

Could you live in your care setting and maintain your best behaviors?

Joanne Rader, RN, MN, PMHNP

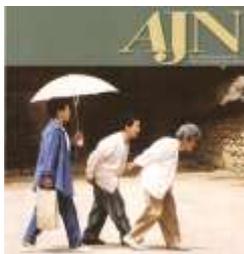
What is culture change ?

How we live and work together

This is the system we inherited.

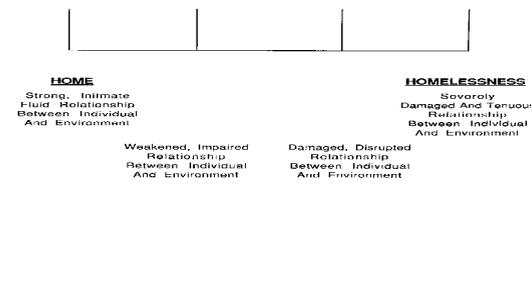
We have to decide if we want it also to be our own future and our legacy

Why are we still asking the most fragile physically and cognitively challenged people to fit into a hospital model?



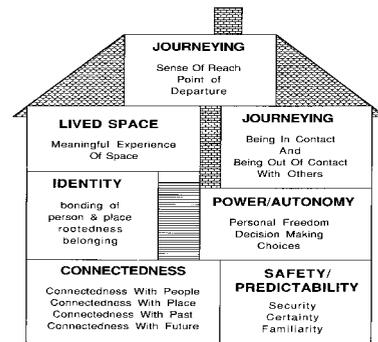
Check out the Pioneer Network website:
www.PioneerNetwork.net

**FIGURE 3
HOME-HOMELESSNESS CONTINUUM**



Carlson, Judith J. *Journal of Gerontological Nursing* 18 (7): 32-37

**FIGURE 1
HOME**



Carlson, Judith J. *Journal of Gerontological Nursing* 18 (7): 32-37

**FIGURE 2
HOMELESSNESS**

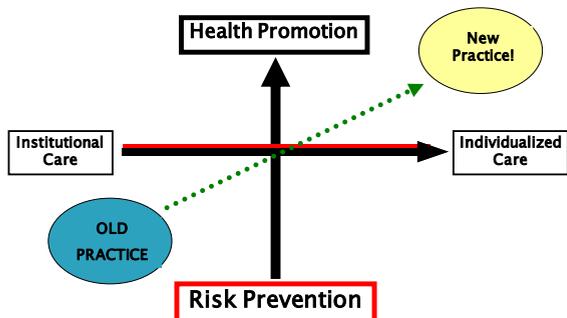


Thorn, John T. *Journal of Gerontological Nursing* 18 (11): 35-41

Provider Directed	Staff Centered	Person Centered	Person Directed
Mgmt. makes most of the decisions with little conscious consideration of the impact on residents and staff.	Staff consult residents or put themselves in residents' place while making the decisions.	Resident preferences or past patterns form basis of decision making about some routines.	Residents make decisions every day about their individual routines. When not capable of articulating needs, staff honor observed preferences and lifelong habits.
Residents accommodate staff preferences; are expected to follow existing routines.	Residents accommodate staff much of the time—but have some choices within existing routines and options.	Staff begin to organize routines in order to accommodate resident preferences—articulated or observed.	Staff organize their hours, patterns and assignments to meet resident preferences.



Developed by Mary Teas-Croft, Genesis HealthCare Corp, based on the model by Susan Misorski and Joanne Rader, distributed at the Pioneer Institutes, 2005.



Developed by Barbara Frank, B&F Consulting, 2006. This model is in use by Quality Partners of Rhode Island in its technical assistance to QICs in the 6th Scope of Work.

THE EVIDENCE-BASE FOR PERSON-CENTERED BATHING

**Journal of the American Geriatrics Society
November, 04, Sloane, P., Hoeffler, B. et al.**

Clinical Trial of Two Bathing Interventions in Dementia

- RCT of Person-Centered Bathing
- Conducted 1998–2001 in 15 facilities in OR & NC
- Funded by National Institute for Nursing Research
- Principal investigator = Beverly Hoefler, PhD, RN

Clinical Trial of Two Bathing Interventions in Dementia

- 73 subjects with dementia and challenging behaviors
- 2 interventions:
 - person-centered showering
 - towel bath
- Interventions = trainer working with facility CNAs
- Pre- and post-intervention videotaping

Clinical Trial of Two Bathing Interventions in Dementia

- Outcome measures:
 - Agitation / aggression rated by research assistants blinded to before / after status and hypotheses
 - Discomfort
 - Bath length
 - Skin condition
 - Bacterial counts immediately after bath

