

## 研究業績 英文表記

和文	
表題	施設入所高齢者の認知機能および BPSD に対するアロマセラピーの効果
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英文	
Title	Effects of aromatherapy on cognitive function and BPSD in institutional elderly people with Cognitive Impairment.
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Abstract	Elderly people with dementia living in a nursing home receive aromatherapy. The present study aimed to evaluate its general usefulness. Elderly patients underwent aroma bath and hand massage for 28 consecutive days. During sleep, hand massage using 1% true lavender oil was performed for 10 minutes. We measured cognitive function after the intervention, degree of behavioral and psychological symptoms of dementia (BPSD) and disease severity if before sleep - wakefulness cycle, and intervention during an intervention period if before intervention. The participants' mean age was 90.3 years, and 22 out of the total were women. Time needed to fall asleep on the days hand massage was provided was significantly shorter than that on the days when it was not provided. Cognitive function and BPSD improved significantly after the intervention.
keyword	Elderly people, Dementia, Aromatherapy.

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