

AJDC
Journal Club

DISCUSSION GUIDE 2

Vol 7 No 4 August/September 2018

Welcome

Welcome to the second issue of the **AJDC Journal Club! The Australian Journal of Dementia Care (AJDC) Journal Club** is – like the Journal itself – aimed at all staff working with people with dementia in your service, facility or centre.

The purpose of the **AJDC Journal Club** is to offer an opportunity to step back from the day-to-day pressures of work, reflect on practice and to consider whether any of the ideas shared in the AJDC could be useful in your service.

Every two months for 12 months we will be sending you a complimentary copy of the current issue of AJDC, along with this Journal Club discussion guide. We'll select four articles from each issue that you can focus on in the Journal Club, and then suggest 4-5 questions relating to each article.

We hope that you find the AJDC a valuable resource and will use these questions to stimulate discussion on the needs of people with dementia and care practice at weekly or fortnightly team meetings within your service or organisation.

Some tips for your AJDC Journal Club

Work out ahead of time who will take a lead in organising and facilitating the discussion and distributing copies of the articles to be discussed.

Discuss 1 article / set of questions per meeting (say, every fortnight).

We have suggested 4-5 questions per article. If this seems too many (given time constraints), or some are not applicable to your service, pick 2 or 3 and focus on these.

Ideally all participants will have read each article before the group discussion. In practice, this may be unrealistic or impossible – so the questions have been written in such a way that people should still be able to contribute, even if they haven't read all the articles completely.

If possible, ask one of the participants to write brief notes during the discussion. These can be distributed to colleagues who attended as well as those unable to make it.

This **AJDC Journal Club** initiative is supported by Dementia Training Australia to reach and engage with people who work for aged care services in remote parts of Australia.

Scan our QR Codes!



We have added Quick Response (QR) codes next to all our useful resources and additional readings. Scan the QR codes with your internet enabled device e.g. smartphone, to open the URL.

No scanner? Download a free App in your store e.g. QR Reader for iPhone

ARTICLE 1

Time travelling with technology

by Professor Karen Watson, Deborah Parker, Andrew Leahy, Daniel Piepers and Kate Stevens

Australian Journal of Dementia Care, Aug/Sep 2018, Vol 7, No 4, pp 16-17



Pages 16-17

QUESTIONS

1. This project focuses on meaningful locations to trigger memories from the past. What other triggers can be powerful?
2. In your work, how do you support people with dementia to have opportunities to reflect on their past?
3. What has been your experience of using technology to engage with people with dementia? Have you found any websites or apps to be helpful for prompting memories?
4. This research involves comparing two approaches: one which is "immersive" (eg using 5 large screens, with moving images) and the other involves showing participants a limited number of still images. How do you think people with dementia will respond to these different approaches? Do you think the 5 large screens are essential?

Useful resources and additional reading

Life History Booklet

This Dementia Australia booklet is a blank template for preparing a life history, and includes suggested headings and layout, to be completed with a person with dementia to capture the story of their life. bit.ly/2lki9K4



Using Reminiscence With People with Dementia in Sub-Acute and Acute Care This 2017 manual arose out of the My Story, My Life Reminiscence project. It presents an introduction to reminiscence, shares templates and links to key resources, and much of the content is also relevant to people with dementia living in the community or in aged care facilities. bit.ly/2MzsGxf

Remembering Yesterday, Caring Today: Reminiscence in Dementia Care

Pam Schweitzer and Errollyn Bruce's landmark book on reminiscence in dementia care includes detailed descriptions of reminiscence activities that can be conducted in a range of settings. It is available for \$41.99 from Footprint Books. bit.ly/2JW9yaZ



Reminiscence For People With Dementia

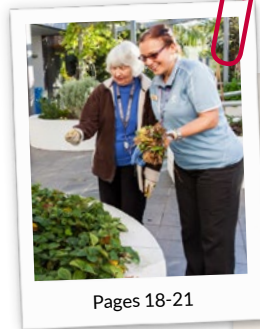
This information from SCIE covers a number of practical aspects of reminiscence for people with dementia, such as why asking lots of questions may not work, using a range of things to stimulate the person, doing rather than talking, and possible topics for reminiscence. bit.ly/2JMoiOd

ARTICLE 2

Challenging tradition: unlocking the DSU

by Mark Aros

Australian Journal of Dementia Care, Aug/Sep 2018, Vol 7, No 4, pp 18-21



Pages 18-21

QUESTIONS

1. The author says his care team noticed a change in the profile of the 'average' person in residential aged care over recent years, with residents now being older, more frail and less mobile. What sorts of changes have you seen in the people with dementia you support?
2. The care team developed what they called the 'Engagement Shift' with individual residents, which involved using several different approaches and techniques. Which of these might be useful to you and the people you support?
3. What do you think of the reported benefits of implementing this open-door policy? Are they relevant to the people you support?
4. What do you think of the view that locked doors in aged care homes are a form of restraint?

