

# Non-Pharmacological Approach to Person Centred Care

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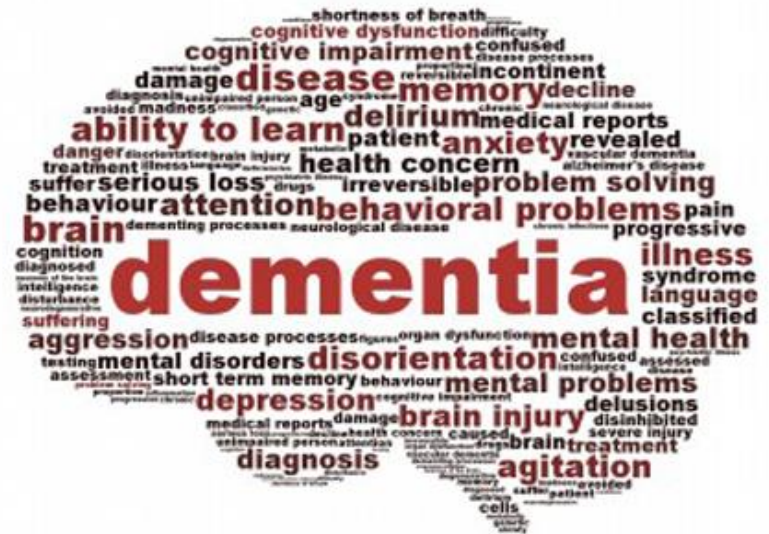
# Garrawarra Centre

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# Background

- Garrawarra centre is specialised in managing **Behavioural and Psychological Symptoms of Dementia**.





# Background

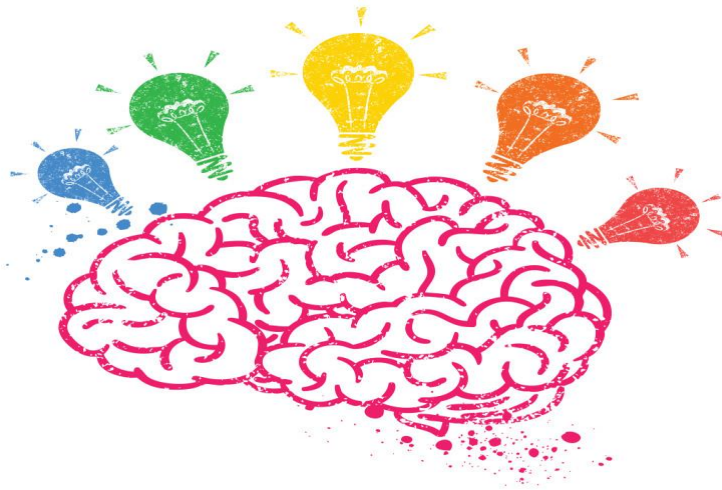
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- Our organisation focuses on **Person Centred Health Care Model**.
- Our staff have always embraced a non-pharmacological approach for behaviour management.
- To make this approach more structured, need for a **collaborative effort** from a multidisciplinary team was identified.

# Background

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- A multi-disciplinary working party was established to brain storm a structured way of using non-pharmacological strategies for behaviour management.



# GOAL

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- To improve the quality of life for residents.
- To incorporate non-pharmacological approach to person-centred care.
- To minimise aggression.
- To reduce use of psychotropic medications.

# PLAN

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The plan was to embrace a multidisciplinary approach

- To develop a non-pharmacological tool that captures the existing strategies used by staff and also evaluate the effectiveness of those strategies.

# Non Pharmacological Document

## Non-pharmacological Interventions - Care Record

Resident's Name \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

Describe the behaviour? e.g. Pushing furniture, shadowing etc. \_\_\_\_\_

What is the risk? e.g. harm of self, to/by others, environment \_\_\_\_\_

Triggers? internal e.g. pain, hunger external e.g. noise, other residents, weather/rain/no outside

Have basic care needs been addressed? e.g. food/drink, personal hygiene, toileting, comfort

Is pain suspected? Yes ☐ No ☐

PainChek completed? Yes ☐ Score \_\_\_\_\_

Tick non-pharmacological pain strategies used:

Heat pack ☐ Warm blanket ☐ Massage ☐ Reposition ☐

Other Non-pharmacological interventions attempted, describe e.g. psychological needs, distraction, redirection, physical needs, nutritional (beyond basic needs), digital communication, activities

Effectiveness of interventions e.g. able to be distracted, is settled, engaging in activities or unsuccessful and escalated to RN on duty for clinical review.

