Dementia in Long Term Care: How Dementia Affects Care Planning

A Video Guide for Employing Breakthroughs in Clinical Care

Facilitator Guide
DEMENTIA IN LONG TERM CARE: HOW DEMENTIA AFFECTS CARE PLANNING

Many types of dementia, such as Alzheimer’s disease, affect a large percentage of residents in long term care facilities. Yet, only 60% of residents have undergone an effective screening to test their cognitive abilities. Based on these statistics, it is imperative that everyone recognizes the signs and stages of dementia, understands the effects it can have on care giving, and identifies measures to provide the best possible care through individualized and structured programs.

Your number one priority is your residents’ health. Your residents and their families trust you to help protect them and their health. Understanding dementia and the tools used for tracking the progression of the disease will help you to be proactive in planning and providing for the unique needs of residents with dementia. Above all, being educated and informed can help you make sure your residents receive the best possible care.
This facilitator’s guide will help you plan for and conduct sessions to help ensure that you maximize the material in this video. Consider your facility’s protocol for caring for residents with dementia, and consider topics to engage in meaningful discussion regarding dementia.

This program will focus on defining common types of dementia, using the Global Deterioration Scale, or GDS, to gauge the progress of dementia, and discussing care planning for residents with dementia.

“Dementia in Long Term Care: How Dementia Affects Care Planning” is a video-based learning program. It speaks directly to the needs and motivations of those in your facility directly responsible for resident care planning. Conduct learning sessions for:

- All RNs
- All LPNs
- All newly hired RNs or LPNs

“Dementia in Long Term Care: How Dementia Affects Care Planning” can positively influence care planning by helping you:

- Recognize common types of dementia and associated complications,
- Use the GDS to help track the progress of a resident’s dementia and refine their individual care plan,
- Recognize the effects that dementia can have on care giving, and
- Understand the importance of utilizing structured programs in individualized care plans.
“Dementia in Long Term Care: How Dementia Affects Care Planning” is a practical educational tool. It demonstrates important methods and effective techniques to help address the individualized needs of residents with dementia. It also describes the common types of dementia that affect residents in long-term care facilities. Filled with practical information and useful instruction, this video addresses relevant issues regarding dementia in long-term care settings, what you can do to plan for and provide the best care possible and much more.

This video training provides a unique and interactive learning experience. In addition to the valuable learning information contained in the video and accompanying workbook, the video in-service provides opportunities for facilitated discussion to help involve participants in the acquisition of knowledge that helps everyone to understand dementia and how to utilize structured programs to promote the fulfillment of all residents in long-term care.
SAMPLE GROUP SESSION AGENDA

Use the following sample agenda to structure a session featuring “Dementia in Long Term Care: How Dementia Affects Care Planning”

Length of videotaped program: approximately 25 minutes

Suggested length of session: 1 hour and 45 minutes (including a 15 to 20 minute break)

Materials needed:
- This facilitator’s guide
- The “Dementia in Long Term Care: How Dementia Affects Care Planning” video program
- Optional paper and pencils for participant note-taking
- Optional flipchart and markers for writing key ideas
## SUGGESTED SESSION AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 min</td>
<td>Welcome the group to your session.</td>
</tr>
<tr>
<td>2 min</td>
<td>Show Introduction of video program</td>
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</tbody>
</table>
| 10 min | INTRODUCE the “Dementia in Long Term Care: How Dementia Affects Care Planning” topic by leading this discussion:  

ASK: In your facility, how common is dementia? How many residents with dementia at any stage *(from mild to severe)* do you care plan for on a regular basis?  

ASK: What steps do you take at your facility to attempt to personalize the care provided to residents with dementia at the care planning stage?  

