

Harmony in the Bush: Co-design of a personalised model of care for dementia in rural residential aged care

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Background

- ❖ Dementia is a major cause of overall disease burden for Australians over 65 years¹.
- ❖ Majority of people residing in aged care facilities have dementia, and present challenging behavioural and psychological symptoms of dementia (BPSDs)².
- ❖ BPSDs are complex, stressful and costly aspects of care³.
- ❖ Non-medication interventions are receiving growing attention in caring for people living with dementia (PWD) due to side effects and limited efficacy of antipsychotic medications^{4,5}.
- ❖ But these interventions are not widely implemented in Australia, and have limited evidence in Australia suggesting their benefits.
- ❖ Progressively Lowered Stress Threshold (PLST) model and music intervention provide effective in managing individual BPSD outcomes^{4,6}.

Aim

To identify key drivers of personalised care interventions, and co-design and implement a new personalised model of care incorporating PLST principles and personalised preferred music/art activities in five Australian rural aged care facilities.



Acknowledgements

This Study is funded by the Commonwealth Government of Australia.

We sincerely thank the senior resident, pictured in this presentation, for consenting to us in our previous, independent research intervention, to use her amazing photograph for academic and research presentations.

Methods

- ❖ This study uses a longitudinal quasi-experimental design including behaviours measurements, surveys, interviews and focus groups.
- ❖ The study implements a 12-weeks interventional research program in each of the 5 participating aged care facilities (Ozcare Port Douglas (Port Douglas), Resthaven on Quarry (North Mackay), & Mutkin (Yarrabah) in Far North Queensland, and Tanunda Lutheran Home (Tanunda), Bonney Lodge (Barmera) in South Australia.
- ❖ Participants include eligible 15-20 people living with dementia from each facility, legal guardians and relatives of eligible residents, aged care staff, and musicians/artists.
- ❖ Study methodical approach include the following components.
 - ❖ Engaging aged care staff, legal guardians and relatives
 - ❖ Obtain consents from legal guardians, and recruit eligible residents as participants
 - ❖ Provide two 1-hour training sessions for nursing and caring staff in the theory, use and importance of PLST principles and non-medication therapies
 - ❖ Collect baseline data, and implement individual PLST-based personalised care for 4 weeks, follow by post-intervention measurements, PLST plus music/art personalised care for 4 weeks, post-intervention measurements, and 1- and 3-months follow ups
 - ❖ Analysis of the physical environments (facilities)
- ❖ Evaluate the effectiveness of the PLST model with, and without personalised music/art interventions on residents' behaviours, staff stress and workplace culture change in 5 aged care facilities

References

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2. The Australian Institute of Health and Welfare, 2015 Report
3. Lyketsos CG, Lopez O, Jones A, et al., J of the American Med Assoc. 2002, 2:4
4. Robinson KM, Crawford TN, Buckwalter KC, et al., J of Applied Gerontol 2016
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Results

- ❖ The first study intervention in Ozcare Port Douglas facility has just finished and data analysis is soon to be performed.
- ❖ Some important feedbacks and observations made, during and after the intervention, include the following.
 - ❖ Caring staff "Letter of Thank You"
"I am very excited and happy about the changes you made possible for our residents... the residents in the Lodge are very calm and most of them can make it through the night nicely and without waking up. Coming into the Lodge now is wonderful and quite. Thank you very much!"
 - ❖ Resident's relatives' feedback
*"A family member arrived to visit the loved one, wrote the staff. As they have been away for a short holiday, continued the staff, they quickly pulled me aside and said was taken away by the way the Lodge felt. She couldn't find the right word", wrote the staff.
"No one seem stress," said the relative.*

Discussion & Conclusion

- ❖ In this study, it is hypothesised that a comprehensive PLST model plus personalised music/art interventions promotes better patient outcomes with parallel reduction in staff stress and workplace culture change.
- ❖ We are now implementing innovative education training for aged care staff in 5 aged care facilities, and co-designing and implementing personalised care plans for 70-80 PWD, based on the PLST model; with and without music/art interventions.
- ❖ Preliminary qualitative data from the first intervention facility suggest improved wellbeing outcomes for PWD, and appreciable changes observed by caring staff and relatives of the PWD for the workplace and the PWD behaviours.
- ❖ We predict the overall findings will result in long-term positive outcomes for PWD, staff, workplaces, and dementia in aged care facilities.

ACHIEVEMENT