

A person is shown in silhouette, practicing Tai Chi in a coastal setting at sunset. The person is in a dynamic pose, with one leg forward and arms extended. The background features a calm sea, a distant cityscape, and palm trees in the foreground. The overall atmosphere is peaceful and serene.

**“A settling effect at a difficult time of the day?” Short-term effects of Tai Chi in an inpatient psychogeriatric ward.**

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& Matthew Croucher



# Ward K1 at Princess Margaret Hospital, Christchurch

- A psychogeriatric ward for older patients with 'organic' psychiatric illnesses
- Provides assessment, treatment and rehabilitation – not long term care
- Moderate to Severe Dementia and/or Delirium



**Other key research team members:**

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**Project sponsored by:**

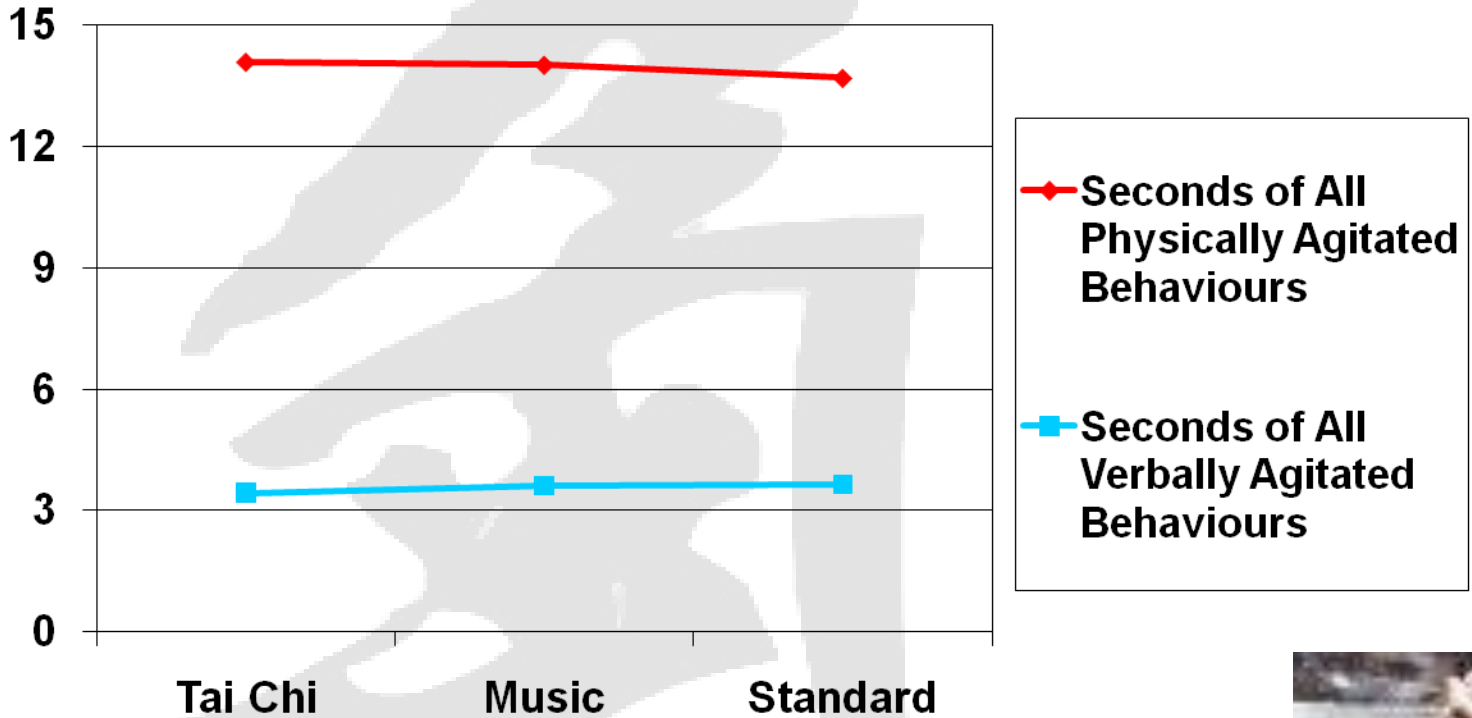
**The Canterbury Health Care of the  
Elderly Education Trust**

