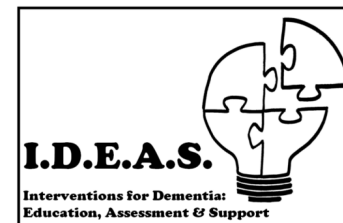


National AHP Dementia Webex

Top Tips for Working with Stress & Distress

Your Ideas Team AHPs...

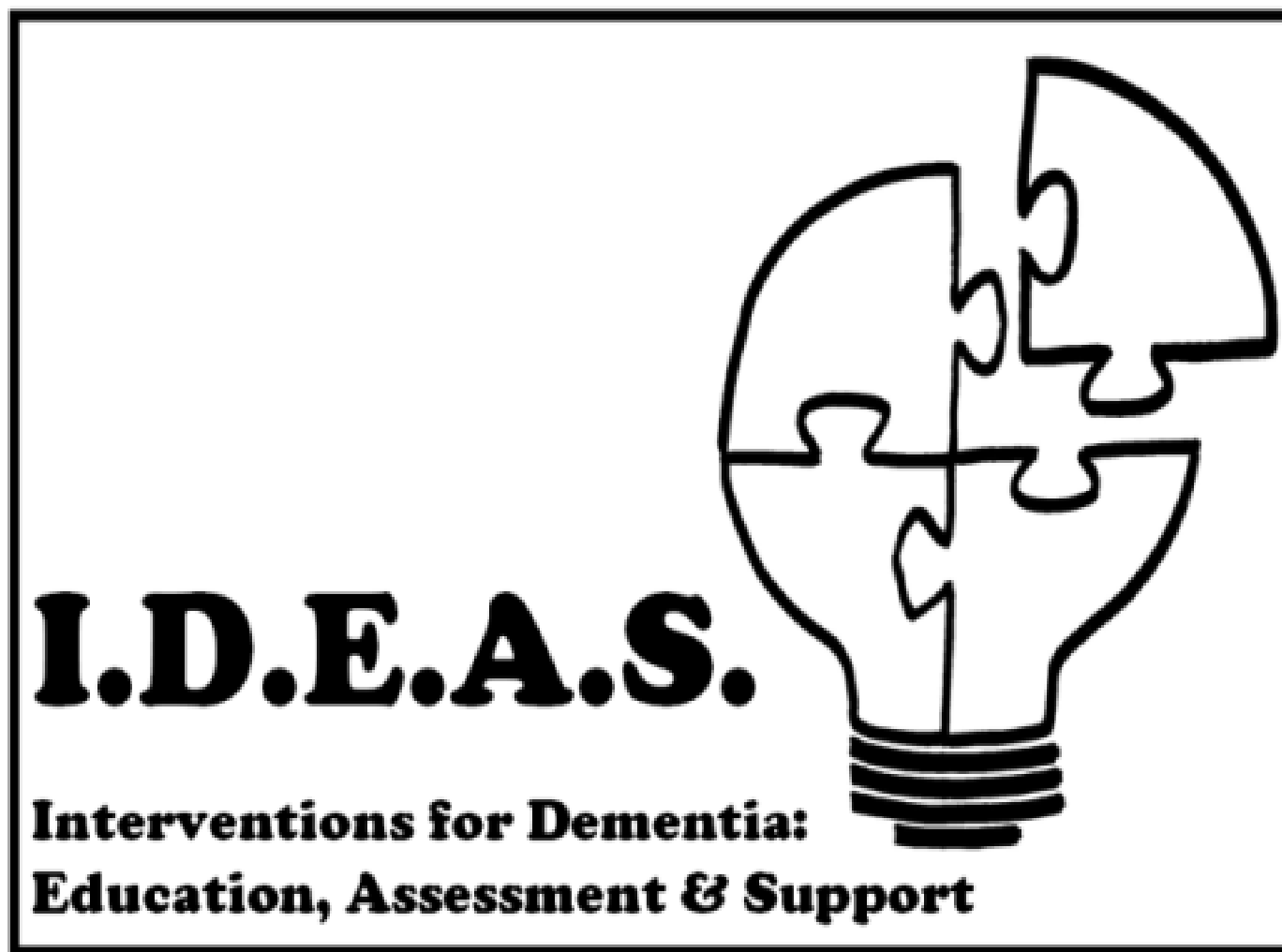


Helen Moores- Poole
Speech & Language Therapist



Jilly Polson
Occupational Therapist

The IDEAS Team



Core Functions of IDEAS Team

Education and Training – for a range of staff within NHS Dumfries and Galloway, Social Care and the Independent and Third Sectors

