WEB BASED RESOURCES FOR NON-PHARMACOLOGICAL MANAGEMENT OF DEMENTIA BEHAVIORS

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• DR. KELLER HAS DISCLOSED SHE HAS RELEVANT FINANCIAL RELATIONSHIPS
APPROACH MANAGEMENT OF DEMENTIA BEHAVIORS

• SYSTEM WIDE STAFF EDUCATION
• IDENTIFICATION OF ETIOLOGY OF PATIENT DISTRESS
• BEHAVIOR SPECIFIC ALGORITHMS
• FAMILY EDUCATION
• ACTIVITIES AND ENVIRONMENTAL CHANGES TO MINIMIZE BEHAVIORS
SYSTEM WIDE STAFF EDUCATION

• NEEDS TO BE CONSISTENTLY INTRODUCED AND INCORPORATED INTO THE CULTURE. ONE TIME SESSION DOES NOT MAKE LASTING CHANGE

• INCORPORATED INTO POLICIES AND PROCEDURES

• MUST HAVE A CHAMPION
SOURCES FOR STAFF EDUCATION

- NH ADVANCES IN EXCELLENCE
- ALZHEIMER’S ASSOCIATION WEBSITE
- UNIVERSITY BASED WEBSITES
- JOHN HARTFORD FOUNDATION SUPPORTED PROJECTS
- AMDA RESOURCES
- CMS

• HTTP://WWW.NURSINGHOMETOOLKIT.COM
EVIDENCE FOR NON-PHARMACOLOGICAL TREATMENTS

HTTP://WWW.NURSINGHOMETOOLKIT.COM/#/NON-PHARMACOLOGICAL-APPROACHES/C107U

HTTPS://190D283126AFF6D9D269588477321B3D390FD08.GOOGLEDRIVE.COM/HOST/0B5MKUGMS3Z1ZT1HIRTZ2OEVTB0U/NON_IFRAME_1.HTML
Educational and Leadership Development Programs

Staff in nursing homes have identified education as the best method for learning how to respond to the Behavioral and Psychological Symptoms of Dementia (BPSD) in people experiencing this condition. Education is essential for implementing evidence-based practice and for promoting person-centered care. In this section of the Toolkit, staff educational programs that address use of non-pharmacological approaches, reduction of antipsychotic medication use in the nursing home, general dementia care education when it includes either of the above, and leadership development for professional staff are identified. These latter programs were included because nursing homes currently lack the strong nursing leadership necessary to implement change in practice. Some of the leadership development programs are specific to the nursing home environment, while others target leadership skill-building in general. For all programs, those that are easily accessible to facilities were selected; where there is a cost for the program, this information is provided.

Four databases are associated with this section of the Toolkit:

- Table 1. Educational Programs for Implementing Non-Pharmacological Approaches

Click for full table
## Table 1. Educational Programs for Implementing Non-Pharmacological Approaches

<table>
<thead>
<tr>
<th>Name</th>
<th>Sponsoring Agency</th>
<th>Abstract/Brief Description by Author on Website</th>
<th>Intended Learning Audience</th>
<th>Learning Resource Type</th>
<th>CEUs</th>
<th>Duration</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavior Modification: Theories and Approaches</td>
<td>CMS Survey Group</td>
<td>This broadcast examines the role of behavior modification strategies that are commonly employed in the long-term care setting. The show emphasizes non-pharmacological interventions, although a general discussion of pharmacological alternatives and their effectiveness is included. The broadcast focuses on five major theories of behavior modification, with discussion and example scenarios for each.</td>
<td>Long-Term Care Administrators</td>
<td>Video</td>
<td>No</td>
<td>90 mins.</td>
<td>Link</td>
</tr>
<tr>
<td>Non-Pharmacological treatment of Demented Patients with Problematic Behaviors</td>
<td>Yale University School of Medicine</td>
<td>Workshop on use of non-pharmacological interventions to care for patients with behavior problems due to dementia.</td>
<td>Registered Nurses, Advance Practice Nurses, Residents, Fellows</td>
<td>Case Study/Case Series, Faculty Development</td>
<td>No</td>
<td>Self-Paced</td>
<td>Link</td>
</tr>
<tr>
<td>Improving Antipsychotic Appropriateness in Dementia Patients</td>
<td>University of Iowa</td>
<td>This website includes evidence-based information and resources to help clinicians, providers, and consumers better understand how to manage &quot;problem behaviors&quot; and psychosis in people with dementia using evidence-based approaches. It includes brief lectures, written content, quick reference guides for clinicians and providers, and information for families of patients on the risks and benefits of antipsychotics for people with dementia (e.g., Alzheimer’s disease and others). Laminated quick reference guides for use in practice are available on request; these can help put the strategies you learn about into action.</td>
<td>Registered Nurses, Advanced Practice Nurses, Physicians, Physician Assistants, Pharmacists, Social Workers, Direct Care Staff, Students of listed disciplines, Patients and Caregivers</td>
<td>Case Study/Case Series, Evaluation Tool, Independent/ Self Directed Learning, Lecture/Presentation, Quick Reference Pocket Cards, Video, Family Member Resources</td>
<td>Yes and CMEs</td>
<td>120 mins.</td>
<td>Link</td>
</tr>
</tbody>
</table>

