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## Testing a Function Focused Nursing Intervention for Residents with Dementia

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The care of nursing home residents with dementia has traditionally followed a custodial care model where, regardless of residents' functional abilities, the focus is on task completion and minimization of behavioral problems. This leads to functional decline, medical complications of immobility, overuse of psychotropic medications and a greater propensity for adverse events, including falls and delirium. Therefore, it is imperative that nonpharmacological interventions be used to optimize function, minimize behavioral disturbances and decrease the risk of adverse events among nursing home residents with dementia.

Elizabeth Galik, Ph.D., C.R.N.P., and colleagues propose testing a Function Focused Philosophy of Care (FFPC) that incorporates a self-efficacy-based Restorative Care Intervention for the Cognitively Impaired (Res-Care-CI) in nursing homes with older adult populations who have moderate to severe cognitive impairment. Expanding on prior work, the aims of this study are to determine if resident exposure to the Res-Care-CI Intervention results in maintenance or improvement of physical function and activity as well as mood and behavior. The researchers also hope to determine if there is a reduction in adverse events (falls, ER admissions, hospitalizations, death, delirium) and antipsychotic medication use two and four months after implementation of the intervention. Approximately one hundred and twelve residents will be recruited from four nursing homes.

Given that FFPC has potential to preserve function, minimize behavioral symptom and improve quality of life of individuals with Alzheimer's disease, ongoing research should focus on the best ways to alter current care practices.