

Interprofessional Education: Caring and Managing Dementia and Delirium in the Elderly

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Background & Challenges

Older adults with dementia face increased risk of delirium with the stress of illness and hospitalization

Delirium is considered a medical emergency and if not identified and treated can lead to complications such as, decline in cognitive and physical function, increased length of stay and readmissions, and mortality

Challenges lie in the recognition of delirium especially in individuals with dementia

The intensity and complexity of care requirements to protect patients against increased vulnerabilities as well as to manage behaviours associated with dementia/delirium is difficult in busy acute care environments

Goals

- To educate and build confidence, knowledge and skill in the inter-professional team of the inpatient medical unit 8 West in order to appropriately manage patients with dementia and delirium to improve quality of care and reduce medical complications
- To enhance staff knowledge will in turn promote staff confidence in educating and assisting family

This project aligns with the NYGH vision of achieving excellent patient-centered care through enhanced education, research and innovation



Team members from 8 west attended the workshop to strengthen their skills at managing responsive behaviours in dementia.

Methods

- 1 Empirical literature and current NYG practices reviewed
- 2 Consulted and collaborated with geriatric specialized health care professional to provide educational sessions
- 3 Provided educational workshops (see below)
- 4 Conducted pre and post-test to identify workshop knowledge acquisition

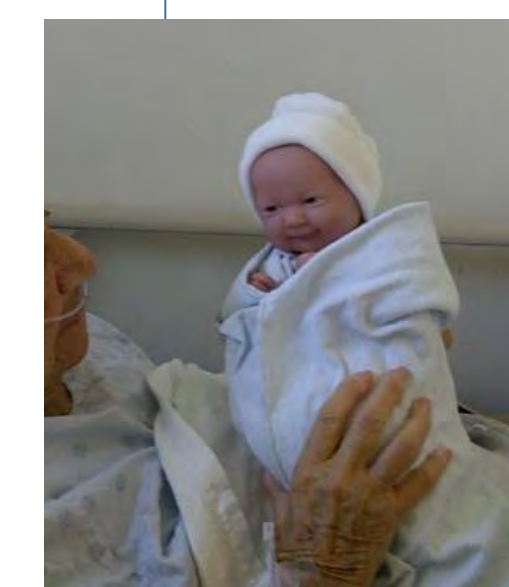
Workshop (Education)

2 Workshops (4 hours each)

Speakers:

- Donna Ruffo, RN (EC), NP Geriatrics
- Diana Adams, MN, RN, GNC (c) Geriatric Emergency Management Nurse
- Lee Ringer, MN, CNS, GNC(c) SMH
- Heather McDonald, MScOT, Reg. ON SMH

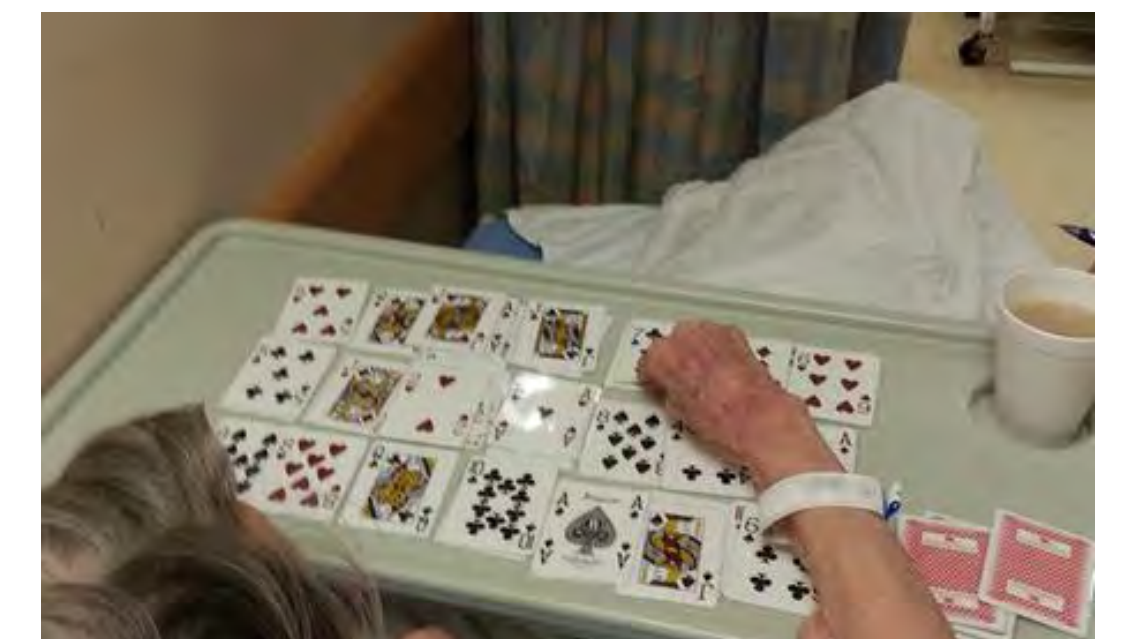
- Pre and post tests** completed to identify workshop learning
- Evidenced-based education** focusing on:
 - Addressing attitudes, knowledge and skills to care for patients with dementia and delirium(D&D)
 - Early assessment and recognition of symptoms in order to provide early management
 - Managing responsive behaviours in the acute care setting** an approach using compassionate and effective techniques to help persons with dementia when they are very frustrated and upset
 - Montessori Methods** which use a person-centred approach and multisensory activities, to engage, calm and reassure patients, preserve abilities and improve overall experience



Results

Workshop Evaluation Summary

- Educated inter-professionals (n=31)
- A better understanding of how to assess and manage care for patients with D&D
- Staff acquired knowledge to institute interventions (gentle persuasive and Montessori method approaches) to maintain safety, assist in the restoration of prior cognitive/physical function, deescalate challenging behaviours and use of non-pharmacological interventions to manage D&D



- Formation of new relationships and improved staff satisfaction through enhanced communication and collaboration between inter-professional colleagues and ability to support caregivers
- Open dialogue and sharing of experiences



Evaluation Summary (24 received)

Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Objectives of the day were clearly articulated	---	---	---	3	21
Presentations met my learning needs	---	---	---	6	18
The workshop changed my knowledge and understanding of Delirium/Dementia	---	---	---	5	19
The workshop provided techniques/methods we can use on 8W to manage behaviours of patients with Delirium/Dementia	---	---	---	5	19
I have a better understanding of how to assess and manage the care of patients with Delirium/Dementia	---	---	---	7	17
Gentle Persuasive Approaches is an approach that I can see useful for 8W dementia population	---	---	---	9	15
The practical 'hands on' techniques stemming from Montessori theory will be useful on 8W	---	---	---	7	17
Overall the workshop provided me with new knowledge and skills to improve the care I provide with Delirium/Dementia	---	---	---	6	18

Conclusion

- Acquired knowledge and understanding of the patients needs and effective tools and strategies to provide care
- Strengthening unit inter-professional collaboration and education
- Knowledge translation at bedside by:
 - Montessori methods box available on unit housing activities to engage dementia patients
 - Education dissemination to other inpatient acute medical units