**St. Joseph’s Healthcare System**

- St. Joseph’s Regional Medical Center & St. Joseph’s Children’s Hospital
  - 651-bed academic medical/trauma center & comprehensive children’s hospital
- St. Joseph’s Wayne Hospital
  - 229-bed acute care community hospital
- St. Vincent’s Nursing Home & Rehabilitation
  - Long-term Residential Facility
- Visiting Health Services of NJ

**Introduction**

- Adaptation of the Hartford Institute’s Therapeutic Activity Kits (2013)
- Toolbox of diversional activities for dementia patients
- Originally nurse clinical ladder (RN Stars) project
- Healthcare system wide implementation
- Interprofessional education provided throughout hospital system
Background

Dementia patients have difficulty expressing themselves (Conedera & Kingston, 2013)

- Behaviors are unmet needs (Conedera & Kingston, 2013)
- Wandering, calling out, agitation, and excessive attention seeking
- Vulnerable in hospital setting

Current Culture

- Use of sedative medications to treat agitation behaviors
  - Risk for delirium
- Use of physical restraints
  - Statistically elderly males
- 2016 SJHS significantly decreased use of 1:1 sitters for agitated patients
  - Constant observation
  - Close observation with 15 minute rounding
  - Screen & assess for needs before behaviors start

Best Practice

- Diversional activities should be first line, non-pharmacological treatment (Alzheimer’s Association, 2015; Conedera & Kingston, 2013; NICHE 2015)
- Distract from behaviors
- Provide positive stimulus
- Focus on positive coping mechanisms, support systems, and patient strengths
SJHS Therapeutic Activity Kits

- Centrally located kit storage box
- Binder format
- 9 evidence-based interventions
  - Word Search Puzzles, Doodling, Coloring
  - Reminiscence Cards, Playing Cards, Towel Folding
  - Color Changing Light Egg, Towel Folding, Baby Doll
  - Music

Activity Selection

- Guided by stage of Alzheimer’s Disease/dementia
  - Cognitive ability
- Nurse driven
  - Assessment component
- Easy to delegate
- Incorporate use while providing care

Implementation

- Sponsored by Sisters of Charity, SJHS Nurse Practice Council, and SJHS NICHE Steering Committee
  - Uniform materials
  - Purchasing through hospital approved vendors
  - In-house printing
- Grant funding provided by Saint Joseph’s Wayne Hospital Foundation
- Additional funds through unit specific budgets
Interprofessional Education

- 1 hour CE credit class for RNs
- 15 minute Educational Brief for PCAs
- Specific in-service for volunteers
- Poster presentations for non-nursing staff
  - In-hospital conferences
  - Hospital based fairs

Outcomes

- CE credit class evaluation tool
- n=52 RNs

Have you previously used therapeutic activities in your practice?

- Yes: 15%
- No: 82%
- Unsure: 3%

Do you think that therapeutic activities are appropriate for your patient population?

- Yes: 88%
- No: 2%
- Unsure: 10%
Outcomes

Would you be willing to use therapeutic activities in your practice?

- Yes: 98%
- No: 2%
- Unsure: 0%

Outcomes

Use three words to describe your thoughts regarding therapeutic activities:

- Helpful/Useful/Beneficial: 76%
- Relaxing/Calming: 26%
- Diversional: 15%
- Positive tool/idea: 8%
- Other: 21%

Other: Compassionate, informative, organized, joyful, fun, practical, interested, need one, easy, effective, non-toxic, caring, easy to use, holistic, innovative, personalized, affordable

Additional Outcomes Measurement

- Activity log/sign out sheet
- Staff interviews
Staff Interviews

Discussion

- Decrease frustration & helplessness
- Watson “Caring Moment” (Watson, 2007)
- Limitations
  - Tracking use
  - Language barrier
  - Staff additions
- Next Steps
  - Expand roll out
  - Delirium outcomes

Questions?

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References:


