

## NEFARMAKOLOŠKE METODE U TRETMANU DEMENCIJE

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**Sažetak.** Demencija je degenerativna bolest koja pogađa više od 55 miliona svjetske populacije. Karakterišu je pogoršanja kognitivnih funkcija, poteškoće u komunikaciji, izražavanju i prepoznavanju emocija kao i pojava agresije, razdražljivosti i problema sa spavanjem što negativno utiče na cjelokupno funkcionisanje osobe, njegovu porodicu i cjelokupnu zajednicu. Cilj preglednog rada je prikazati efikasnost i značaj nefarmakoloških metoda u tretmanu osoba oboljelih od demencije. Ključne riječi korištene za pretragu baze podataka PubMed i Google Scholar su bile dementia, non-pharmacological treatment, u intervalu od 2015 do 2025 godine. Analizirane su najčešće primjenjivane nefarmakološke metode: muzikoterapija, likovna terapija, terapija plesom i pokretom, radna terapija, te biblioterapija. Rezultati pokazuju da muzikoterapija poboljšava kratkotrajno pamćenje, komunikaciju, samoizražavanje, razvoj interpersonalnih vještina, razumijevanje tuđih emocija, smanjuje razdražljivost, agresiju, probleme sa spavanjem, besciljno lutanje i nemogućnost sjedenja ili ležanja na mjestu. Likovna terapija doprinosi razvoju kreativnosti, spontanosti, komunikacije te utiče na zadovoljstvo i smirenosti osobe. Terapija plesom i pokretom utiče na jačanje socijalnih odnosa i kognitivnu fleksibilnost i kvalitet života, pružajući osobama sa demencijom ponovan osjećaj sigurnosti i smirenosti, koji je narušen strepnjom i strahom od progresije bolesti. Radna terapija i biblioterapija dodatno unapređuju svakodnevno funkcionisanje i doprinose očuvanju psihosocijalnih sposobnosti. Nefarmakološke metode u tretmanu demncije ne mogu spriječiti progresiju bolesti ali su prikladne komplementarne metode u okviru interdisciplinarnog pristupa pružanja podrške osobama s demencijom.

**Ključne riječi:** demencija, nefarmakološke metode

## NON-PHARMACOLOGICAL METHODS IN THE TREATMENT OF DEMENTIA

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**Abstract.** Dementia is degenerative disease that affects more than 55 million people worldwide. It is characterized by deterioration of cognitive functions, difficulties in communication, expression and recognition of emotions, as well as the appearance of aggression, irritability and sleep problems, which negatively affects the overall functioning of the person, his/her family and the entire community. The aim of the review is to show the effectiveness and significance of non-pharmacological methods in the treatment of people suffering from dementia. The keywords used to search the PubMed and Google Scholar databases were dementia, non-pharmacological treatment, in the interval from 2015 to 2025. The most frequently applied non-pharmacological methods were analyzed: music therapy, art therapy, dance and movement therapy, occupational therapy and bibliotherapy. The results show that music therapy improves short-term memory, communication, self-expression, development of interpersonal skills, understanding other people's emotions, reduces irritability, aggression, sleep problems, aimless wandering and inability to sit or lie still. Art therapy contributes to the development of creativity, spontaneity, communication and affects the satisfaction and calmness of the person. Dance and movement therapy affects the strengthening of social relationships and cognitive flexibility and quality of life, providing people with dementia with a renewed sense of security and calmness. which is disrupted by anxiety and fear of disease progression. Occupational therapy and bibliotherapy further improve everyday functioning and contribute to the preservation of psychosocial abilities. Non-pharmacological methods in the treatment of dementia cannot prevent the progression of the disease, but they are suitable complementary methods within the interdisciplinary approach to providing support to people with dementia.

**Key words:** dementia, non-pharmacological methods