IMPROVING THE MANAGEMENT OF BEHAVIOUR THAT CHALLENGES ASSOCIATED WITH DEMENTIA IN CARE HOMES

Niyah Campbell – Research Associate, Aston University
Dr Rachel Shaw – Health Psychologist, Aston University
On behalf of the MEDREV team led by Dr Ian Maidment
http://www.aston.ac.uk/medrev/
MEDREV

http://www.aston.ac.uk/medrev/

- MEDREV– A pharmacy-health psychology intervention feasibility study addressing the need to reduce the use of anti-psychotics in people living with dementia

- The problem: anti-psychotic drugs are over-prescribed

- Target: to reduce prescription of anti-psychotics

- **Pharmacy intervention: medication review**

- Challenge: if antipsychotic medication is withdrawn, how will behaviours that challenge be managed in care homes?

- **Health Psychology intervention: “Inside out” (person-centred care) training**
Development of the Health Psychology Intervention

- Health Psychology theory to inform the development of behavioural interventions
- Rigorous method to identify the target behaviour...
- ...and what we need to change in order to produce that target behaviour

COM-B

http://www.behaviourchangewheel.com/about-wheel
Behaviour

- **Communicating with compassion**
- **Impact**: improve well-being & relationships, potentially prevent behaviours that challenge
- **Likelihood**: if staff believe in it – likely
- **Spill over to other behaviours**: improved QoL among residents & staff, increased job satisfaction
Physical Capability
- Well-rested staff

Psychological Capability
- Knowledge of dementia & impact of antipsychotics
- Communication & listening skills
- Self-care
Reflective Motivation

- Noticing what goes well/could be improved
- Using ‘about me’ books/personal history to inform interactions

Automatic Motivation

- Compassionate communication to become a habit
  - Be calm – rational rather than emotional
Physical Opportunity
- Time to engage in appropriate communication
- Activities, distractions & redirections appropriate for each individual

Social Opportunity
- Establishing this as the norm
- Management ‘sign-up’/endorsement
- Collaborative, team approach
Behavioural intervention

- **Person-centred workshop** – printed materials, educational slides, videos, group exercises

- Dawn Brooker’s VIPS framework provided a useful frame of reference

- **Consulting management teams** – emphasise the importance of residents life history, person-centred values to be assessed in supervisions

- **Provision of environmental cues** - person-centred phrases for noticeboards and pens

- **Inside Out Champions** - nominated to liaise with behavioural intervention team when home visited
References

  [http://bmjopen.bmj.com/content/6/3/e010279.abstract](http://bmjopen.bmj.com/content/6/3/e010279.abstract)