

Reducing loneliness and agitation in nursing home residents through COVID-19 regulations adherent music intervention

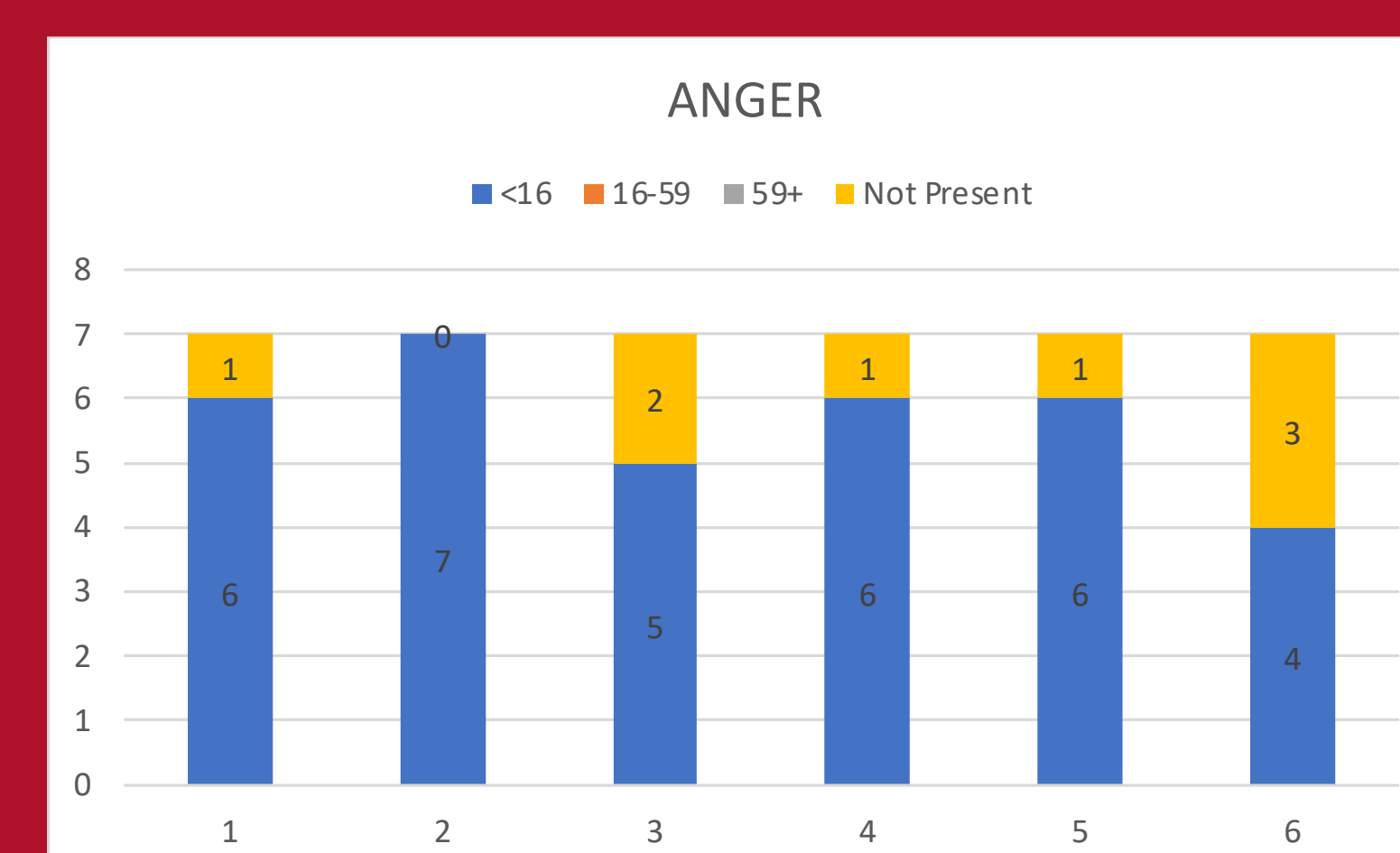
