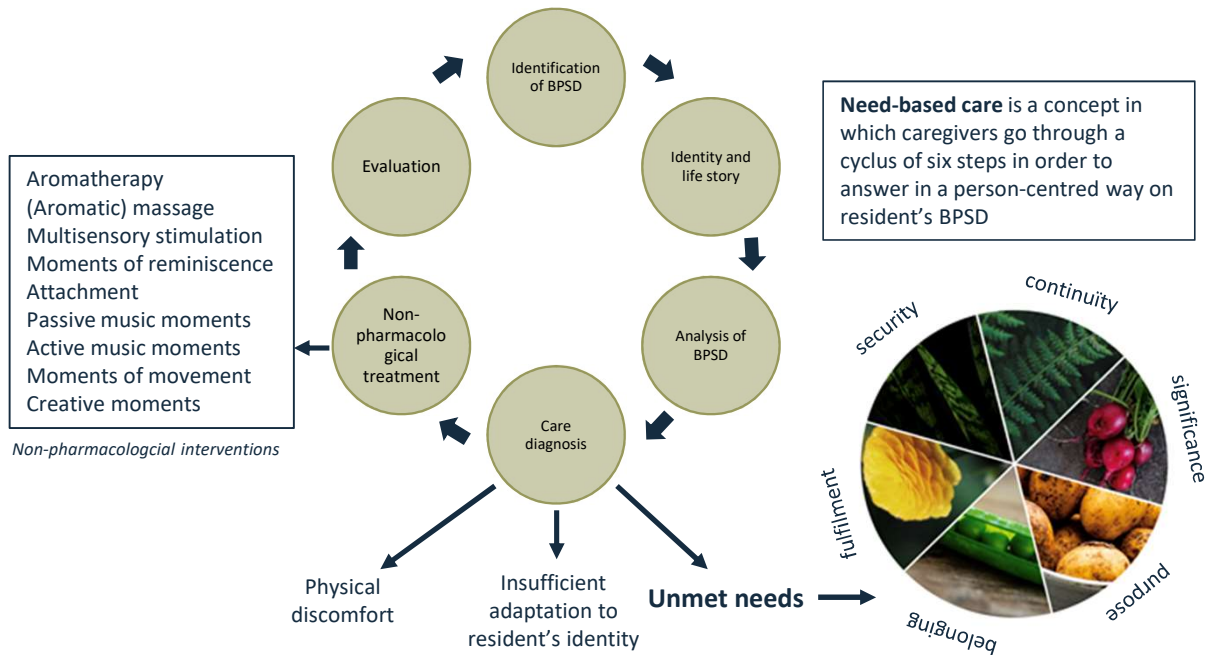


The impact of tailored need-based care on behavioural and psychological symptoms in residents with dementia: a 3-arm RCT

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INTRODUCTION

More than 80% of nursing home residents with dementia exhibit one or more forms of behavioural and psychological symptoms of dementia (BPSD). These symptoms may indicate pain or suffering. Non-pharmacological interventions have the potential to reduce BPSD, especially when they are tailored on resident's needs. However, it's still not clear whether the interventions or the time spent with the person with dementia have effect.

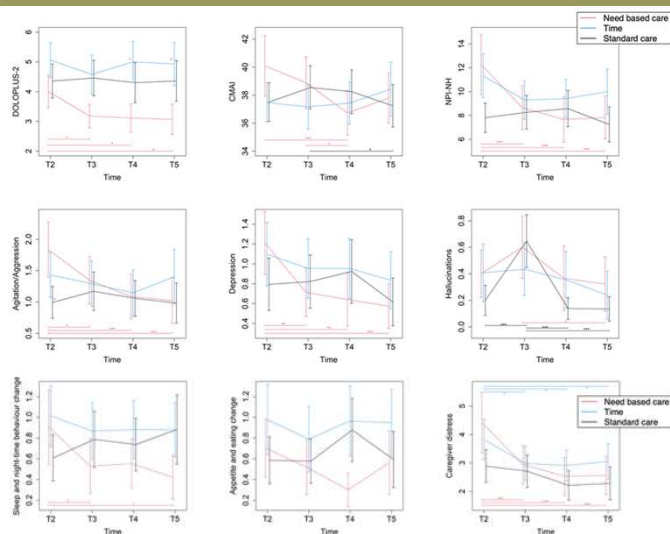


METHODS

A longitudinal cluster randomized controlled study with three parallel groups (need-based care 2x/week, versus time 2x/week, versus standard care) was set up and carried out in 23 nursing homes in Belgium. Outcomes were measured at four timepoints (every 8 weeks) using the Neuropsychiatric Inventory (NPI-NH) for BPSD and caregivers' distress, the Cohen-Mansfield Agitation Inventory (CMAI) for agitation and the Dolopius-2 for pain.

RESULTS

A total of 481 residents with mild to moderate dementia participated in the study. The mean age was 86.3 years and 76% of them were female. Baseline, 44.5% showed agitation or aggression, 37.6% symptoms of depression, 33.9% apathy and 29.9% anxiety. The mean score on NPI-NH was 10.4 (SD 12.1), on CMAI 38.3 (SD 10.5) and on Dolopius-2 4.5 (SD 3.7). Need-based care had a significant effect on residents' level of pain behaviour. Only in the need-based care group the scores on overall BPSD (agitation and aggression, depression, euphoria, irritability, sleep and night-time behaviour) did improve significantly from baseline to other timepoints.



CONCLUSION

This study supports the importance of tailored non-pharmacological interventions in the care for people with dementia in nursing homes, the implementation of standardized frameworks in need-based care, and, strong research design in the field of dementia care.