*EXCELLENT RESOURCE STARTING POINT*
ADVANCING EXCELLENCE CAMPAIGN

HTTPS://WWW.NHQUALITYCAMPAIGN.ORG/DEMENTIACARE.ASPX
ADVANCING EXCELLENCE CAMPAIGN
LINKS TO AMDA CPG
BEHAVIOR INFORMATION EMBEDDED IN THE PROGRAM
GOALS—MEDICATIONS—CREATE IMPROVEMENT

• HOW TO RESPOND WHEN DEMENTIA CAUSES UNPREDICTABLE BEHAVIORS

• THE BROCHURE CONTAINS INFORMATION ON COMMON BEHAVIORS IN DEMENTIA PATIENTS. IT INCLUDES INFORMATION ON WHAT ACTIONS TO EXPECT, HOW TO RESPOND TO THEM, AND SOLUTIONS TO HELP REDUCE THE POTENTIAL FOR PROBLEMATIC BEHAVIORS.
AHCA QUALITY IMPROVEMENT WEBSITE
AIMED AT REDUCING ANTIPSYCHOTIC USE.
SITE CONTENT LIMITED TO AHCA MEMBERS

HTTP://WWW.AHCANCAL.ORG/QUALITY_IMPROVEMENT/
QUALITYINITIATIVE/PAGES/ANTIPSYCHOTICS.ASPX
ON LINE STREAMING LECTURES

• COMMUNICATION: HTTPS://WWW.YOUTUBE.COM/WATCH?v=CDA-YUUZ_G8
• AGGRESSION: HTTPS://WWW.YOUTUBE.COM/WATCH?v=CFJ_7X7ZP-0
• ABNORMAL FEEDING BEHAVIORS: HTTPS://YOUTUBE/OCDUPJ3GZ4S
EDUCATIONAL ROLE PLAYING VIDEOS

• MESSAGE COMMUNICATION IN DEMENTIA: STRATEGIES FOR CARE STAFF

https://youtu.be/LC8pv2XX5lq
IDENTIFICATION OF ETIOLOGY OF PATIENT DISTRESS

- HTTPS://WWW.HEALTHCARE.UIOWA.EDU/IGEC/IAADAPT/PHYSICIAN
ALGORITHMS OF CARE TO IDENTIFY CAUSE OF SYMPTOMS UNIVERSITY OF IOWA

HTTPS://WWW.HEALTHCARE.UIOWA.EDU/IGEC/IAADAPT/DOCUMENT/ALGORITHM_FOR_TREATING_BPSD_ASSESSMENT_AND_NON-DRUG_MANAGEMENT.PDF
MOUNT SINAI NON-PHARMACOLOGICAL ASSESSMENT AND MANAGEMENT OF BEHAVIORAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA IN PRIMARY CARE