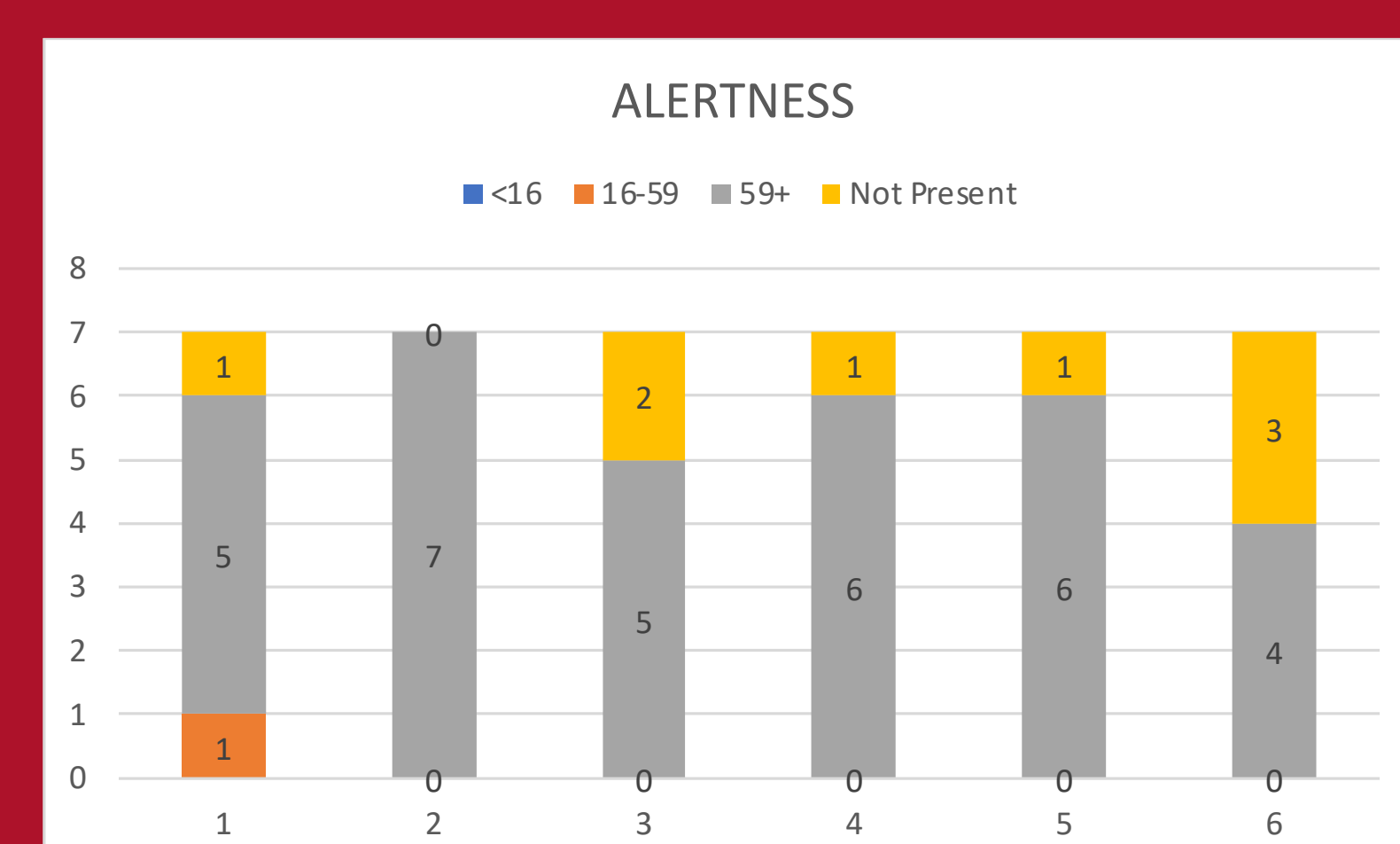
BACKGROUND:

- World Health Organization declared COVID-19 pandemic on **March 11, 2020**.¹
- To control the spread of the virus, long-term care