



Utilizing Root Cause Analysis

to reduce antipsychotic drugs



Objectives

- Explore common behavioral triggers for people living with progressive dementia.
- Describe how to engage in root cause analysis to reduce the use of antipsychotic medications and increase the use of nonpharmacological interventions.
- Create a toolbox of behavioral interventions to support the direct care team.



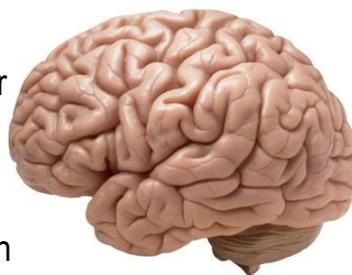
Behaviors come from...

Deterioration of the brain:

- Communication center
- Emotions/impulse control center

Unmet needs for:

- Companionship/feeling loved
- Feeling useful, productive and in control
- Feeling special and appreciated as a person



**Behavior is
Communication**





Behavioral Triggers

- Emotional
- Physical
- Environmental
- People



Behavioral Symptoms

- Defensive or self-protective behaviors
- Boredom
- Sexual reaction
- Hoarding
- Paranoia
- Hallucinations
- Delusions
- Sun-downing
- Inappropriate dressing or undressing
- Sleeplessness



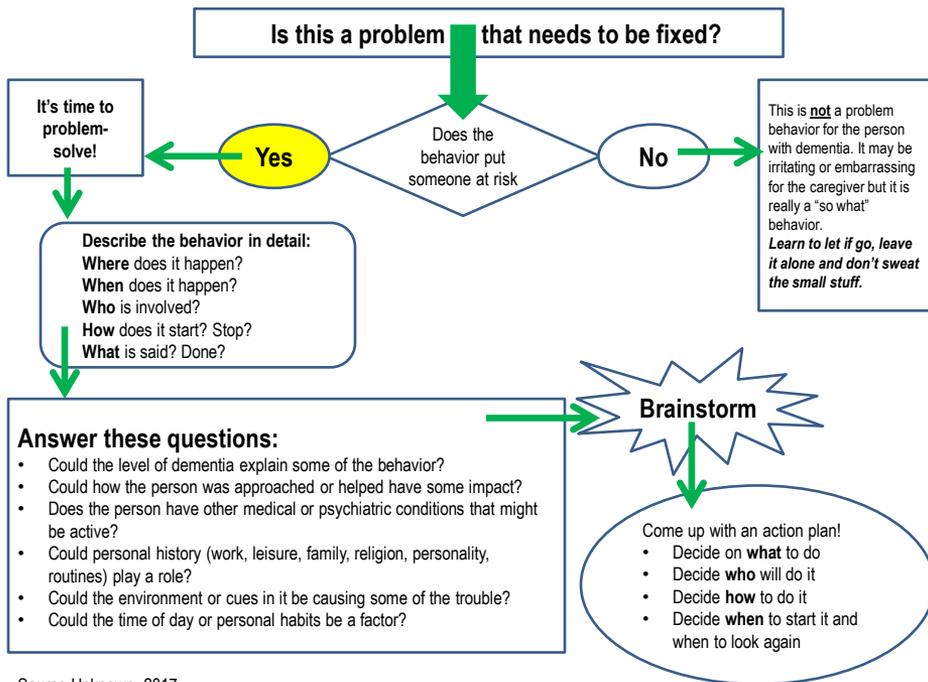
What is root cause analysis?

1. Determine **what** happened
2. Determine **why** it happened
3. Determine **what to do** to reduce the likelihood of it happening again



Engaging in Root Cause Analysis





Source Unknown, 2017



Toolbox of Interventions





Toolbox

- Avoid "stop signs"
- Use photographs on doors i.e. bathroom
- ½ size bigger shoes
- Maiden Name
- Gold crescent on bathroom door
- Ivory Soap



Toolbox

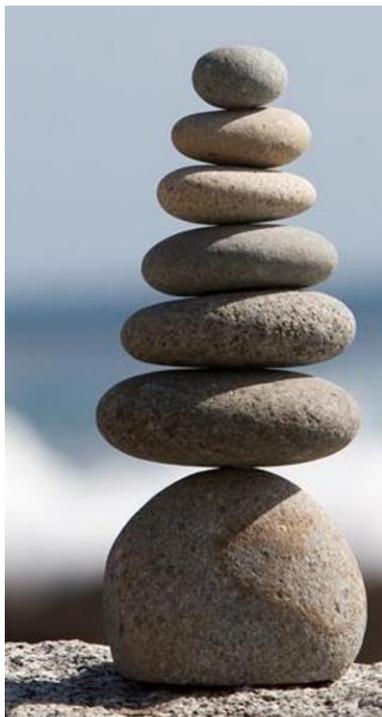
- Use color contrast
- Baby Powder
- Funny glasses
- Disguise the door
- Sugar and Syrup
- Scent of favorite items





Next Steps for Implementation

- Culture and expectations
- Policy and procedure
- Team training
- Champion
- QAPI
- Have fun!



Resources

Websites:

<http://www.alz.org/care/>

<http://teepasnow.com/resources/teepa-tips-videos/challenging-behaviors/>

<http://teepasnow.com/resources/books/>

<https://www.nia.nih.gov/health/alzheimers/caregiving>

<https://order.nia.nih.gov/?cat=Medications/%20Supplements&id=36>

<https://www.pioneernetwork.net/resource-library/>



Resources

Seminars:

Butler, L. (2005) *Therapeutic Approaches to Dementia*. Tennessee: Cross Country Education.

Reference Manual/Book:

Alzheimer's Association Habilitation Curriculum

- Call your local Chapter for training.



References

Butler, L. (2005) *Therapeutic Approaches to Dementia*. Tennessee: Cross Country Education.

Institute for Caregiver Education. The Dance...[PDF Document].

National Council of Certified Dementia Practitioners. (n.d.) *Alzheimer's Disease and Dementia Care Curriculum Handouts*. New Jersey: National Council of Certified Dementia Practitioners.

PA Culture Change Coalition Presentation. *What are behavioral symptoms and what do they mean?* [PDF Document].

Snow, Teepa. Positive Approach. *Understanding Dementia & Alzheimer's Disease* [PDF Document].



Jennifer Holcomb
M.S., NHA, CDP, CDCM, CADDCT

**Director of Memory Support
Cross Keys Village**

717-624-5474

j.holcomb@crosskeysvillage.org