**Alzheimer's New Zealand Charitable  
Trust**

# Measures

- (Modified) Agitated Behaviour Mapping Instrument
- 6 physical behaviours
  - Pacing, fiddling, exit seeking...
- 7 verbal behaviours
  - Complaining, Screaming, Nonsense...
- Additionally, ratings of emotions
  - Pleasure, Anxiety, Anger, Interest...
- Episodes of physical restraint or 'prn' usage

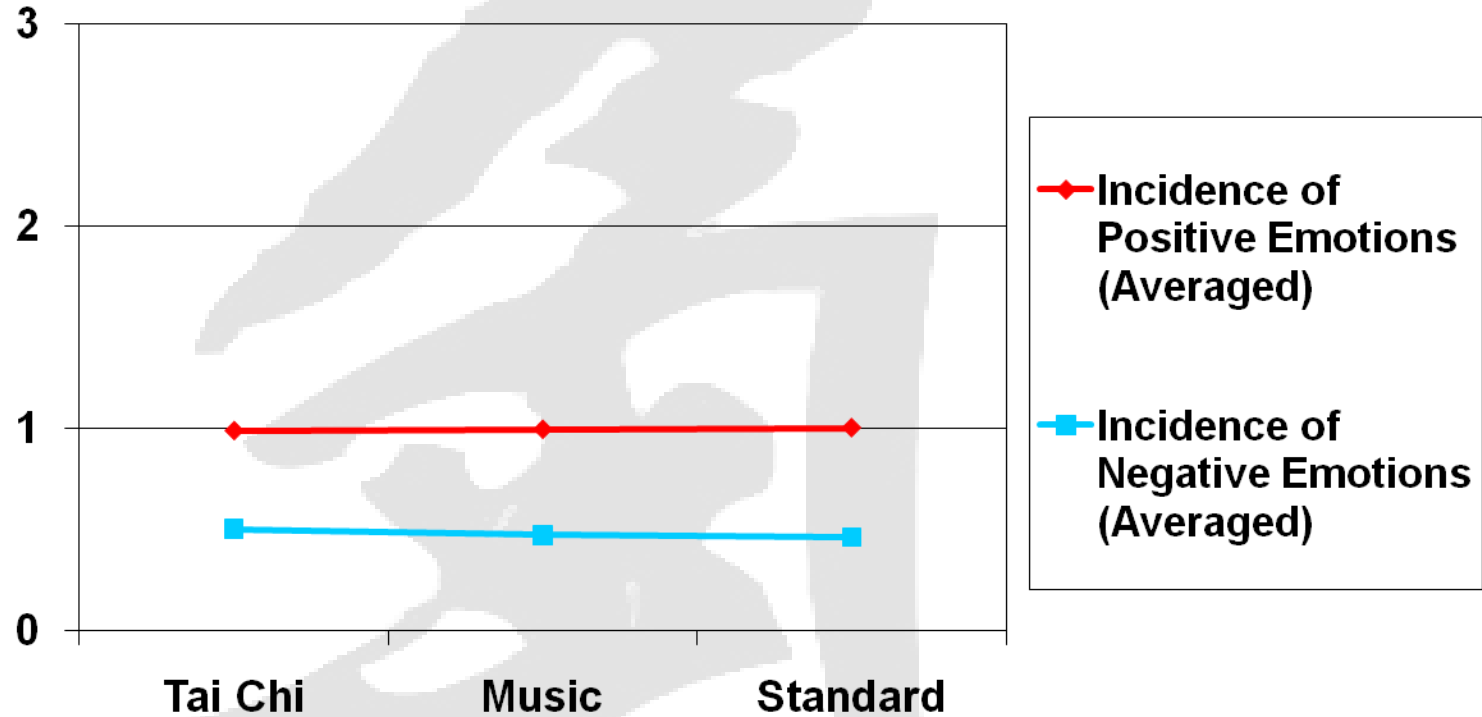
