Community care

Preserving an emotional balance
Maintaining a positive self image
Preparing for an uncertain future
Dealing with treatment and environment
Developing adequate care relationships
Maintaining social relationships

Implementation of behaviour management programs

Behaviour management

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Year
1997

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Objective
To evaluate whether caregivers would find the specific behaviour management procedures acceptable and useful, could be trained to implement the procedures in a home setting and could achieve changes in the verbally repetitive behaviour of their spouse.

Setting
At home

Participants
Patient caregiver dyads (spouse caregivers)

Mean age
- People with dementia: E=76.3 (±5.3); C=75.8 (±4.4)

Gender
- People with dementia: E: 5 female, 2 male; C: 5 female, 2 male

MMSE
- E=13.3 (±5.1); C=13.0 (±5.0)

Design
Multiple baseline across subjects design, with different lengths of baseline and treatment phases (behavior management intervention versus home-based support control)

Sample size
nE=7, nE=7

Follow-up
Baseline 2-8 weeks, treatment 4-10 weeks, follow-up at 6 months

Intervention
Caregivers were trained to use an individualized cuing system whenever their spouse displayed repetitive verbal behavior during the day. Programs were tailored to personal needs, but all contained a written cuing system, instructions for delivering the cuing system to the patients, instructions to refrain from extraneous verbal directions/explanations, and instructions for verbally praising the patients for using the cuing system

Frequency
weekly

Duration
1 hour, for 11 weeks

Facilitator
therapist

Outcome measures
Repetitive verbalization daily frequency
Caregiver self-efficacy 15 item adaptation of efficacy measure (Steffen et al., 1994)
Caregiver satisfaction 6 item questionnaire

Results
During the treatment period repetitive verbalizations decreased and treatment effects were maintained during the follow-up period for most participants. Most caregivers rated the program as somewhat (43%) or not at all helpful (43%), despite the positive effects. The home visits were found to be helpful by all caregivers. Caregivers did not feel more confident in their patient management abilities immediately after the treatment, but did feel more confident after 3
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Information Desk Effective Care and Treatment in Dementia
http://www.vumc.com/branch/information-desk-dementia-care/

Implementation material

E = experimental group; C = control group
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