Advice and Support – to staff across all settings, following a stepped care model & supporting staff to use the **CEASE** model

Specialist Assessment and Interventions – carry out specialist assessments and interventions for complex presentations of stress and distress in people with dementia

We are detectives



“ if we’re having problems, then no matter how far on we are in our dementia, we deserve the problem to be challenged and an answer to be found if at all possible”

**Scottish Dementia Working Group
Through our eyes a life with dementia
In Scottish Government (2011) Promoting
Excellence**

How to

CEASE

Stress and Distress in Dementia

C
COMFORT

Consider pain, has a pain measure been completed?
Review physical health- e.g. Infection, dehydrated, constipated?
Consider a medication review
If a sudden change - consider delirium
Could the person be depressed?
Is the person physically comfortable - e.g. seating, positioning, are they tired?

E
ENVIRONMENT

Ensure good lighting levels and avoid glare
Could the environment be too noisy?
Is the person too hot/ too cold?
Are things easy to see and work out?, e.g. signage, way finding landmarks, contrasting hand rails, toilet door
Use of familiar objects & pictures
Does the person have opportunities to get outside?

A
ACTIVITY

Is there a sense of purpose in the person's daily life?
Is behaviour related to previous work or identity?
Does the person have the opportunity to choose and do activities that they enjoy?- do they have an activity checklist?

S
SOCIAL CONTACT

Does the person have regular contact with family, friends or others?
Are there opportunities to form friendships and meet with other people?
Is the person well connected to their community?
Has a life story been completed?
Is the presence of other people contributing to stress & distress?

E
ENGAGING

Do you know the best way to communicate with the person and support them to make decisions?
Ensure hearing aids & glasses worn
Make eye contact & use positive body language
Use simple instructions & ask yes/ no questions
Allow person enough time to respond
Accept the person's reality

NHS
Dumfries & Galloway

I.D.E.A.S.

Edgar, F. (2017). Mnemonic techniques: How to CEASE stress and distress. Journal of Dementia Care, 25, 5, 32-34.
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with family, friends or others?**

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friendships and meet with other people?**

**Is the person well connected to their
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Has a life story been completed?

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How to **CEASE** Stress and Distress in Delirium

- C** (COMFORT)
 - Consider pain
 - Carry out medication review
 - Treat any infection
 - Avoid constipation/ dehydration/ catheters
- E** (ENVIRONMENT)
 - Ensure good lighting levels
 - Consider noise levels
 - Provide sensory cues
 - Use clocks & calendars
 - Use familiar objects & pictures
 - Avoid unnecessary bed moves
- A** (ACTIVITY)
 - Encourage mobility
 - Provide opportunities for meaningful activity
 - Maintain a good sleep pattern
- S** (SOCIAL CONTACT)
 - Speak to family & take a good history
 - Encourage family & friends to provide support
 - Provide family with information about delirium
 - Document delirium in notes
- E** (ENGAGING)
 - Ensure hearing aids & glasses are worn
 - Make eye contact
 - Use simple instructions & don't give too much information
 - Take time and slow conversation down
 - Allow enough time to respond
 - Accept the person's reality

NHS
Dumfries & Galloway

I.D.E.A.S.
Involvement, Dignity, Engagement, Acceptance, Support

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Stuff we

- Interest & Activity Checklist
- http://www.knowledge.scot.nhs.uk/media/CLT/ResourceUploads/4049619/Dementia_Activity_Tool_Kit_2014.pdf
- Pocket Ideas
- <https://www.nhsaaa.net/services-a-to-z-support-pages/pocket-ideas-a-moment-in-time/>
- Communication and Mealtimes Toolkit
- http://www.nhsdg.scot.nhs.uk/Departments_and_Services/Speech_and_Language_Therapy/Adult_SLT/Documents/Communication_Mealtimes_Toolkit_for_Dementia_2013.pdf
- Dementia Services Development Centre virtual environments
<http://dementia.stir.ac.uk/design/virtual-environments>
- Pain and dementia factsheet
- https://www.alzscot.org/assets/0000/0172/IS38pain_in_dementia.pdf
- Delirium Awareness short video
<https://www.bing.com/videos/search?q=delirium+video&&view=detail&mid=BE35B0E33284AE81C002BE35B0E33284AE81C002&&FORM=VRDGAR>

Thankyou

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@IDEASTeam NHS

Many Thanks!



BYE!

