

Systematic review on music-cued exercises for dementia

1. Movement disorders and non-motor manifestations such as cognitive decline, anxiety, depression and behavioural disorders, are common in people with dementia.
2. Music cued exercise is a promising form of therapy designed to improve different manifestations associated with such a debilitating condition.
3. Therefore, this presentation is to review the final results of systematic review on music cued-exercises for dementia.
4. This systematic review was conducted in order to investigate whether music cued exercise is more effective than usual care for treatment of motor and non-motor problems of dementia.
5. Systematic searching strategies were followed, including identifying the appropriate keywords, eligibility criteria and searching in electronic databases.
6. After full text screening of 20 eligible studies, the searching process resulted finally in inclusion of 11 studies for qualitative synthesis.
7. Three studies are randomized controlled trials, while the remaining eight studies are of other study designs.
8. Only three studies investigated music cued exercise effect on motor performance of the participants, while the other 8 studies involved the measurement of the different non-motor outcome.
9. The Cochrane collaboration tool was used to assess risk of bias for the RCTs, where Downs and Black checklist was used to assess quality of the non-RCTs studies.
10. Over all, both the RCTs and non-RCTs studies were of high risk of bias and poor quality.
11. But generally, the studies showed significant effect of music cued exercise over usual care and even over other modalities involved music

like singing and rhythmic playing of music, except for three studies that were insignificant due to reasons related to poor study designs.

12. On the other hand, these studies are not adequate or of sufficient quality to investigate the effectiveness of such hopeful modality. Besides it included many limitations, specifically small sample size, poor study designs and lack of follow up.

13. So, further high quality studies are needed to examine the effect of music-cued exercise, especially on the motor performance of people living with dementia.