

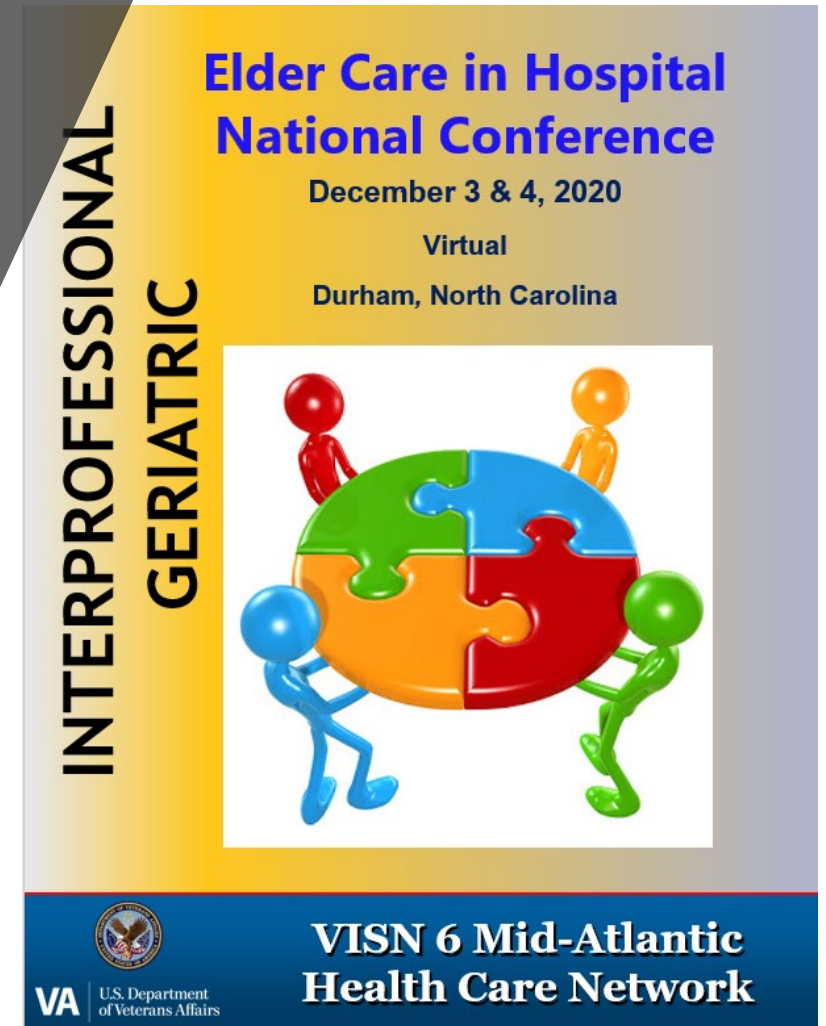
Dementia: Adaptive Approaches in Care

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December 3, 2020



Adaptive Dementia Care: Core Competencies

- Clinical:
 - Ability to integrate needed dementia knowledge, skills and attitudes into practice
 - Ability to adapt caregiving approach and environment according to response of person with dementia

Demonstrated by response to different levels of impairment in dementia exhibited during performance of different caregiving tasks

Core Clinical Knowledge



- Dementia-related behaviors and behavioral symptoms come from brain failure
 - Different diseases cause dementia
- Brain failure is:
 - Structural
 - Chemical
 - Progressive
- Managing behavioral symptoms requires that **we** change....
 - Because we can't change the person with dementia
- Our job:
 - Recognize underlying cause of behaviors using a systematic process
 - Adapt our behavior to support function
 - Change the environment

Core Clinical Attitudes

1. Person with dementia is doing the best that he or she is able to do
2. All behavior has meaning
3. Caregiver's job is to recognize problems, and to adjust the environment or caregiving approach so that the person with dementia:
 - is not distressed, and
 - is successful in getting basic needs met
4. Skills improve over time, with continued reflection and expert feedback

Core Clinical Skills

1. Observing Dementia Behavior to Adapt Care
2. Positive Physical Approach
3. Giving feedback
Will only go this far today.....
4. Systematic Cueing
5. Hand-under-Hand technique
6. Teaching others:
 - Won't have time today to get to the last two