facilities instituted visitor restrictions and social distancing policies.
- Individuals 65+ were found to have borne a disproportionate impact of COVID-19.^{2,3}

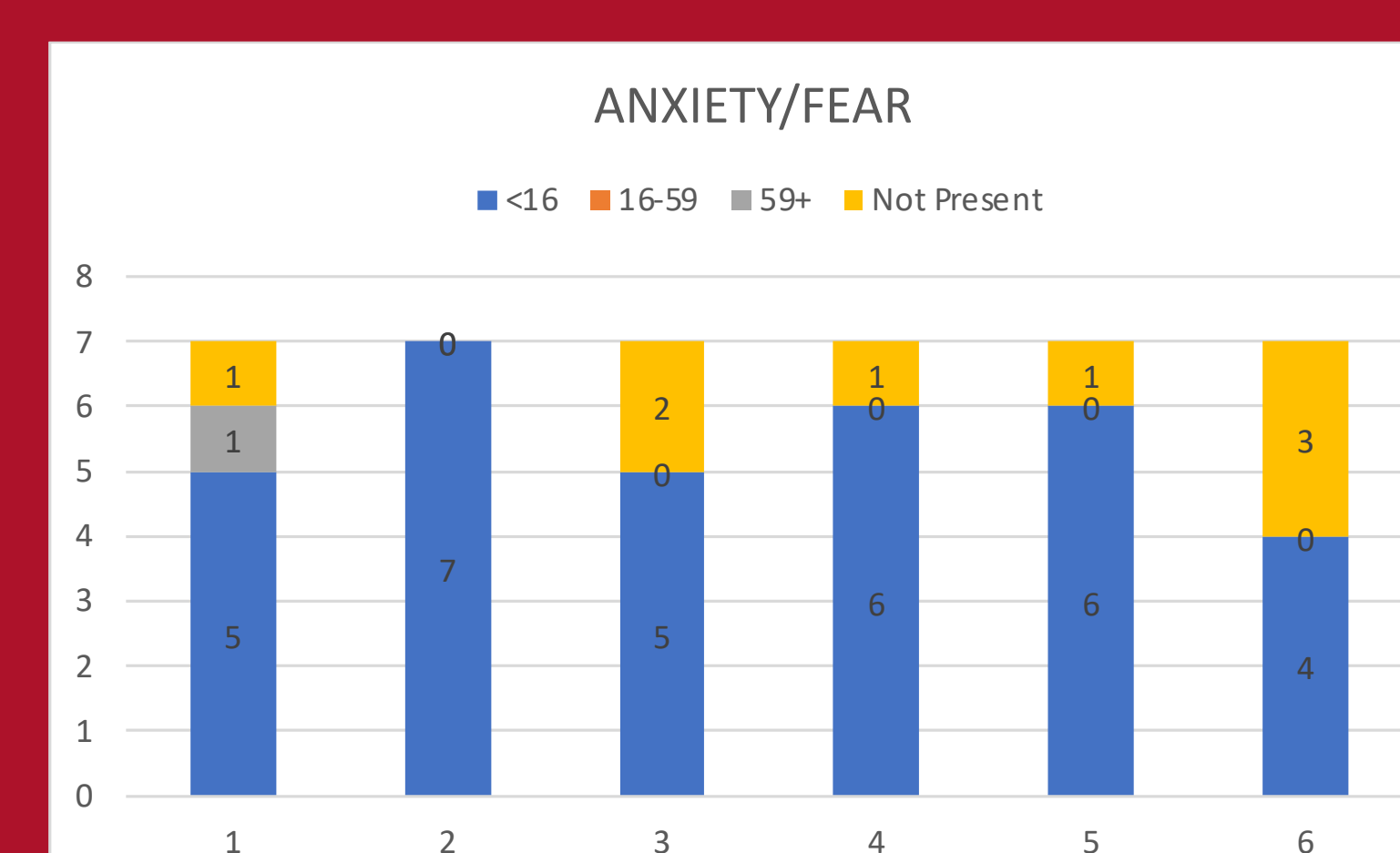
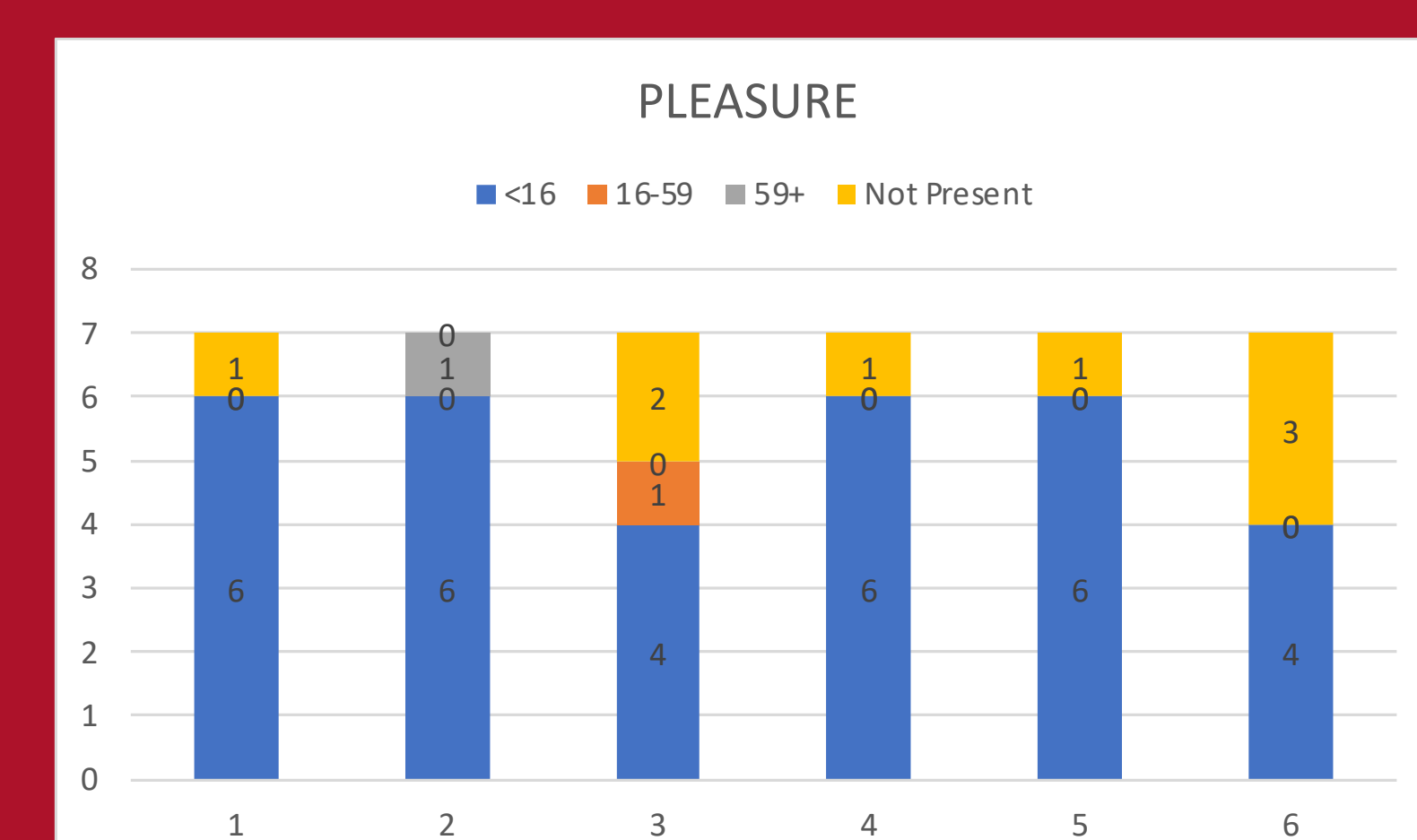
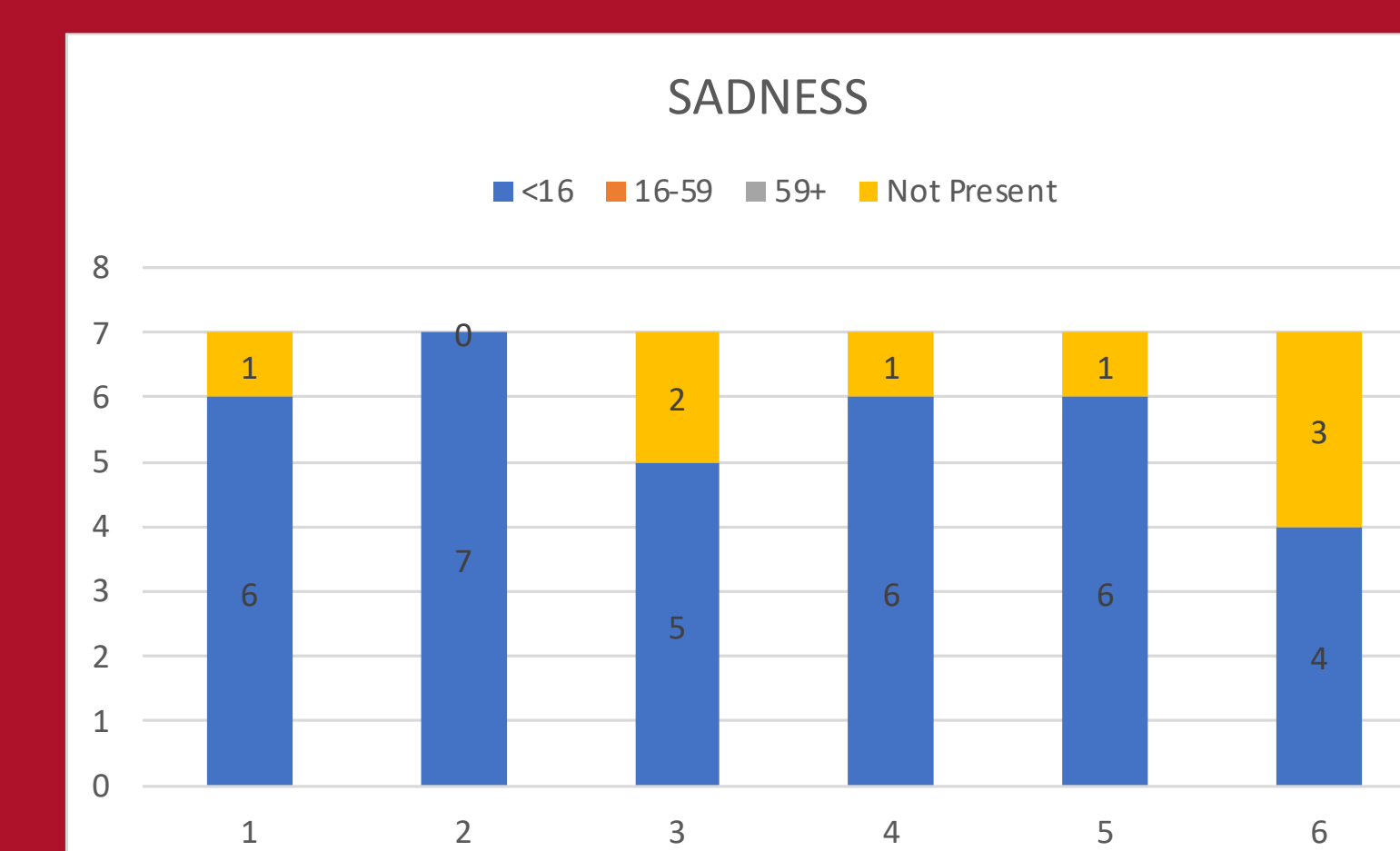
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