Assessed by \_\_\_\_\_ (Name) \_\_\_\_\_ (Signature) \_\_\_\_\_ (Role)

The aim is for this sticker to be used by care staff, to demonstrate both successful and also unsuccessful non-pharmacological interventions. Unsuccessful interventions to be escalated to RNs for clinical review.

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# Non Pharmacological Document

## CONTENTS:

- At risk behaviours
- Possible Triggers
- Pain Assessment
- Non-Pharmacological strategies for pain
- Non-Pharmacological strategies for behaviour management

# Non- pharmacological pain Interventions

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Heat Pack



Therapeutic  
Massage



Repositioning



Warm Blanket

# Non- Pharmacological interventions for behaviour management :

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- These interventions are to distract or redirect residents.
- These should be more **person-centred**.
- These **require staff engagement** by spending 1:1 time with the resident.

# TOVERTAFEL 'Magic Table'

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- An interactive gaming console, was developed in Netherlands for people with dementia to promote play, social interaction and engagement.



# MEMORY LANE

- Memory lane is a reminiscence therapy.





# GARDEN WALKS

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- Individual and group walks in the afternoon.



# Sunshine Program Activities

- Use of themed activity boxes (called **Sunshine Boxes**) to promote social engagement based on residents' interests.



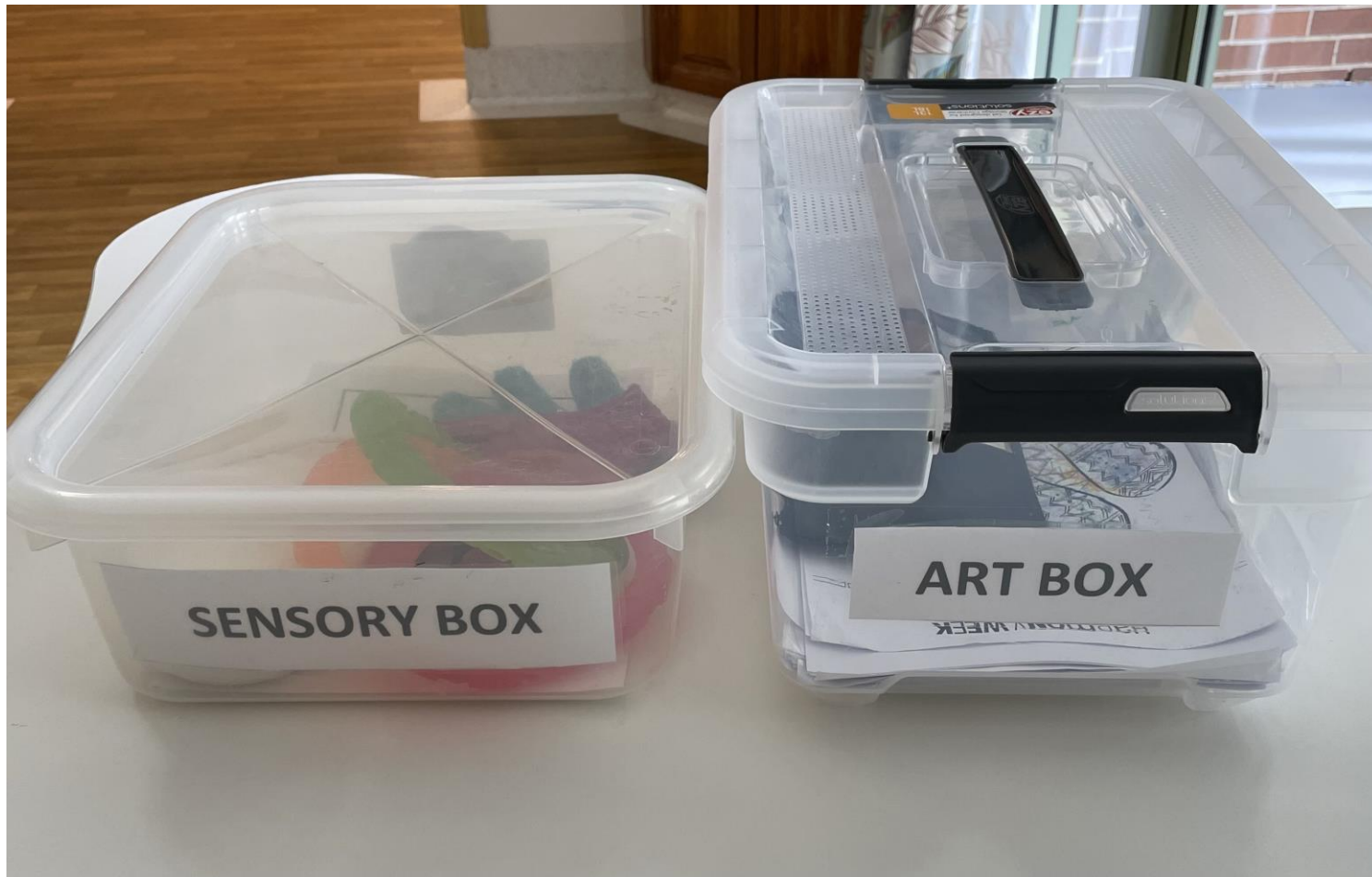


# Sunshine Boxes



# Sunshine Boxes

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# Sunshine Boxes





# Sunshine Boxes

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# Sunshine Program Activities