Session #1: Dementia Overview & How Being Observant about Behaviors Can Help

1. Describe how brain damage affects behavior
2. Identify how typical changes in cognition affect ability to provide self-care or cooperate with self-care
3. Identify caregiving skills that make a difference in behavioral or functional symptoms of dementia.
4. Describe emotional responses that occur in dementia caregiving
5. Describe behaviors in specific, objective terms
6. Analyze behavioral sequences to determine relationship between caregiver behaviors and behaviors of persons with dementia

Observing Behavior of Caregiver and Person with Dementia Awakening and Getting Ready for the Day

Watch the 45 second scenario 3 times

1. Record personal reaction
 - Facilitated discussion
2. Record observations of person with dementia
 - Facilitated discussion
3. Record observations of caregiver
 - Facilitated discussion
4. Explore options to improve interaction



Worksheet #1		
Patient Behavior	Caregiver Behavior	Notes

(Video-clip CMS Module 3.3)

<https://www.vapulse.net/videos/3206>

Observing Behavior of Caregiver and Person with Dementia Awakening and Getting Ready for the Day

Step 1: Focus on Personal Reactions:

1. What was your reaction to seeing this encounter?
 - What did you think or feel?
2. Why do you think you responded this way?
3. Have you ever seen anything like this before?
 - Have you ever done anything like this before?
4. Do you think there is a better way?

(Video-clip from CMS Module 3.3)

Common reactions to Video

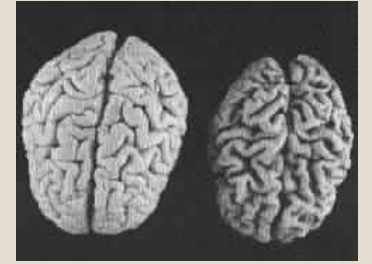
- Caregiver is rushed
- Caregiver doesn't pay attention to the person with dementia's responses
- Caregiver seems unkind
- The behaviors of the person with dementia are due to the caregiver's approach
- This type of caregiving behavior happens frequently if the caregiver doesn't know better
- Caregiver tried to figure out what was wrong, but did not do a very effective job.
- Caregiver made the person with dementia more upset

Observing Behavior of Caregiver and Person with Dementia Awakening and Getting Ready for the Day

Step 2: **Focus on the person with dementia's** behaviors during the video

1. How did the person with dementia respond to the caregiver's approach?
2. What behaviors did you see the person with dementia show in response to the caregiver's actions?
3. What do you think caused the person with dementia to react the way she did?

Brain Disease and Behaviors in Dementia



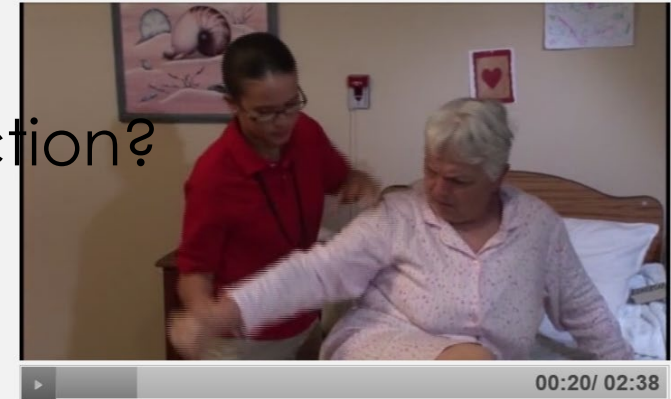
Brain Function	Behavior in Video
Neural processing speed	Slowed
Language	Difficulty understanding caregiver's instructions and Difficulty finding words to speak with caregiver
Sequencing of motor tasks	Difficulty getting up out of bed
Judgment	Cried out, was easily frustrated
Concentration	Difficulty switching tasks when asked

Observing Behavior of Caregiver and Person with Dementia Awakening and Getting Ready for the Day

Step 3: Focus on the **caregiver's behavior**.

1. What did the caregiver do during the interaction?
2. What did the caregiver do that was helpful?
3. What did the caregiver do that was not helpful?
 - Record observations of caregiver on worksheet
4. Why do you think the caregiver behaved the way she did?
5. Do you think there is a better way?

