

To Whom It May Concern:

The undersigned, PresCare have given permission for the implementation of light therapy to be conducted at the Alexandra Gardens PresCare Aged Care Facility in Rockhampton.

This study will go for 6 weeks, and involve two groups, a bright light therapy group and a natural light therapy group. Both groups will have two weeks of care as usual, then two weeks of light therapy, and then another two weeks of care as usual, while being monitored and assessed for pain levels.

Participants in the bright light therapy group will have bright light glasses administered for 30 minutes each morning, for 2 weeks, Monday to Friday. The bright light therapy intervention will be administered by the Associate Researcher, Stephanie Zylstra, and will not require staff at this facility to administer the light therapy. Therefore, no training is needed for any staff at PresCare.

Participants in the natural light therapy group will be exposed to natural light for 30 minutes each morning, and this may require staff assistance in helping the participants outside, to sit for this time. We have recommended that breakfast time is the best time for this to occur.

As the caretaker facility, staff assistance may be required in this study. The participants will be requested to keep a basic Sleep Diary for the 6 weeks, and will be questioned about their sleep-wake times, and exposure to light from the prior day. The Associate Researcher would like to confirm responses with the care team, to ensure greater reliability.

Staff knowledge about residents with pain, and their subsequent eligibility for recruitment, will be a crucial aspect for this study, as assistance with recruitment is required for this specific demographic.

The Actiwatches must be worn at all times, including when showering and sleeping. Staff assistance with this is requested, as it is a crucial aspect of the study.

If participants feel distressed or unhappy during this intervention, they are able to withdraw without any penalty or negative repercussion. If PresCare have support services for residents requiring assistance, it is requested that this be available for all participants who may need this provision.

The exclusion criteria for this study is listed below:

- Any people with epilepsy
- Any people with manic depression with psychosis
- Any people taking photosensitizing medications

Medical approval from a doctor or clinical nurse will be required for anyone undertaking this study, especially individuals:

- With any eye disorders, including cataracts, macular degeneration or glaucoma.
- Taking medications

Inclusion criteria includes:

- Anyone aged 65 or over
- Anyone cognitively able to complete the Brief Pain Inventory (BPI) and a daily Sleep Diary.
- Anyone scoring 4 or more on the Pain Severity scale of the BPI.

This information has been provided to PresCare, and the undersigned acknowledges the above information, and gives permission for the study to be conducted at Alexandra Gardens PresCare Aged Care Facility.



Sandra Thomson
Facility Manager
PresCare Alexandra Gardens

Date : 11th May 2015

