Person-Centred Dementia Care Research

Global Action on Dementia
Tokyo November 2014

Professor Dawn Brooker
Association for Dementia Studies
University of Worcester UK
Thanks to....

- G7 Legacy Events Team
- The Japanese Society for Person-centred care
- The Alzheimer’s Society
- Alzheimer’s Europe
- Alzheimer’s Disease International
- The ExtraCare Charitable Trust UK
- InterDem
- The Association for Dementia Studies Team
The Association for Dementia Studies at Worcester University

We provide research, education and scholarship to deliver evidence-based practical ways of working with people living with dementia and their families that enables them to live well.

http://www.worc.ac.uk/discover/association-for-dementia-studies.html
Hoping to cover

- What we mean by Person-Centred Care
- Overview of RCT’s in the area
- The FITS into Practice Implementation study
- A case study from the Enriched Opportunities Programme
Person centred dementia care

Professor Tom Kitwood

- Person centred approaches to dementia care; 1989-1997 drawing on Martin Buber and Carl Rogers
- The enriched model of dementia
- Supporting personhood through the eradication of malignant social psychology
- Dementia Care Mapping

Person centred care fit for VIPS

V = Values people
I = Individuals needs
P = Perspective of service user
S = Supportive social psychology

VIPS
に即した
パーソン・センタード・ケア

V = 人々の価値を認める
I = 個人の独自性を尊重する
P = サービス利用者の視点に立つ
S = 相互に支え合う社会的環境
The research evidence?

- Person centred care provides a set of guiding principles to apply across service settings and countries.
- In itself it is not a single intervention.
- The challenge is to enable practitioners, professionals and services that can provide interventions in a person centred manner.
- Cluster randomised controlled trials evidence shows this is possible.....
a complex intervention

• UK MRC (Medical Research Council) framework for complex interventions
  • [www.mrc.ac.uk/complexinterventionsguidance](http://www.mrc.ac.uk/complexinterventionsguidance)

1. Theory, proof of concept
2. Exploratory pilots
3. Definitive multicentre RCTs
4. Implementation studies
• Brooker D., Argyle, E., Clancy, D. & Scally A. (2011) Enriched Opportunities Programme: A cluster randomised controlled trial of a new approach to living with dementia and other mental health issues in ExtraCare housing schemes and villages. *Aging and Mental Health*. 15 (8); 1008-1017


Emerging research from InterDem members

http://www.interdem.org:8085
Person centred care in care homes: cluster-randomised controlled trials


FITS into Practice

Focused Intervention Training and Support
Objective: to reduce the use of antipsychotic medication in residents with dementia in a care home through the use of person centred care and supportive interventions in 12 care homes.

Acknowledgements

The FITS into Practice programme was a research project led by the Association for Dementia Studies, University of Worcester and funded by the Alzheimer’s Society. It followed on from an original randomised controlled trial of the FITS programme which produced significant results in terms of antipsychotic reduction (Fossey et al, 2006. FITS into Practice is based on this original research conducted at King’s College London, in association with Oxford University, University of Newcastle and Oxford Health NHS Trust. Copyright of the original FITS manual is held by Dr Jane Fossey (Oxford Health NHS Trust) and Dr Ian James (University of Newcastle).

Thanks to

- The Association for Dementia Studies at the University of Worcester: Prof Dawn Brooker, Isabelle Latham, Dr Simon Evans, Nicola Jacobson, Wendy Perry (report authors) also to Jen Bray, Michael Watts, Jenny La Fontaine and David Moore.
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- The steering group: Dr Jane Fossey (chair), Nia Golding (HC1), Professor Robin Jacoby, Dr Claire Surr, Paula Windmill, Karen Culshaw, Barbara Woodward-Carlton.
- All the Dementia Care Coaches & care homes who took part for the many examples of good practice, dedication, creative thinking, compassion and hard work implementing learning in their homes and making a difference to the lives of people with dementia in their care.
Figure 1: Fossey et al 2006 BMJ 12 NH n=347
Practice: an implementation study of the RCT

The original FITS programme was a high cost and intensive intervention, using an in-house ‘FITS therapist’ to support person-centred care and medication review in each care home.

The real challenge was how to translate the model into an approach that could be effective across a large number of care homes.