Good Morning: Video 1



4 of 29



Observing Behavior of Caregiver and Person with Dementia Awakening and Getting Ready for the Day

Step 4: Consider what could have been done differently to help the person with dementia have a better start to her day

1. How would you recommend the caregiver begin the encounter?
2. What would you recommend the caregiver do when the person with dementia did not respond as expected?
3. What could the caregiver have done when she became frustrated?

Adaptive Dementia Care Approaches

Observed Caregiver Behavior	Observed Person with Dementia Response	How to modify to improve response of person with dementia?
Knock on door	No response	

Scenario 2: Observing Behavior with Adaptive Dementia Care Approach.

Watch the 45 second scenario 3 times

1. Record personal reaction
 - Facilitated discussion
2. Record observations of person with dementia
 - Facilitated discussion
3. Record observations of caregiver
 - Facilitated discussion



https://qsep.cms.gov/data/208/ce7b114b-efaa-e811-952d-0e63451df8f4/story_html5.html?lms=1

Scenario 2: Observing Behavior with Adaptive Dementia Care Approach.

Step 1: Focus on **Personal Reactions**:

1. What was your reaction to seeing this encounter?
 - What did you think or feel?
2. Why do you think the you responded this way?
3. Have you ever seen or done anything like this before?
4. How do you think this compared to the first encounter you observed?

https://qsep.cms.gov/data/208/ce7b114b-efaa-e811-952d-0e63451df8f4/story_html5.html?lms=1

Scenario 2: Observing Behavior with Adaptive Dementia Care Approach.

Step 2: Focus on the **person with dementia's** behaviors

1. How did the person with dementia respond to the caregiver's approach?
2. What behaviors did you see the person with dementia show in response to the caregiver's actions?
3. What do you think caused the person with dementia to react the way she did?
4. How were these behaviors similar or different from the



CMS video 3.2

<https://www.vapulse.net/videos/3296>

Scenario 2: Observing Behavior with Adaptive Dementia Care Approach.

Step 3: Focus on the **caregiver's behavior**.

1. What did the caregiver do during the interaction?
2. What did the caregiver do that was good?
3. What did the caregiver do that was not good?
4. Record observations of caregiver on worksheet

Compare the Two Caregiving Encounters



Approach	Caregiver 1 Behavior	Resident Behavior	Caregiver 2 Behavior	Resident Behavior
Awakening the person	Knocked on door, Good morning, Shaking awake			

Checklist for observing behaviors

Observing behaviors steps	Yes/No	Suggestions to improve skills
1. Uses objective language to describe behavior, rather than more global or judgmental descriptors		

Session #3: Positive Physical approach

Minute 5:56

Learning Goals:

1. Experience negative affect associated with not using the positive physical approach
2. Describe essential steps in using the positive physical approach
3. Discuss rationale for each step in the positive physical approach
4. Demonstrate the positive physical approach according to the standard skills checklist



From VA DVD

http://link.brightcove.com/services/player/bcpid4521574267001?bckey=AQ%7E%7E,AAACmABW4_k%7E,u3UC4vmaozkRbnTOHzovpplgn0QYiIN&bctid=4665839300001

Exercise: Personal Response to Conventional Caregiver Approach: Part 1

- Have participants pair up with a partner
 - One person seated, one person standing behind them.
- Follow the instructions for each exercise
 - Being touched from behind lightly
 - Being greeted from behind
 - Being approached too quickly
- Process the experience using discussion questions



Exercise: Personal Response to Conventional Caregiver Approach: Part 2

- Have participants pair up with a partner
 - One person seated,
one person standing behind them.
- Follow the instructions for each exercise
 - Being approached too slowly
 - Experiencing confrontational stance
 - Having personal space invaded
- Process the experience using discussion questions



Exercise: Personal Response to Conventional Caregiver Approach: Part 3

- Have participants pair up with a partner
 - One person seated, one person standing behind them.
- Follow the instructions for each exercise
 - Difference between being above person v. at eye-level
 - Experience of making physical contact
 - Offer participants opportunity to exchange positions, and go through experiences 1-8 in different roles.
- Process the experience using discussion questions



Key Steps in the Correct Approach

Key Steps	Rationale -- Compensates for:
Approach	
Position	
Engage	

Approach Skills Checklist

Key Steps of Approach	Y/N	Comments
Approach		
Pauses at the edge of personal space		
Approaches within visual range		
Moves one step per second		
Position		
Uses supportive stance during interaction: Stands on the person's side and lowers self to eye level		
Engage		
Uses preferred name for attention		
Offers physical contact to establish interaction		
Awaits resident response		
Acknowledges resident response		
Recommendations for continued practice:		