REVIEW the learning objectives — after viewing this program you will be able to:  
- Define common types of dementia  
- Understand how the Global Deterioration Scale can help you track the progression of dementia  
- Identify how common behaviors associated with dementia affect care planning  
- Understand the importance of structured programs  

ASK: How are these learning objectives relevant to your facility? |
DISCUSS prior knowledge of dementia and care planning for those residents with dementia at their facility. Try to understand the group’s prior knowledge so you can help reinforce good practices and change those that are incorrect. *(Encourage discussion to help uncover staff knowledge).* With this baseline, you can better understand how to focus later discussion and follow-up exercises. You can also realize how the learning sessions have helped to improve training.

**5 min**  
Show first module of video program –  
**Common Forms of Dementia**

**10 min**  
Engage viewers in a brief discussion about MODULE 1. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the first module *(or the key situations and behaviors with which you feel your group can most easily relate)*.

**ASK:** What percentage of your residents suffers from some form of dementia?

**ASK:** What are some of the common types of dementia that you see in your long-term care facility?

**ASK:** What are the typical symptoms of dementia you see at your facility?

**ASK:** Do you know of any resident suffering from multiple types of dementia *(i.e. Alzheimer’s and vascular dementia)*? How do their symptoms differ from other residents who only have one form of dementia *(those with just Alzheimer’s disease)*? How is care planning for a resident with multiple types of dementia different?
ASK: How do you think a thorough understanding of the most common types of dementia would affect your care planning decisions?

7 min

Show second module of video program – *Global Deterioration Scale* (GDS)

10 min

Engage viewers in a brief discussion about MODULE 2. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the second module (or the key situations and behaviors with which you feel your group can most easily relate).

ASK: Have you used the Global Deterioration Scale in any way? If so, discuss your experience using it? Does your facility use any other cognitive scale to track the progress of your residents’ dementia?

DISCUSS the participants’ views on the effectiveness of the tools used to track the progress of their residents with dementia. What works and what doesn’t? What would they change?

ASK: How is information on the progress of dementia presented to members of the staff? Are caregivers made aware of declines in cognitive abilities or behavioral changes?

ASK: How many residents with mild dementia (*stages 1 through 4*) do you have under your care? How many residents with more severe dementia (*stages 5 through 7*) do you have under your care?
DISCUSS some of the differences in care planning for residents with mild dementia compared to those suffering from more severe dementia. Also, discuss some of the specific considerations participants must make as residents transition from mild to more severe stages of dementia.

ASK: What common behaviors associated with dementia does your staff encounter on a daily basis? How do you handle behavioral issues from a care planning perspective?

DISCUSS the differences in care planning for alert, oriented, but physically frail residents compared to residents with mild dementia and at more severe stages of dementia. What are the biggest differences? What are the challenges?

15-20 min BREAK

1 min Welcome the group back from the break.

5 min Show third module of video program – Behavioral Issues and Other Care Planning Considerations

10 min Engage viewers in a brief discussion about MODULE 3. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the third module (or the key situations and behaviors with which you feel your group can most easily relate).

ASK: What behavioral issues do you see in your residents with dementia that can lead to resistance to care?

ASK: What are the protocols at your facility for working with residents showing resistance to care? What is your role in those protocols?
ASK: Has any member of your staff been directly affected by aggressive behavior from residents with dementia? Inappropriate sexual behavior? If so, how was the situation addressed at the care plan level to prevent further occurrences? Did you determine the underlying cause of the behavior (i.e. hunger, pain, loneliness, feelings of hotness or coldness, etc.)?

ASK: How do the protocols at your facility differ from the methods presented in this video?

ASK: How are caregivers instructed to handle wandering behaviors at your facility? How is your facility’s method different from the method presented in this video?

DISCUSS the ongoing evaluation process that exists at your facility for assessing resident progress and dealing with behavioral issues. How do those processes help to inform adjustments to each resident’s care plan?

5 min  Show fourth module of video – Structured Programs for Residents With Dementia

10 min  Engage viewers in a brief discussion about MODULE 4. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the fourth module (or the key situations and behaviors with which you feel your group can most easily relate).

ASK: What steps do you take to design individualized care plans for residents with dementia?