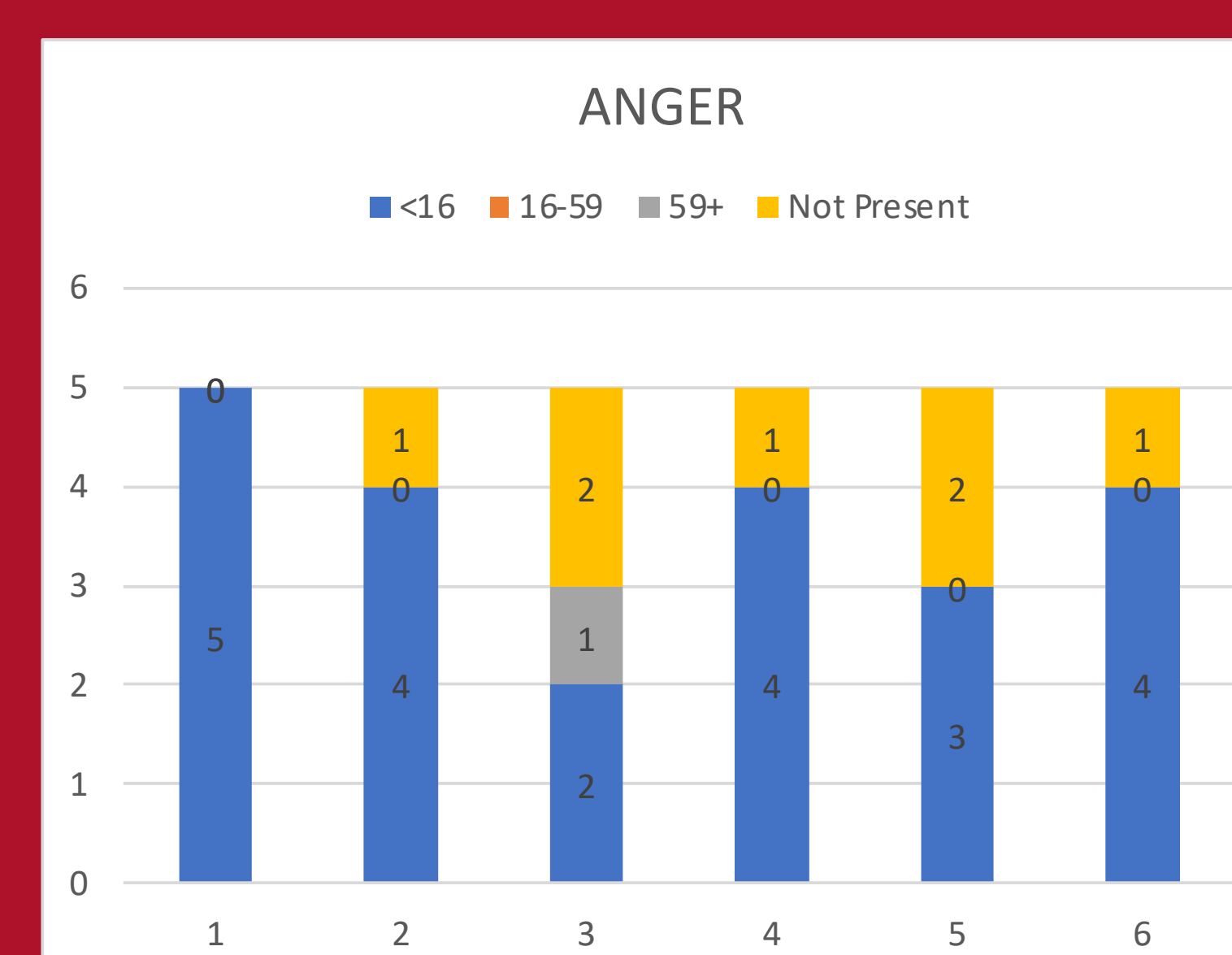
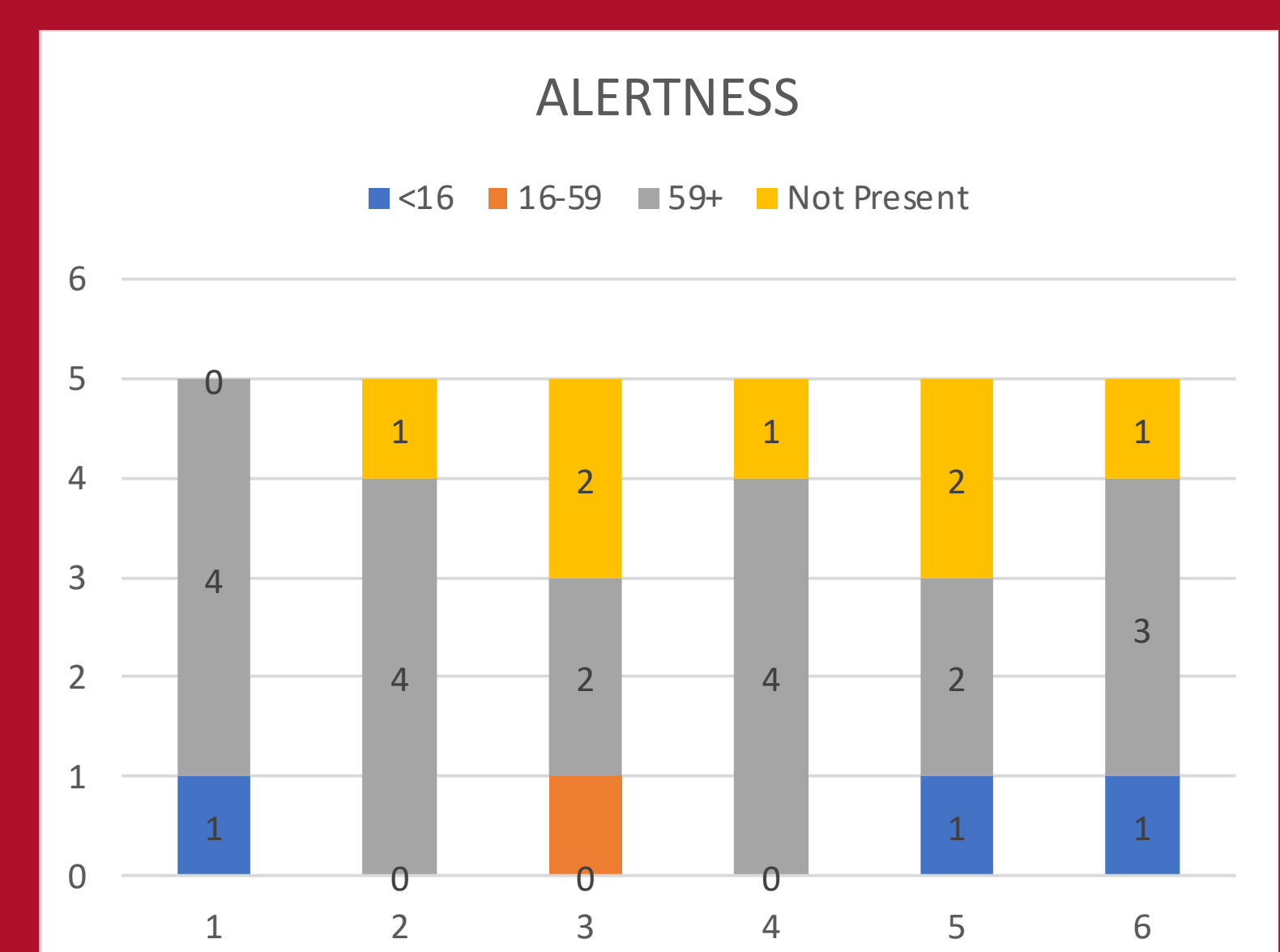
Nebraska Heartbeats



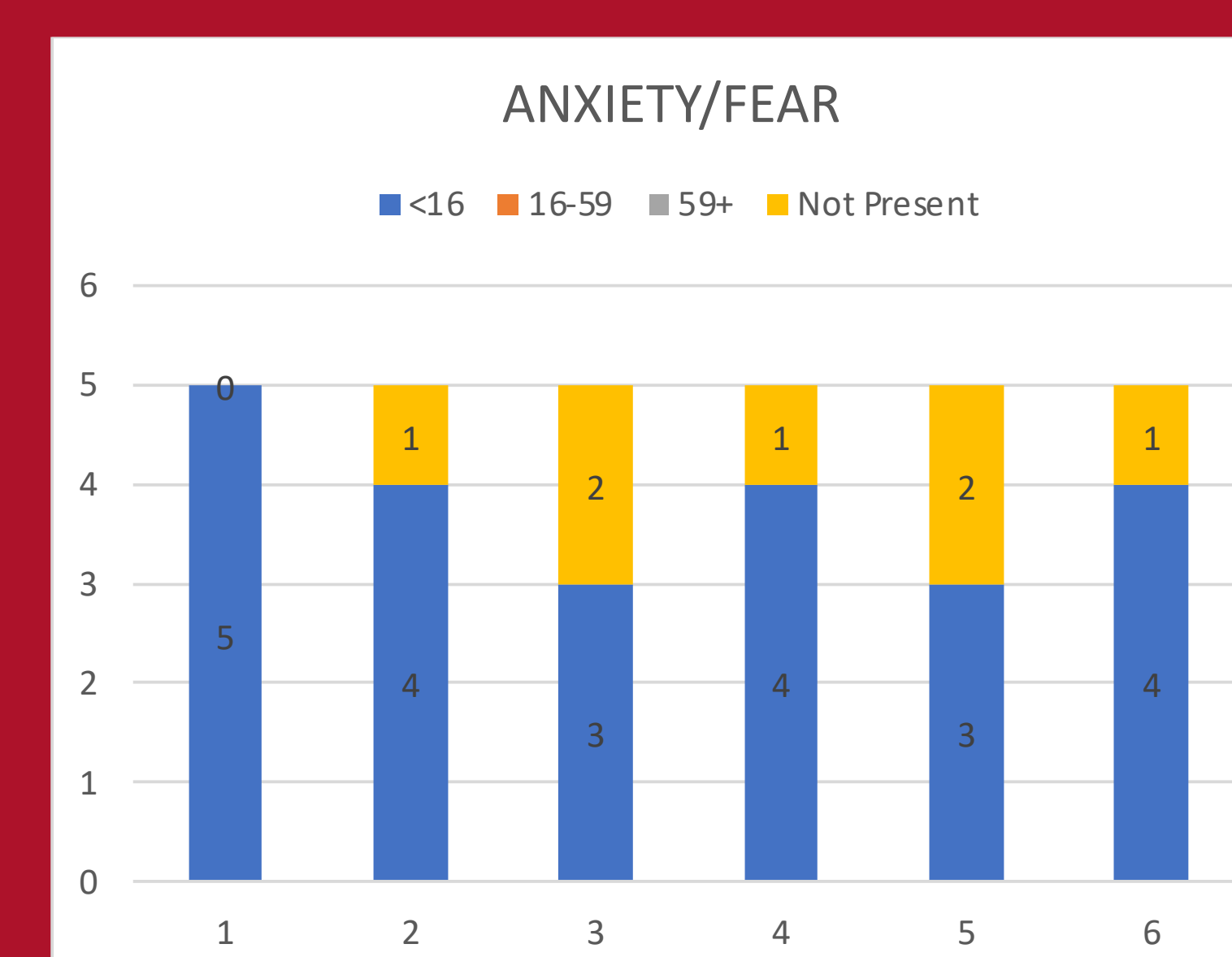
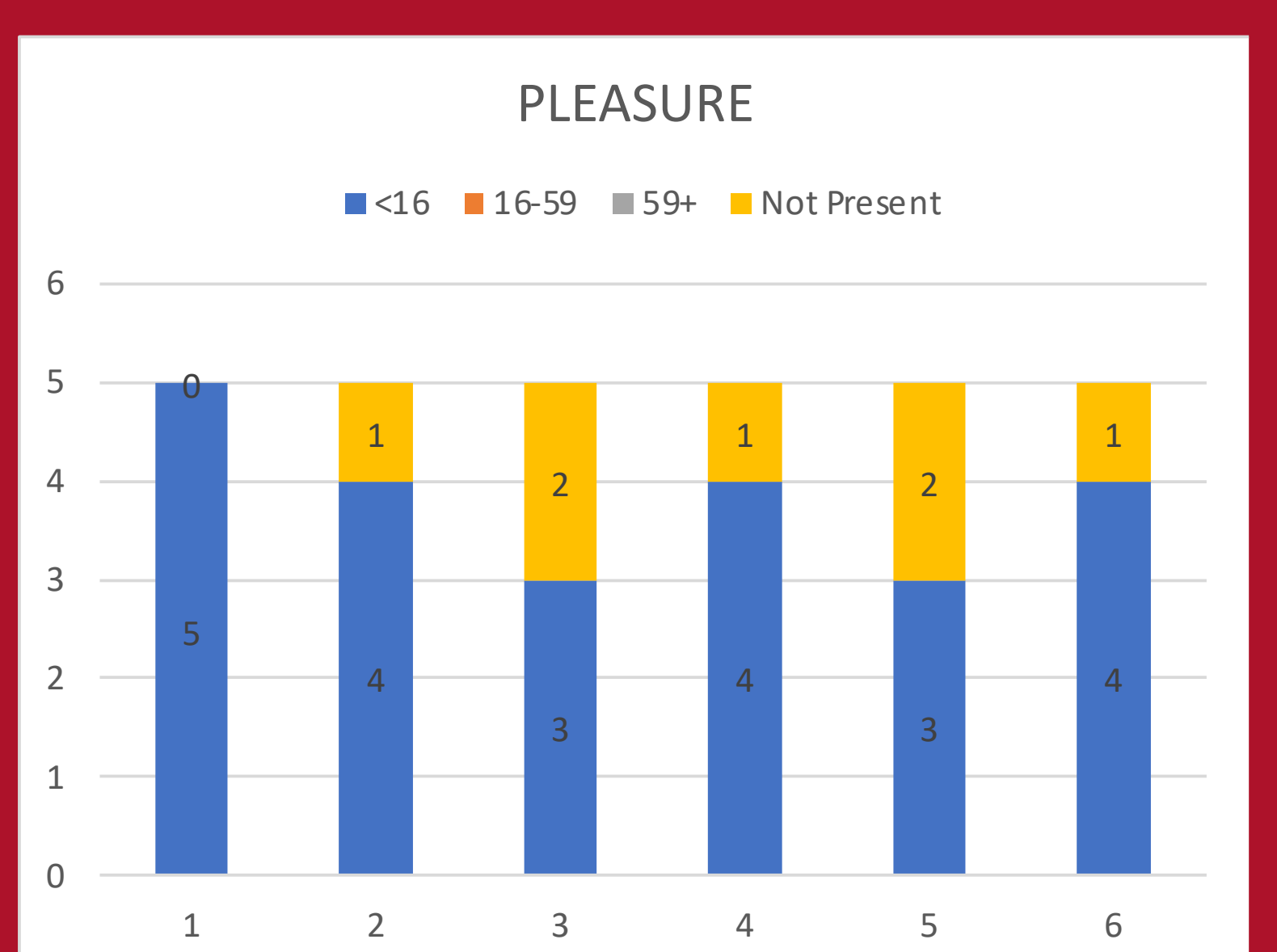