# Observed Behaviours



- Overall, low levels of agitated behaviours



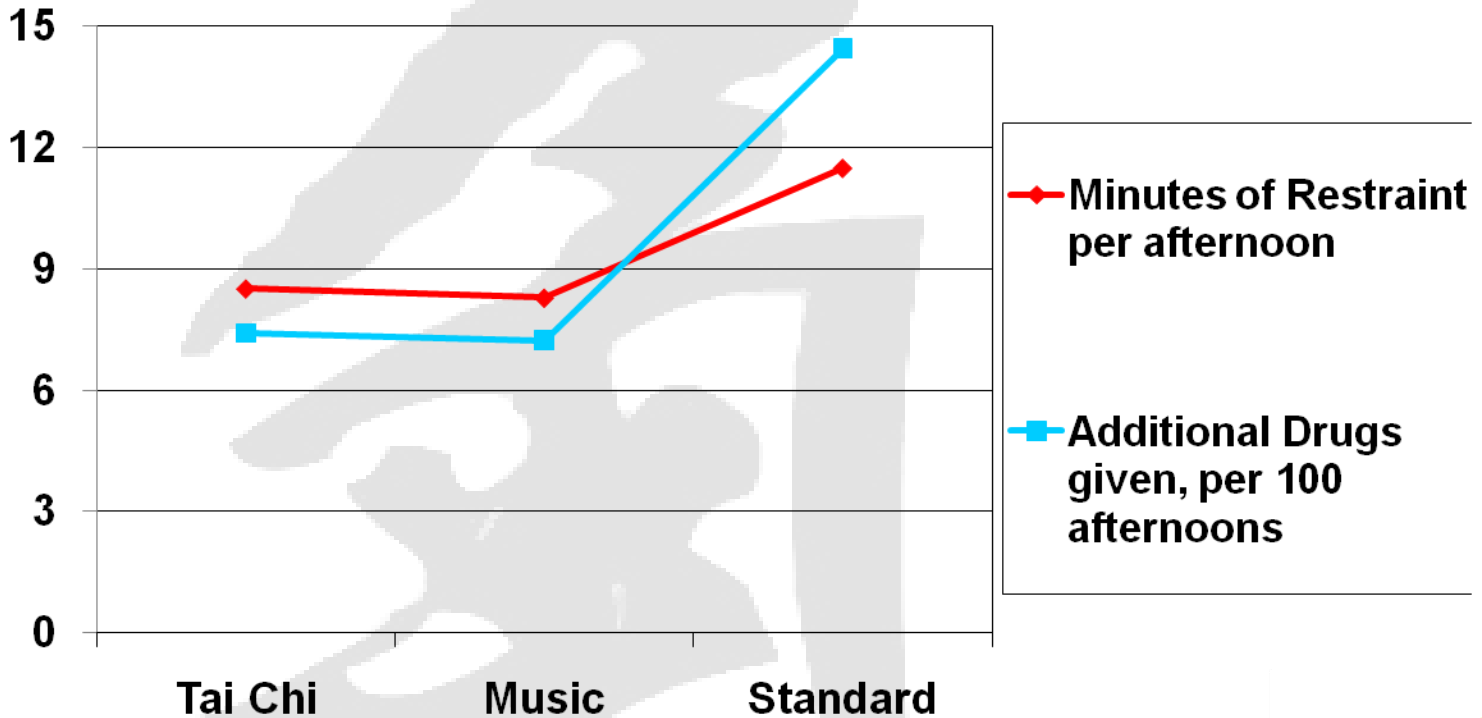
# Observed Emotion



- Overall, low levels of expressions of emotion



# Drug and Restraint Use



- These trends for change are not statistically significant
- The trend for lower use of 'prn' for challenging behaviour is potentially clinically significant



# Conclusions



Source: Dreamworks / Paramount's "King Fu Panda"