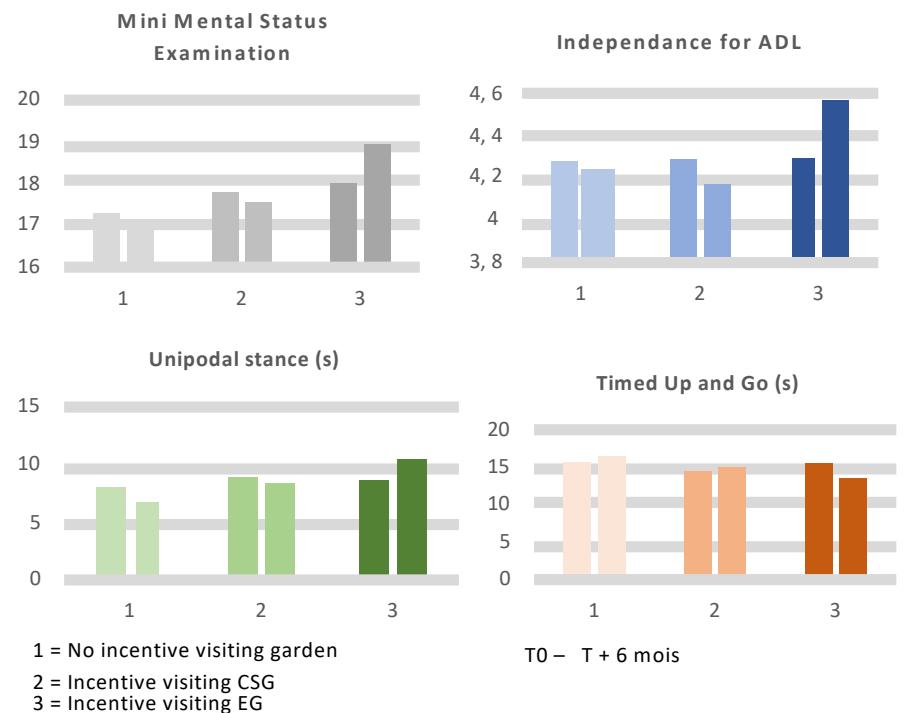
Methods

- 4 NH with separated access to one CSG and one EG Participants were residents with dementia, independent for walking and with no severe dementia or behavioural troubles.
- 3 groups based on the proximity to the CSG or EG for the first 2 groups and without easy access for the control group.
- Interventions: staff members frequently invited residents to visit the EG or the CSG depending on their group allocation.
- 12 enrichment modules were installed in the EG that stimulated cognitive, independence and walking/balance functions.
- Cognitive function (MMSE), independence for activities of daily living (ADL) and risk of falls (unipodal stance and Timed up and go – (TUG)) were assessed at baseline and after 6 months.

Discussion & Conclusion

- EGs offer a new approach to therapeutic mediation for residents of nursing homes with dementia

Results



- The 120 participants were 81.0 +/- 3.5 years old and comprised of 83 women.
- Patients characteristics were not significantly different between the 3 groups.
- Participants invited to visit the EG group, 6 months changes in MMSE showed improved compared to other groups Changes in ADL, TUG and unipodal stance were significantly improved in the group visiting the EG as compared to other groups, which indicates better functioning.