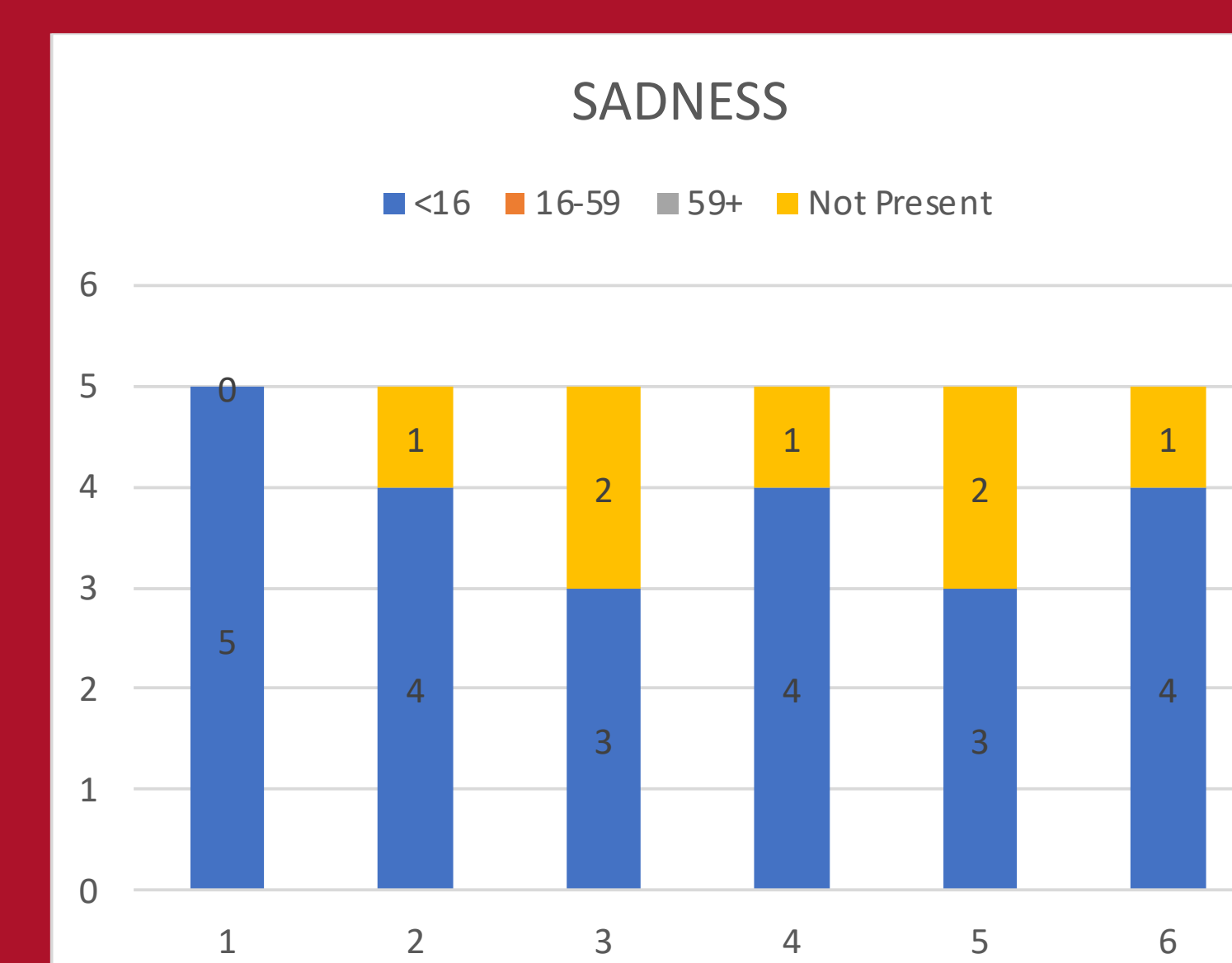
n=7



Bingo



n=5



METHODS:

- The primary objective of the present study was reduce loneliness and agitation in nursing home residents through an interactive music program that is COVID-19 regulations adherent.
- Compared benefits of novel multi-disciplinary music curriculum developed by our team (called **Nebraska Heartbeats**) to a non-musical social activity (bingo)



Current Status: Completion of data analysis

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