Session 4: Giving Feedback on Performance Using Deliberate Practice

By the end of this session the learner will be able to:

1. Demonstrate the Positive Physical Approach according to the skills checklist
2. Give feedback to partner using Deliberate Practice Method

Skills Checklist on Giving Feedback

Step	Y/N	Comments/Suggestions for Improvement
Observes performance using checklist		
Identifies steps done correctly, and steps not done correctly		
Gives specific advice on how to correct steps not done correctly		
Allows time to practice using corrective feedback		
Allows for practice with feedback until all steps are performed correctly		
Recommendations for Practice		

Approach Skills Checklist

Key Steps of Approach	Y/N	Comments
Approach		
Pauses at the edge of personal space		
Approaches within visual range		
Moves one step per second		
Position		
Uses supportive stance during interaction: to the side and at eye level		Try out using VA DVD clip – begin at 5:56 seconds.
Engage		
Uses preferred name for attention		
Offers physical contact to establish interaction		
Awaits resident response		
Acknowledges resident response		
Recommendations for continued practice:		



<http://Minute 5:56 link.brightcove.com/services/player/bcpid/4521574267001?bckey=AQ%7E%7E,AAACmABW4 k%7E,u3UC4vmaozkRbnTOHzovpplg n0QYiIND&bctid=4665839300001>

Approach Skills Checklist: Example from Video

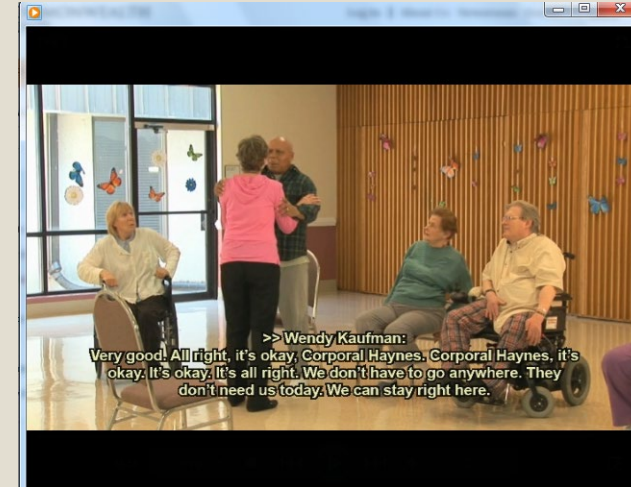
Key Steps of Approach	Y/N	Comments
Pauses at the edge of personal space	Y	
Approaches within visual range	Y	
Moves one step per second	Y	
Uses supportive stance during interaction: to the side and at eye level	Y	
Uses preferred name for attention	N	Not at first – did good job of recovering
Offers physical contact to establish interaction	Y	
Awaits resident response	N	Took patient's hand, rather than waiting for patient to accept touch
Acknowledges resident response	Y	
Recommendations for continued practice:		Work on waiting for patient to respond Develop system to remember preferred name

Approach Skills Checklist

Key Steps of Approach	Y/N	Comments
Approach		
Pauses at the edge of personal space		
Approaches within visual range		
Moves one step per second		
Position		
Uses supportive stance during interaction: to the side and at eye level		
Engage		
Uses preferred name for attention		
Offers physical contact to establish interaction		
Awaits resident response		
Acknowledges resident response		
Recommendations for continued practice:		

Common errors in performance of Positive Physical Approach

- Failure to give visual cue
- Moving too fast or too slow
- Failing to get to side (confrontational stance)
- Not respecting personal space
- Not making contact
- Not allowing enough time for response



Summary & Questions

- People with dementia have a form of structural and chemical brain failure – they are doing the best they can to function
- Adaptive dementia care requires new knowledge, attitudes and skills be integrated into your routine care approaches
- How will you approach mastering these competencies?
- What will interfere with your ability to master them and use them in routine care?
- How will you overcome those barriers?

Observing Behavior Sequences

Observed Caregiver Behavior	Observed Person with Dementia Response	How to modify to improve response of person with dementia?