


NICHE CONFERENCE



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**SJHS Therapeutic Activity Kits:**  
**Non-pharmacological Management of Dementia Patients**

St. Joseph's Healthcare System  
 Paterson, NJ



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APRIL 20, 2017    **PODIUM PRESENTER:**  
 Jennifer Racine Ricker, RN, BSN, MICH  
 Maureen Mulligan, RN, MSN, NICHE Coordinator



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**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**

- Established nearly 150 years ago by Sisters of Charity of Saint Elizabeth
- 4 time recipients of Magnet Award for Nursing Excellence
- NICHE designated since 2006
- Care delivery systems include: Watson Theory of Human Caring and Relationship-Based Care

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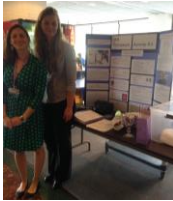
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**Introduction**

- 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



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### 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



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### 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

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### Best Practice

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



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### 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



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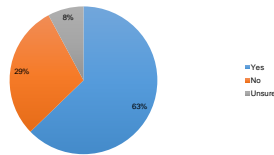
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### Outcomes

- CE credit class evaluation tool
- n=52 RNs

Have you previously used therapeutic activities in your practice?



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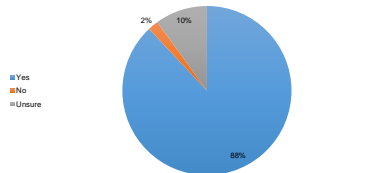
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### Outcomes

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



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## Staff Interviews



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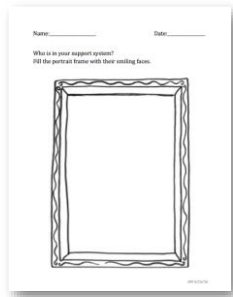
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## Discussion

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



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## Questions?

- Special Thanks to:
 

<ul style="list-style-type: none"> <li>• Sisters of Charity of St. Elizabeth</li> <li>• Nurse Practice Council</li> <li>• NICHE Steering Committee</li> <li>• Judy Padula</li> <li>• Debbie Smith</li> <li>• Ruth Harrell</li> <li>• Maria Christensen</li> <li>• Vangie Kupyak</li> <li>• Rose Nagle-Girgenti</li> </ul>	<ul style="list-style-type: none"> <li>• Eileen Mahon</li> <li>• Susan Spatt</li> <li>• Diane Ernst</li> <li>• Eddie Perez</li> <li>• Ruthanne Braddock</li> <li>• Stuart Pepose</li> <li>• Mira Omaskova</li> <li>• Lisa Frank</li> <li>• Jeny Vanughese</li> <li>• Gina Munkacsy</li> <li>• Ana Estaban</li> </ul>	<ul style="list-style-type: none"> <li>• Sebin Vadassemi</li> <li>• Robelisa Sistoso</li> <li>• Maryanne Crowther</li> <li>• Shahnaz Ali</li> <li>• Evelyn Rodriguez</li> <li>• Staff of Wayne Campus SW, 6W, &amp; 7W</li> <li>• Staff of Paterson Campus CCB2S, Telemetry, Geriatric ED, and Regan 3S</li> </ul>
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