ASK: Does your facility utilize any aspect of a structured program in the care planning for residents with dementia?
ASK: How is the process of designing and implementing a care plan at your facility different from the method presented in this video? What do you think are the positive and negative aspects of each approach?

ASK: What role do you play in identifying the progression of dementia in your residents? How do you adjust care plans based on those changes?

ASK: How are resident care plans commonly adjusted as residents reach more severe stages of dementia (*stages 5 through 7*)?

ASK: What steps are taken to prevent delirium from getting worse when it does occur?

ASK: What specific steps are taken at the care plan level to help ensure residents at more severe stages of dementia continue to lead fulfilling lives within your facility?

DISCUSS your specific roles within a structured program for residents with mild dementia and more severe dementia.

DISCUSS the importance of considering resident needs when developing or adjusting care plans, even when residents may not be able to properly express themselves. How do you combat this issue?

1 min  
Show **Conclusion** of video

5 min  
In closing:

ASK for questions or additional comments from the group. DISCUSS as appropriate.

Thank group members for their participation and conclude the session.
EXERCISES AFTER VIDEO

• How do you rate our current success in providing information regarding long-term care residents with dementia? How do residents rate our success?

• What are some examples you’ve seen in just the last week or two of
  – common types of dementia
  – adjusting a care plan based on the progress of dementia
  – behavioral issues that have affected care or led to an change in an individualized care plan
  – resident successes from working within a structured program in groups or individually

• What can you do to help yourself and other members of the staff better understand dementia, it’s associated behaviors, and how to provide the best care to safeguard resident health and quality of life?

  Suggest that participants accept a follow-up assignment as a proactive step in improving their understanding of how to provide for the unique needs of residents with dementia.

  For example, each participant might be asked to identify residents with both mild and more severe dementia and track the progress of their decline over a short period of time. Ask them to track any behavioral issues and note the underlying causes and any care plan adjustments made to combat behaviors. Participants could also track the progress of residents with dementia who take part in structured daily programs.

  Then, hold a second meeting and ask each staff member to share what they have learned or any successes they have witnessed.

  Finally, as a group, establish a series of recommendations outlining how to best improve the care provided to residents in your facility with dementia.
• Dementia in Long Term Care: How Dementia Affects Care Planning (New)
• Delirium: Assessment, Prevention and Management, Part 1 (New)
• Delirium: Assessment, Prevention and Management, Part 2 (New)
• Delirium: Assessment, Prevention and Management, Set (New)
• Preventing Medication Errors in Long Term Care (New)
• Limiting Exposure to Blood Borne Pathogens (New)
• Your Role in Resident Skin Care
• Finding Cognitive Impairment in the Elderly (New)
• Infection Control in Long Term Care (Revised)
• Quality of Life: Homelike Environment
• Respecting Confidentiality (Revised)
• A Commitment to Safety (Revised)
• Fire Prevention & Safety Practices
• Preventing & Handling Elder Abuse and Neglect
• Preventing & Managing Workplace Violence - Staff
• Preventing & Managing Workplace Violence - Managers
• Quality of Life: An Introduction
• Preserving Residents’ Dignity
• Serving the Assisted Living Community, Part 1
• Serving the Assisted Living Community, Part 2
• Meaningful Work
• Resident Transfers: The Safe Way
• No Easy Answer: Moving Beyond the Guilt
• What about using a Restraint?
• Understanding Advance Directives
• Residents’ Rights - Residents
• Residents’ Rights - Residents (Revised)
• Pain in Cognitively Impaired Seniors: Assessment & Management
• Preventing Falls in the Geriatric Patient
• Sleep Problems in the Elderly: Assessment
• Sleep Problems in the Elderly: Management
• Management of Depression in Long Term Care
• Drug Free Workplace: Supervisor
• Drug Free Workplace: Employee
Questions?

If you would like information about other programs available from ElderCare Communications, call or write:

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Cincinnati, Ohio 45240
Phone: 800-505-3232

or check online at:

www.eldercarecommunications.com

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