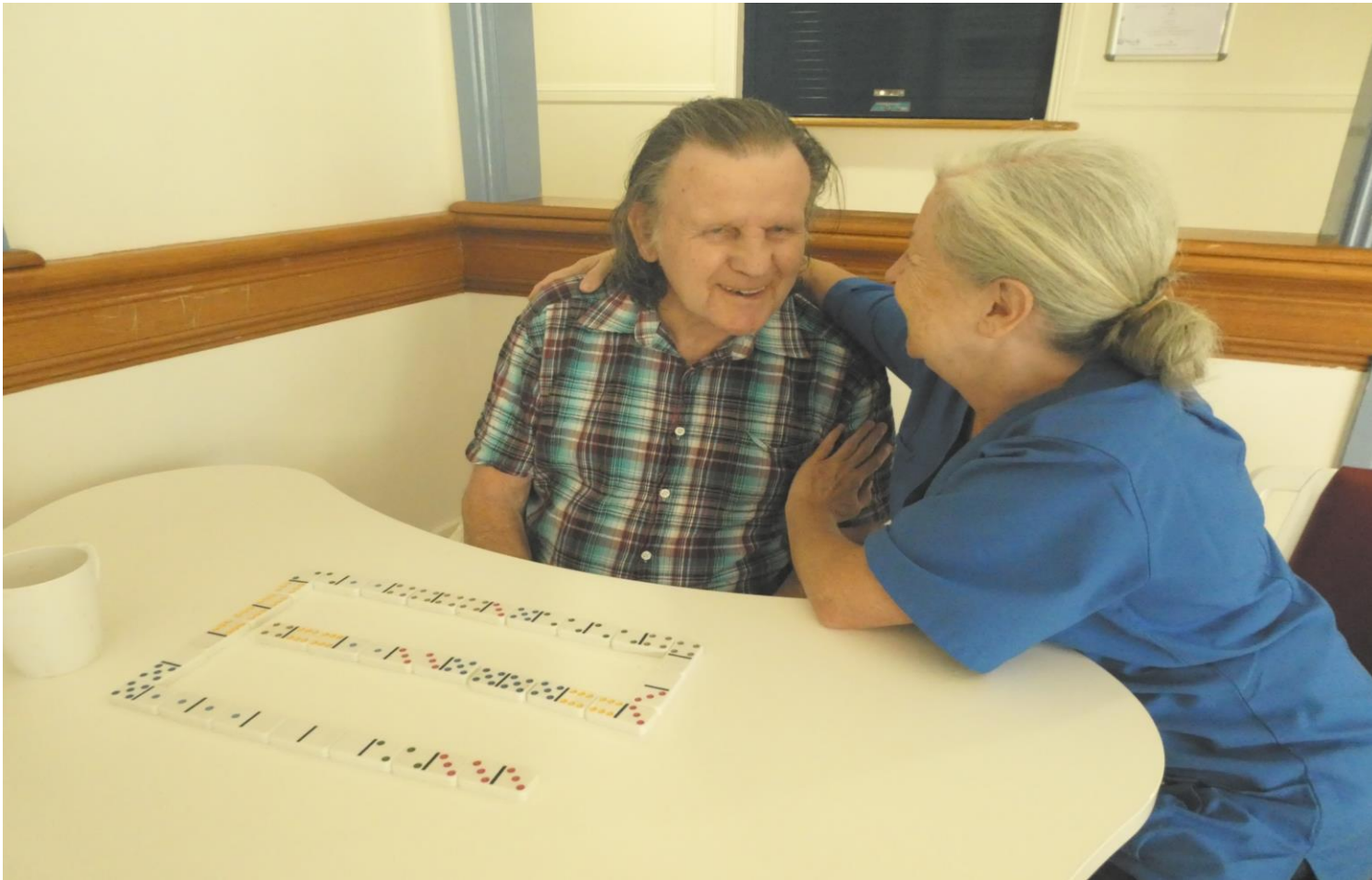


# Sunshine Program Activities





