Understanding Patients with Behavioral and Psychological Symptoms of Dementia (BPSD) An Inter-Professional Educational Approach

**Background**

- At NYGH over 78% of patients admitted into the Medicine program are over the age of 70.
- 1 out of 3 patients over the age of 85 have some form of dementia.
- As many as 90% of patients with dementia will develop BPSD.
- Symptoms can include agitation, aggression, anxiety, screaming, hoarding, rummaging and pacing.
- BPSD causes distress in the affected patient, other patients and family members, and causes increased stress and potential for physical harm to staff and caregivers.

**Goals**

1. To develop an interprofessional educational approach to managing BPSD.
2. To increase staff competence around managing BPSD.
3. To reduce the utilization of antipsychotic medication.

**Methods**

- A group of interprofessional health care providers attended the Educating Health Professionals in Interprofessional Care (ehpic) conference in June 2013 in order to further develop skills in facilitating interprofessional teams within an educational context.
- Ehpic team members developed 3 online modules on BPSD for My Learning Edge.

**Workshop Format:** A 2 hour interprofessional workshop attended by 5 west staff.

- Consisted of a combination of didactic instruction, interactive exercises, storytelling and case scenarios in order to consolidate and share knowledge amongst staff members.
- A family member of a patient with BPSD and a NYGH Patient and Family Advisor also participated in the workshops to provide the lived experience perspective.

**Evaluation questions:**

1. I have more knowledge of BPSD
2. I have more confidence in finding resources to manage BPSD
3. Reviewing the modules prior to the workshop enhanced my learning
4. I would recommend this workshop
5. This workshop provides opportunity to learn from my colleagues to better manage BPSD

**Future Steps**

- Implement and evaluate a bedside communication binder that would include an All About Me booklet, an assessment tool and an individualized care plan developed by inter professional staff and the patient’s family.
- All new staff on 5WEST are to complete the on line BPSD modules.
- Development of 5WEST website to enhance inter professional education of key medical and mental health conditions.