The Association for Dementia Studies (ADS) and the Alzheimer’s Society worked together to design, implement and evaluate a programme to implement FITS into Practice across 100 care homes.
The FITS into Practice programme

- Two Dementia Practice Development Coaches were employed and supported by the Association for Dementia Studies
- They delivered training and supervision to Dementia Care Coaches – nominated staff from 100 care homes
- Dementia Care Coaches attended a 10 day training programme over 3 months (meeting fortnightly in 2-day blocks)
- Following training, Dementia Care Coaches attended monthly supervision sessions for 6 months, whilst they implemented FITS in their home.
- Dementia Care Coaches implemented their learning, supported by the Dementia Practice Development Coaches
the FITS into Practice Project

106 homes were initially recruited. Care homes ranged in size, owning organisation and geographical location. 67 completed the programme.

DCCs evaluated the intervention (training & supervision) highly; pre-post questionnaires demonstrated increased knowledge of dementia, increased confidence and improved attitude to dementia.

30.5% reduction in anti-psychotic medication with dose reductions being reported for additional residents.
Results

Increased activity and better staff-resident relationships

Crucial for FITS into Practice to succeed was the allocation and protection of time for the DCC to attend training and carry out implementation tasks in addition to their existing job role. Evaluation data showed that this was a substantial barrier to implementation in a number of homes.
Enriched Opportunities Programme

1998-2000
Between group comparison of nursing home residents participating in an activity challenge holiday and a matched control group.

2001-2003
The development of the EOP programme using qualitative enquiry and within group quantitative evaluation in four study sites.

2005-2009
Random cluster controlled trial in ten extra care housing schemes.

University of Worcester Association for Dementia Studies


6 days after admission to a care home.....

Mrs May Williams, Lady Forester Home
1 month later – baking

Mrs May Williams, Lady Forester Home
1 month later – baking

Mrs May Williams, Lady Forester Home
6 weeks later – Italian meal
6 weeks later
tea and teddy
2 months later – head massage.
2 months later – old skills returning.....
2 months later – silk scarves.....
3 months later – dancing to music....
3 months later Mexican celebration
Interventions to improve quality of life for May Williams?

- **Interventions:** Person centred animal therapy, baking, good food, special occasions, eating, knitting, teddy, dressing up, silk scarves, head massage, dancing
- **Outcomes:** Alive, weight gain, happy, active, having fun, no BPSD, no sedation

University of Worcester

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www.worcester.ac.uk
Take home messages

• Person-centred care transforms lives.
• If we put person centred principles into practice globally we would save millions of people from misery. We do not need to wait until 2025 to have an impact.
• Prioritise robust implementation studies across the journey with dementia and in low and middle income countries
• Develop strong international networks for sharing data on what works, InterDem, Dementia-NET, International Person-Centred Values Network; ADI;.............
Thank you for listening!

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Photographs of people living with dementia taking part in The Enriched Opportunities Programme
Who is it For?

Care Fit for VIPS tool is tailored to your service. When you register, confirm your service type, and Care Fit for VIPS will automatically provide the right self-assessments and resources for you.
D.ブルッカー「VIPSですすめるパーソン・センタード・ケア」

水野裕監修
村田康子他訳、2010
クリエイツかもがわ
TEL: 075-661-5741

「パーソン・センタード・ケアを実践する－ドーン・ブルッカー講演より－」（日本語吹替）

水野裕監修
中川経子他訳、2012
シルバーチャンネル
TEL: 048-711-7762

「パーソン・センタード・ケアとDCM研修会」基礎コース年4回開催
問合せ先：
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http://dcnet.gr.jp TEL: 0562-44-5551

NPOシルバー総合研究所
http://silver-soken.com/

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Useful websites

Association for Dementia Studies, University of Worcester
- http://www.worc.ac.uk/discover/association-for-dementia-studies.html

Interdem: European Early & Timely Interventions in dementia research network
- http://www.interdem.org/

Care fit for VIPS
http://www.carefitforvips.co.uk

Lifestory network
- http://www.lifestorynetwork.org.uk/

Memory Bridge:
www.memorybridge.org

Social Care Institute for Excellence: Dementia Gateway
- www.scie.org.uk/publications/dementia