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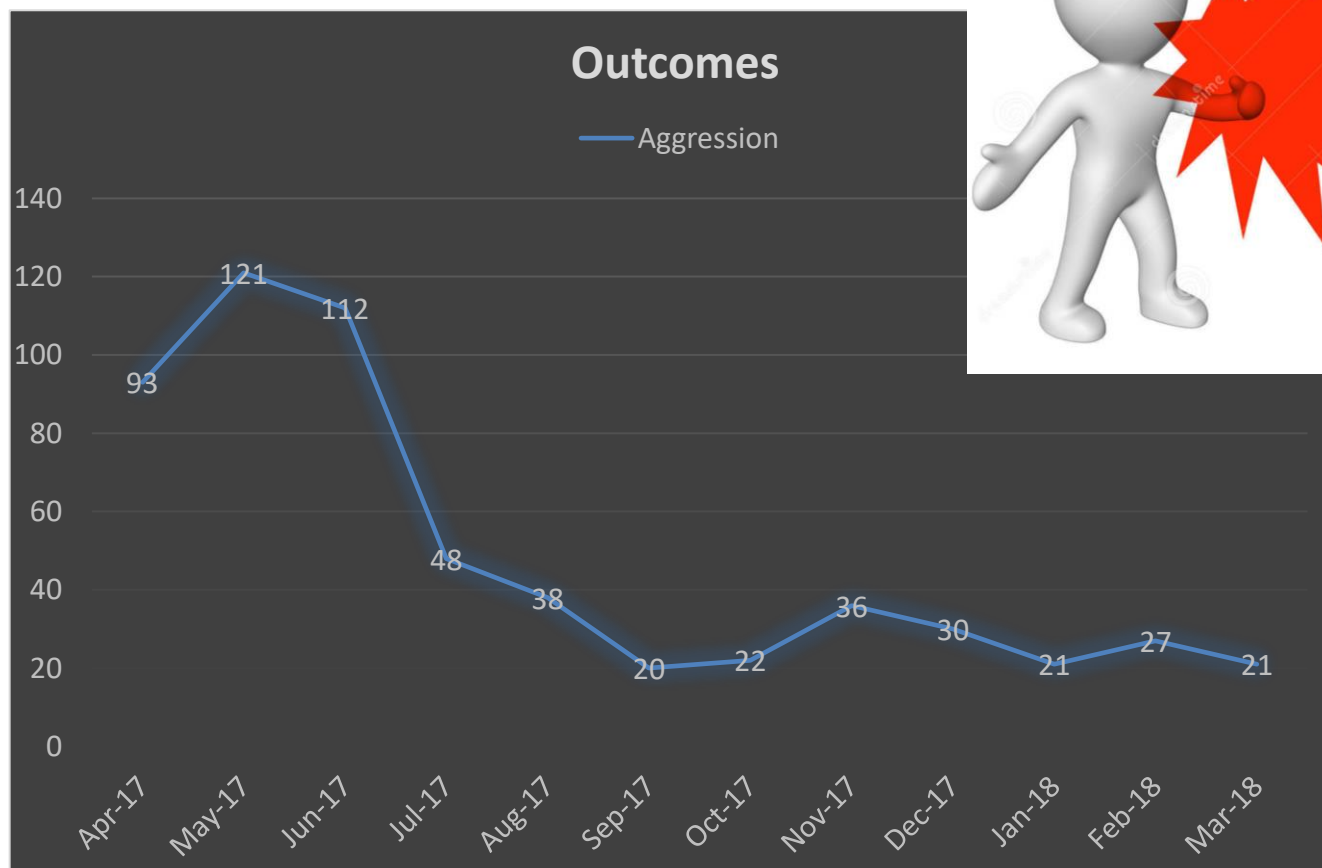


