

Providence Alaska Project ECHO Dementia

Non-pharmacological treatments – Role of culture in care

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Alzheimer's Resource of Alaska



Non-pharmacological treatments – Role of culture in care

Monday, March 21, 2022 | 12 – 1 p.m. AKST

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Providence Alaska Project ECHO Dementia

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Didactic Content

**Non-pharmacological Treatments –
Role of culture in care**

Agenda March 21, 2022

1. Introduction to behavioral and psychological symptoms of dementia (BPSD), non-pharmacological treatments for BPSD
2. Didactic: Role of culture in dementia care
3. Case Presentation
4. Closing Notes/Evaluation

Background

- 90% of persons with dementia will experience behavioral and psychological symptoms of dementia (BPSD)
- Medications are effective for some aspects of BPSD, but not always 100% effective without other components
- Staff need to develop skills in use of non-pharmacological management for BPSD
- Most Alaska Native persons with dementia are not comfortable with taking medication, or do not have access

What are BPSD?

Most commonly reported by carers

Behavioral	Psychological
Activity disturbances - Agitation, restlessness, wandering, inappropriate activity, lack of will or initiative	Affective disturbances – Agitation, depressive symptoms, major depression, anxiety
Aggression – physical, verbal	Apathy
Appetite and eating disorders	Delusions and misidentification syndromes – people are hiding or stealing things, paranoia, suspicious
Sundowning	Dead relatives/acquaintances are alive
Socially inappropriate behavior	Hallucinations – visual, auditory, olfactory, touch

What are non-pharmacological interventions?

- Any intervention intended to improve health or well-being that does not involve the use of any drugs or medicine (Laurence, 2010).
 - Assist persons with dementia to live as comfortable as possible as their world around them is changing
- They can be used to treat pain, reduce stress, encourage positive changes in mood, reduce depression, increase awareness of self and environment
 - Redirect person with dementia
- To date, there is limited research on the benefits of the use of non-pharmacological interventions for persons with dementia
- Anecdotally, we know they are effective, and research is catching up

Non-pharmacological treatments

Strong evidence base

Music

Relaxation Techniques

- Aromatherapy
- Meditation
- Massage/touch

Animal assisted therapy

- Pets and robotic pets

Creative activities

- Art activities
- Poetry workshops

Support groups

Environmental modifications

Humor

Physical activity, exercise

Family and friend support

Montessori techniques

There is no quick fix! Training focus – behavior is often an attempt to communicate or meet an unmet need(s)

Culture as Treatment/BPSD Management

Limited evidence base

- Berry picking
- Native language speaking
- Traditional food activities
 - Traditional food recipes
- Native songs
- Intergenerational activities
- Family engagement
- Spirituality

Integrating Culture into Care

**Activity manual to honor Alaska Native cultures
and traditions in care facilities**

"It reminds me of home, which I really like."



Manual prepared by:

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Jordan P. Lewis, Ph.D., MSW, CPG (Aleut, Native Village of Naknek)

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Case Study: Fairbanks Denali Center

- Traditional Native foods
- Traditional music and dances
- Participation in cultural activities in community
- Storytelling
- Local newspapers to follow events
- Spiritual support
 - “Passing on” cultural protocols
- Leave of Absence Program

Honoring Cultural Values and Beliefs

- Music
 - (CD, DVD, radio or guest performances)
- Dance
 - (CD, DVD, radio or guest dancers)
- Local Native dance groups practice and perform in the activities room

Honoring Cultural Values and Beliefs

- Videos (e.g., community documentaries, celebrations)
- Tribal Nation specific, State, and National newsletters
- Food (e.g., moose, caribou, salmon, dried meats, berries, etc.)
- Community activities (PowWows, gatherings, church, celebrations, funerals)

Impact of Cultural Activities

(Based on visits with residents)

- Improved quality of life
- Maintain connection to cultural values, beliefs, language, dance, traditional foods
- Maintain sense of identity
- Improved communication with family and staff
- Increased physical activity and social engagement

Recommendations

Train and educate health care providers on:

- Awareness of history of Elders, families, communities
 - generational differences (cohort effect)
- Basic Native language phrases
- Offer culture-specific activities to engage residents and encourage interactions
- Prepare and share Native foods
 - Incorporate the use of elders' favorite recipes
- Incorporate traditional dance and music
- Provide opportunities for arts and crafts
- Provide opportunities for Elders and youth to gather



Questions and discussion!

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