

Abstract

Title: *The effect of alternative and personalized therapy in the treatment of depression in older adults living in long-term care facilities*

Background: In older adults, depression can lead to changes in memory, physical pain, fatigue, sleep disturbances, and even suicidal ideations. Due to the shortage of healthcare workers in long-term care facilities, older adults have a difficult time receiving treatment. Therefore, alternative treatment methods and personalized therapy are becoming more important when treating patients in long-term care facilities.

Objectives: This systematic review set out to determine whether personalized therapy and alternative treatment methods may significantly reduce the symptoms of depression and improve the overall quality of life in older patients living in long-term care facilities.

Method: An electronic search was conducted using CINAHL and PubMed databases to gather studies eligible and relevant to our topic. The search included specific keywords such as “depression OR depressive disorder”, “geriatric OR elderly OR 65+ years old”, “alternative therapies OR alternative treatment OR complementary therapy OR therapy”, and “long-term care OR nursing home OR residential care OR assisted living”. Six relevant articles were screened, evaluated, and included in the final systematic review.

Results: Following an assessment and evaluation of the six studies, implementing treatments such as laughter therapy, music therapy, the Positive Mood and Active Life Program, and The BRIGHTEN Program demonstrated a reduction in depressive symptoms and improvement in the quality of life of elderly patients residing in long-term care facilities.

Conclusion: Implementation of personalized therapy and alternative treatment programs showed a significant reduction in the prevalence of depression in patients living in long-term care facilities.

Keywords: Older adults; depression; alternative treatment; quality of life