# Sunshine Program Activities

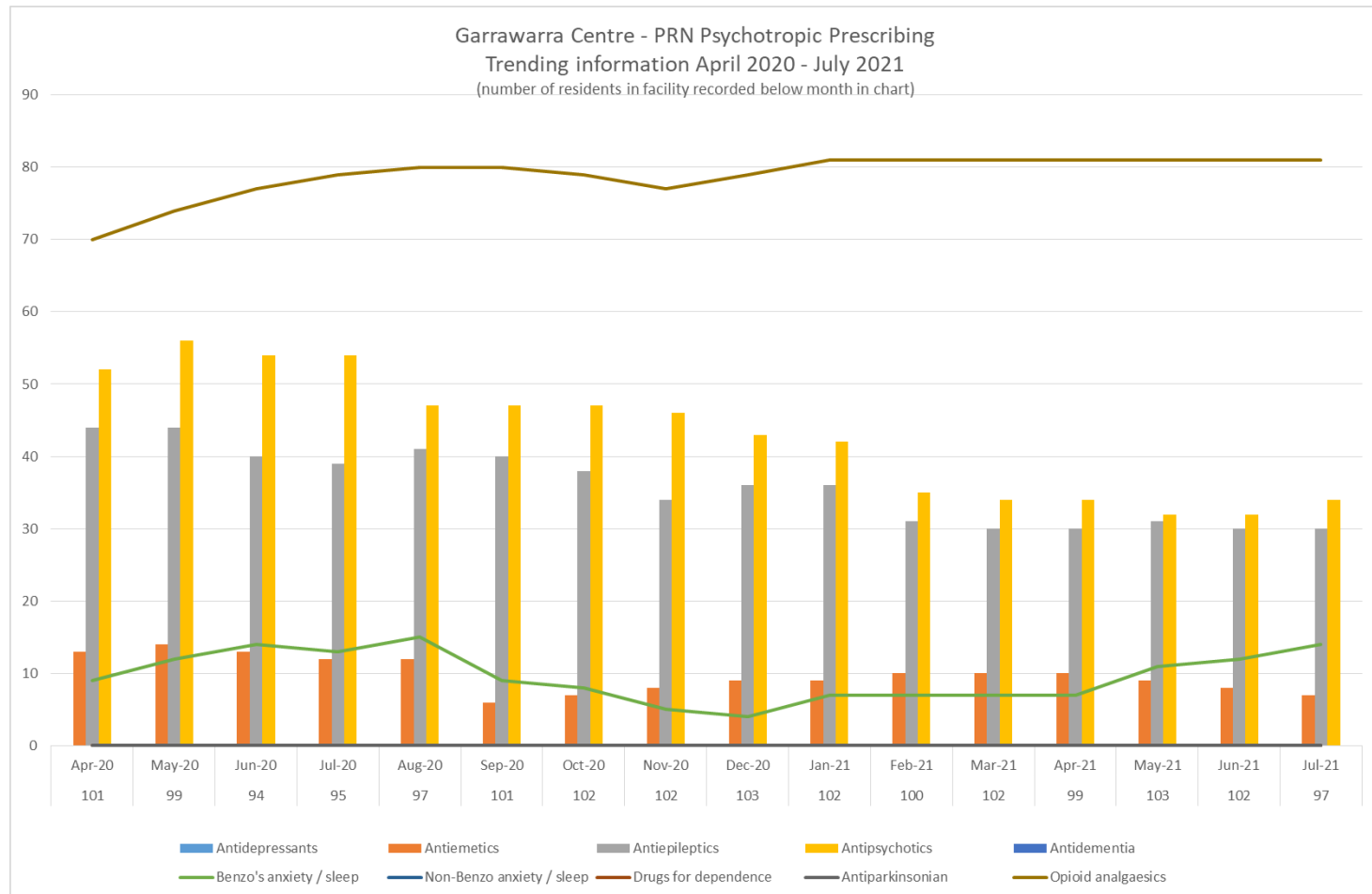




# Reduction in Aggression



# Reduction in prescription of Psychotropic medications



# IMPACT

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ENHANCED



IMPROVED



# THANK YOU

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