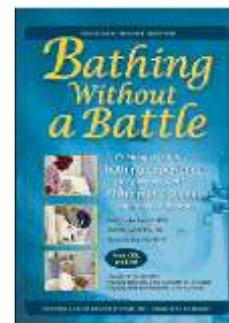
Clinical Trial of Two Bathing Interventions in Dementia: Results (1)

<u>Outcome</u>	<u>P value for difference</u>		
	<u>shower</u>	<u>towel</u>	<u>controls</u>
% time agitation/ aggression	<0.001	<0.001	ns
Aggression (rate/min)	<0.001	<0.001	ns
% time yell/cry/moan	< 0.001	<0.001	0.046
Complaints/threats (rate/min)	<0.010	0.001	ns
Discomfort	<0.001	<0.001	ns

Clinical Trial of Two Bathing Interventions in Dementia: Results (2)

<u>Outcome</u>	<u>p value for difference from baseline</u>	
	<u>shower</u>	<u>towel</u>
Total # body parts washed	ns	ns
Average bath length (min)	<0.001	ns
Skin problem index	0.001	0.003 (better)
Mean debris score	<0.001	<0.001 (better)
<u>p value for difference - shower vs towel</u>		
Bacterial pathogen score (inguinal)	ns	ns
Corynebacteria (axilla)	ns	ns
Candida (inguinal)	ns	ns

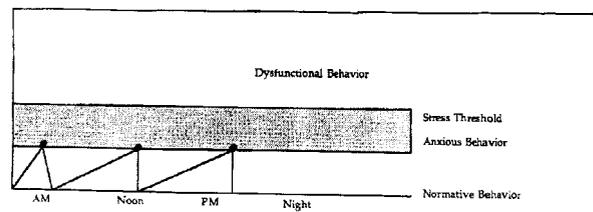
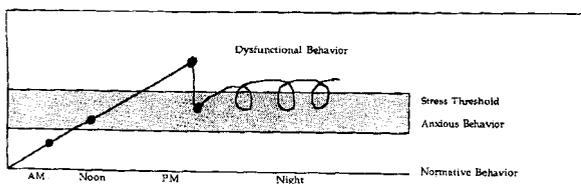
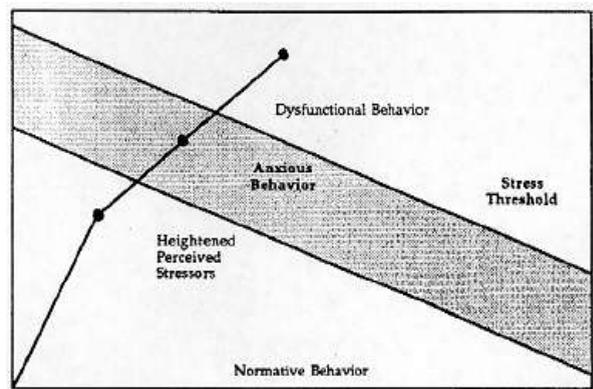
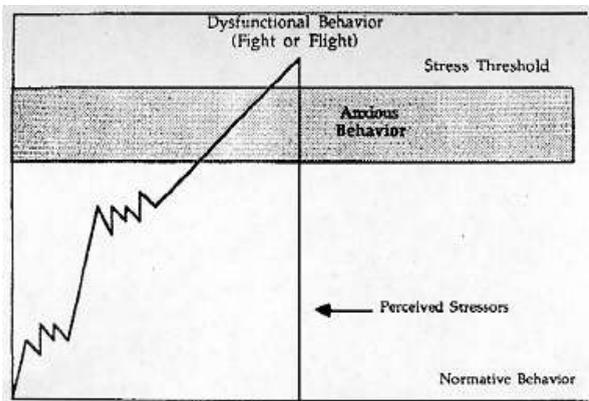
bathingwithoutabattle.unc.edu



When you make bathing changes you will bump up against the edges of your organizational culture that need to change

PLST Progressively Lowered Stress Threshold

Buckwalter and Hall, 1987



References

- ▶ Barrick, AL, Rader, J et al. Bathing without a battle: Person-directed care for individuals with dementia, Springer Publishing , 2008.
- ▶ Carboni, JT. Homelessness among the institutionalized elderly. *Journal of Gerontological Nursing*, 1990; 16(7):32-37

References

- ▶ Sloane, PD, Hoeffler, B et al. Effect of person-centered showering and towel bath on bathing-associated aggression, agitation, and discomfort in nursing home residents with dementia: A randomized, controlled trial. *JAGS*, 2004, 52:1795-1804.
- ▶ Smith, M, Gerdner, LA, Hall, GR and Buckwalter, KC. History, development and future of progressively lowered stress threshold: A conceptual model for dementia care. *JAGS*, 2004, 52:1755-1760.