

Sundown syndrome in elderly patients with dementia is ameliorated by showing the DVD of fashionable stories in their younger days.

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【 backgrounds 】

It has been demonstrated that “sundown syndrome” is associated with increased agitation and confusion that occurs in the late afternoon, and induces disturbances of sleep in elderly patients with dementia. Some reports suggest that the mention of fashionable stories in the younger days is as effective therapy on sundown syndrome in demented patients. To explore whether showing the DVD of fashionable stories in the younger days ameliorates sundown syndrome in elderly patients with dementia, we showed the DVD to them in the every evening during a month in our hospital.

【 methods 】

We showed the DVD of fashionable stories in the younger days to 48 elderly patients with dementia (23 male and 25 female, 58 to 99 years) in the every evening (16 to 18 o'clock) during a month (January 4 to 31, 2007), and investigated their conditions during and after showing the DVD.

【 results 】

Of 48 patients, we could show the DVD to 40 patients, and 34 patients were interested in the DVD in these 40 patients. Showing the DVD indicated the significant decrease of agitation, confusion and antipsychotic therapy in these patients.

【 conclusions 】

We suggest that showing the DVD of fashionable stories in the younger days significantly decreases agitation, confusion and antipsychotic therapy, and that DVD therapy can ameliorate sundown syndrome in elderly patients with dementia.