HTTP://WWW.MOUNTSINAI.ON.CA/CARE/PSYCH/PATIENT-PROGRAMS/GERIATRIC-Psychiatry/PRC-Dementia-Resources-For-Primary-Care/Dementia-Toolkit-For-Primary-Care/Responsive-Behaviours-In-Dementia/Non-Pharmacological-Assessment-And-Management-Of-Behavioural-And-Psychological
BEHAVIOR SPECIFIC WORKSHEETS


• WANDERING/PACING. [http://M.ALZ.ORG/WANDERING.ASP](http://M.ALZ.ORG/WANDERING.ASP)

• DISRUPTIVE VOCALIZATIONS [http://WWW.NURSINGHOMETOOLKIT.COM/#!INAPPROPRIATE-OR-DISRUPTIVE-VOCALIZATION/C1KNH](http://WWW.NURSINGHOMETOOLKIT.COM/#!INAPPROPRIATE-OR-DISRUPTIVE-VOCALIZATION/C1KNH)

• BATHING [http://WWW.ALZ.ORG/NATIONAL/DOCUMENTS/TOPICSHEET_BATHING.PDF](http://WWW.ALZ.ORG/NATIONAL/DOCUMENTS/TOPICSHEET_BATHING.PDF)

• INAPPROPRIATE SEXUAL BEHAVIORS [http://WWW.NURSINGHOMETOOLKIT.COM/#!SEXUALLY-INAPPROPRIATE-BEHAVIORS/C1UHC](http://WWW.NURSINGHOMETOOLKIT.COM/#!SEXUALLY-INAPPROPRIATE-BEHAVIORS/C1UHC)
ALZHEIMER’S ORGANIZATION
• HTTP://MEMORY.UCSF.EDU/CAREGIVING/ALLEVIATING-SYMPTOMS
DEMONSTRATION VIDEOS

• BRUSHING TEETH. HTTPS://M.YOUTUBE.COM/WATCH?V=93IXNSSKS1C
• BATHING. HTTPS://M.YOUTUBE.COM/WATCH?V=IXWJGDG3BYU
• GENERAL CAREGIVING TECHNIQUES TO PREVENT BEHAVIORS
  HTTPS://M.YOUTUBE.COM/WATCH?V=HYZM5CX4EKA
ACTIVITIES AND ENVIRONMENTAL CHANGES TO MINIMIZE BEHAVIORS

• **THINGS A DEMENTIA PATIENT CAN DO: PART 1** (3MIN41SEC)
  HTTPS://YOUTUBE.UZNLDBK12_U

• **GAMES TO PLAY WITH A DEMENTIA PATIENT** (3MIN22SEC)

• **SUMMER ACTIVITIES FOR DEMENTIA PATIENT** (3MIN41SEC)
FAMILY EDUCATION
FOCUS ON EXPECTATIONS

HTTP://M.ALZ.ORG/
VISIT CAREGIVER CENTER

TOP FIVE TIPS

TRY NOT TO TAKE BEHAVIORS PERSONALLY.
REMAIN PATIENT AND CALM.
EXPLORE PAIN AS A TRIGGER.
DON'T ARGUE OR TRY TO CONVINCE.
ACCEPT BEHAVIORS AS A REALITY OF THE DISEASE AND TRY TO WORK THROUGH IT.
FAMILY EDUCATION COMMUNICATION

HTTP://WWW.ALZ.ORG/CARE/DEMENTIA-COMMUNICATION-TIPS.ASP?_GA=1.206219994.834399468.1426043498
FAMILY EDUCATION DEMONSTRATION VIDEOS

• HOW TO HELP A FAMILY MEMBER WITH ALZHEIMER'S OR DEMENTIA WITH EATING
  HTTPS://YOUTU.BE/WIESHE8KMDH

• PRACTICAL SOLUTIONS FOR DEMENTIA CAREGIVERS (CASE 4: REFUSING TO BATHE)
  HTTPS://YOUTU.BE/QOIFPMTFKGE
LINKS TO RESOURCES PRESENTED TODAY AVAILABLE AT

• UNIVERSITY OF NEBRASKA DIVISION OF GERIATRICS WEBSITE

• HTTP://WWW.UNMC.EDU/INTMED/DIVISIONS/GERIATRICS/EDUCATION/RESOURCES/DEMENTIA.HTML