Useful resources and additional reading

Quality Dementia Care

This Dementia Australia website presents a range of activity resources for people with dementia based on the Montessori method, with detailed instructions on delivery. qualitydementiacare.org.au



Decision-Making Tool: Supporting A Restraint Free Environment In Residential Aged Care This 2012 Australian Government handbook was developed to assist staff to provide a restraint-free environment, and includes consideration of environmental restraints. bit.ly/2lgs7fn

Taking The Risk: Strategies To Support Getting Out And About

Read here about another Sydney Anglicare care home which has tried some creative ways to support people with dementia to be able to get out and about independently. It also includes links to resources and further reading on risk enablement. bit.ly/2t5ybvo



Supported Decision-Making in Aged Care 2018 guidelines from the Cognitive Decline Partnership Centre, aimed at care providers supporting older people, including people with dementia, on supported decision-making in complex situations involving issues such as risk, choice, capacity and restraint. bit.ly/2KiRjrr

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ARTICLE 3

Helping people with dementia to feel safe

by Steven R Sabat

Australian Journal of Dementia Care, Aug/Sep 2018, Vol 7, No 4, pp 28-30



Pages 28-30

QUESTIONS

1. Steven Sabat says that people with dementia often find social situations to be anxiety-provoking. How might this affect the way a person with dementia acts or presents?
2. In the case study, Sabat learns that Dr M feels discouraged by professionals highlighting what she cannot do, particularly during assessments. Do you have any ideas for how these feelings could be acknowledged or addressed, before, during or after assessments?
3. A key point in the article is how important it is to give people with dementia time to speak. What are some practical suggestions for how care providers can help this to happen?
4. Sabat encourages Dr M to use non-verbal communication and gestures. Do you have any examples of non-verbal communication used by people with dementia to let you know what they need? How could a person's non-verbal communications be recorded and shared with others in a care team?

Useful resources and additional reading

Talk To Me

This 2-page brochure on communication shares ideas from people living with dementia about how they would like others to communicate with them. bit.ly/2l0ft3D



Enhancing Communication

This guide, also prepared by people living with dementia, looks at particular challenges for people with dementia when communicating in three situations – with family and friends, in social situations, and with health professionals – and suggests ways to improve the communication. bit.ly/1pZrhvY

Tips For Better Communication With A Person Living With Dementia

Dementia UK's booklet tackles some common communication problems (such as the person can't find the right word, or looks confused, or becomes withdrawn), considers why they happen and how others can help.

bit.ly/1Kb8SaU



Staff-Resident Communication: Strategies For Enhancement

This resource booklet from the National Ageing Research Institute includes practical suggestions for improving communication between staff and residents in care settings.

bit.ly/2t5NhkW

ARTICLE 4

RedUSing psychotropic medication use

by Juanita Westbury

Australian Journal of Dementia Care, Aug/Sep 2018, Vol 7, No 4, pp 31-35



Pages 31-35

QUESTIONS

1. The author says that initially they found that many care homes were not aware of the proportion of their residents who were being prescribed sedative medication. What sort of awareness is there within your service?
2. The author talks about a wide range of "unmet needs" that can trigger a responsive behaviour from a person with dementia. Which unmet needs do you see most often among people with dementia?
3. The article talks about the importance of education on psychotropic medication use being delivered by a trained pharmacist, who is ideally known to staff at the care home. What sort of support on this issue is available to your service from pharmacists?
4. When the research project was launched on a national scale, the author says the researchers were "inundated with requests" from aged care homes wanting to be involved. Why might this be?
5. The RedUSE project achieved reductions in prescribing of both antipsychotic and benzodiazepines medication to people with dementia. Within individual care homes, how do you think these changes can be sustained in the future?

Useful resources and additional reading

Clinical Practice Guidelines And Principles Of Care For People With Dementia In Australia

These guidelines set out clear recommendations relating to antipsychotic medication for people with dementia. bit.ly/2dtJh90



The Use Of Restraints and Psychotropic Medications In People With Dementia

This sets out the evidence on current practice, consequences, legal issues and alternative approaches in more detail. bit.ly/2te79T1

Medicines and Dementia: A Resource For People With Dementia and Their Carers

A guide for people with dementia to have conversations about their future care needs, in particular medication, responding to distressed behaviour, and advanced care planning. bit.ly/2JNW8SH



A Clinician's Field Guide to Good Practice: Managing Behavioural and Psychological Symptoms of Dementia

Comprehensive guidance on psychosocial, environmental and biological interventions for responsive behaviours from people with dementia. bit.ly/2lI9PK2

Dementia Training Australia (DTA) medication management and responsive behaviours e-learning courses and consultancy services
Details and course registrations: dta.com.au



Australian Journal of
DementiaCare

The Australian Journal of Dementia Care (AJDC)

The Australian Journal of Dementia Care is a subscription-only multidisciplinary journal for all professional staff working with people with dementia, in aged care homes, hospitals, day units and the community. The journal is committed to improving the quality of care provided for people with dementia, by keeping readers abreast of news and views, research, developments, practice and training issues. The Australian Journal of Dementia Care is grounded firmly in practice and provides a lively forum for ideas and opinions. We also welcome submissions of articles and letters to the editor from people involved in the dementia care sector.

journalofdementiacare.com



Dementia Training Australia (DTA)

DTA is funded by the Federal Government to provide high-quality dementia education, training and services to aged and health care staff, managers and other professionals across Australia. It combines the dementia expertise of five universities and Dementia Australia to deliver a coordinated national approach to dementia training for individuals and organisations. The consortium members are: the University of Wollongong, Dementia Australia, La Trobe University, Queensland University of Technology, the University of Western Australia, and the Wicking Dementia Research and Education Centre (University of Tasmania).

dta.com.au

