

Care Planning Dementia-related Targeted Behaviors

Case Example: Mrs. Smith is a resident with severe cognitive impairment, having a primary diagnosis dementia with behaviors, and a secondary diagnosis of psychosis NOS. She has been known to grab or strike out at her CNAs while they are assisting her with getting dressed. She can also become verbally abusive by cursing obscenities upon movement of her arms and legs.

Date	Problem	Goal	Approaches/Interventions	Discipline
04/23/14	Mrs. Smith is known to exhibit daily physically and/or verbally abusive behaviors during ADL cares.	Mrs. Smith will exhibit no more than 4 episodes of abusive behavior per month.	<ul style="list-style-type: none"> • Address unmet needs such as, hunger, thirst, hot or cold room temperature, need for toileting, dignity and privacy, etc., and attempt to anticipate her needs before in-room ADL cares. • Watch and report the behavioral and physical expressions of pain or discomfort to the nursing staff. • Document and routinely assess for pain using the PAINAD scale (best during movement). • Lower loud background noises such as the TV or radio while providing in-room ADL cares. • With a slow, clear, and even tone, tell Mrs. Smith your step-by-step movement actions before shifting her body parts. • Cursing can be Mrs. Smith’s way of communicating that “I’m not comfortable”. De-escalate behaviors by talking to her about her time baking pies. 	All staff CNA LVN CNA All staff All staff

Case Example: Mrs. “Betty” Garcia is a resident with mild cognitive impairment and diagnoses of dementia, episodic mood disorder, anxiety, and depression. She has several crying spells and repetitive vocalizations throughout the day that become more pronounced in the evening and at bedtime. She has been known to throw items on the floor when upset.

Date	Problem	Goal	Approaches/Interventions	Discipline
08/04/13	Mrs. “Betty” Garcia may become upset due to unknown causes and may have crying spells	Mrs. “Betty” Garcia will have less than 3 crying spells per week.	<ul style="list-style-type: none"> • Always call me by my preferred name of “Betty”. • Stop by Betty’s room for a drop in “hello” to see how she’s doing or brief encounter in the halls. Listen to what Betty is saying to gain insight into her emotional state and underlying mood. • Cue Betty by reminding her of each day’s activity, and let her know that she is a valuable member of the group. • Ensure Betty lies down in her quiet room to nap after lunch. • Identify when she is anxious to prevent her from becoming upset. Watch for triggers such as recent family phone calls, upcoming holidays and/or her birthday. • Sit with Betty when she is having a crying spell to offer reassurance and dispel her worries. • Provide positive feedback for all accomplishments. • When getting overly upset offer her comfort items such as: her picture book, her blue scarf, a glass of Diet Dr. Pepper, and/or the build-a-bear her granddaughter gave her. 	All staff All staff Act. Dir. CNA All staff All staff All staff All staff

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Case Example: Mr. Lee is a resident with moderate cognitive impairment and a primary diagnosis of dementia requiring total assistance due to hemiplegia. He is sometimes disoriented to both time and place, and misinterprets ADLs provided by female CNAs. Mr. Lee will attempt to fondle female caregivers that provide peri-care and shower assistance due to his belief that they are trying to be sexual with him. He will sometimes have delusions that female brunettes are his wife, and will call them his wife's nickname "Sookie".

Date	Problem	Goal	Approaches/Interventions	Discipline
01/15/12	Mr. Lee becomes disoriented during peri-care and shower. He believes these are attempts at initiating sex.	Mr. Lee will remain oriented during any peri-care or showers that are performed by the staff.	<ul style="list-style-type: none"> • Educate family members and current/new staff members on sexually-related dementia behaviors and the need for intimacy with older adults. • If staffing permits, assign a male caregiver to perform assistance with peri-care and showers. • Before performing peri-care and shower assistance, attempt to reorient Mr. Lee to the current time and place by talking about the current events happening in the nursing home. • While showering Mr. Lee, promote independence by providing him with a washcloth to assist. • While performing ADL care that may be misinterpreted for sexual acts, voice that you need to "wipe" or "clean" before performing the action. • When a sexual behavior occurs, remain calm and professional and gently yet firmly redirect the behavior at that moment by telling Mr. Lee that it is inappropriate and unacceptable. • When Mr. Lee calls out for "Sookie", reorient him with your correct name and provide diversional activities such as a magazine, news on TV, a beverage, or a snack. 	All staff DON CNA CNA CNA CNA All staff

Case Example: Mr. "Rusty" Jackson is a resident with severe cognitive impairment and extremely short-term memory due to dementia caused by a history of boxing related head concussions. He has maintained functional and physical abilities, and is able to ambulate by walking with a cane. He is able provide his own ADL care when cued in a timely manner, but will frequently wander and rummage about looking for needed items.

Date	Problem	Goal	Approaches/Interventions	Discipline
04/30/11	Mr. "Rusty" Jackson wanders about the facility daily and will sometimes rummage in other residents' rooms.	Mr. "Rusty" Jackson will be able to ambulate safely without disrupting other residents.	<ul style="list-style-type: none"> • Make sure that Rusty has his cane with him while ambulating. • Engage Rusty in group activities (especially exercise related), and provide him with individualized meaningful projects that he will accomplish throughout the day. • Rusty will not remember to self-hydrate, and can become dehydrated due to his excessive wandering. Ask Rusty to sit, and then place a glass of water and small snack in front of him and cue him to eat and drink. • Rusty is on a toileting program, ask if he needs to use the bathroom every 2 hours. If he needs to use the restroom show Rusty where the restroom is located. • If Rusty attempts to wander into other's rooms, ask him what he is looking for. He normally responds with "I don't know" and is often looking for his keys and wallet. Assist him to his room and open his top draw so he can rummage safely. • Rusty will sometimes like to wear a hooded sweatshirt on his head as a form of comfort/security. 	All staff Act. Dir. All staff CNA All staff CNA