

Project Title

THKNH Dementia Care Framework

Project Lead and Members

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Organisation(s) Involved

Thye Hua Kwan Nursing Home Limited

Healthcare Family Group(s) Involved in this Project

Medical, Nursing

Applicable Specialty or Discipline

Dementia Care, Geriatric Medicine

Aim(s)

This care framework will guide our strategy geared towards eliminating the key issues of isolation, boredom, loneliness and despair, commonly faced by the elderly in their sunset years. With a focus on the 5 identified key areas, supported by empirical evidence, the care team can then plan interventions accordingly to achieve the necessary patient, caregiver, as well as institutional outcomes.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Conclusion

See poster appended/ below

Project Category

Care & Process Redesign

Value Based Care, Functional Outcome

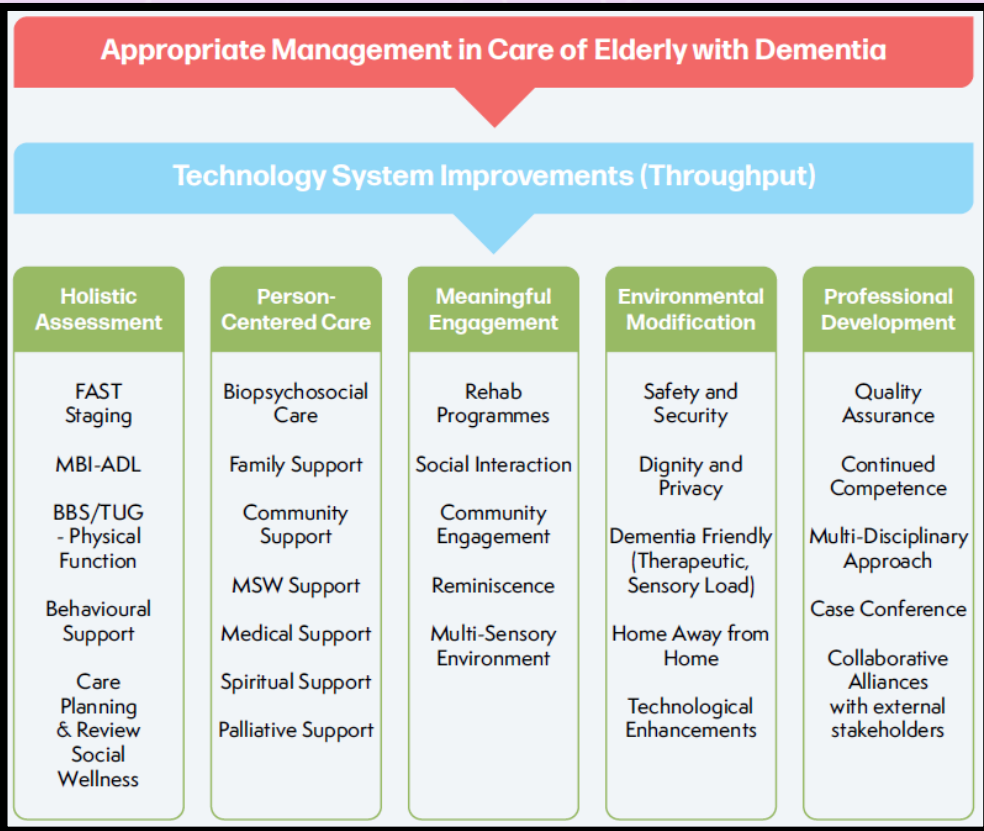
Keywords

Dementia Care, Eldercare, Progressively Lowered Stress Threshold Model

Name and Email of Project Contact Person(s)

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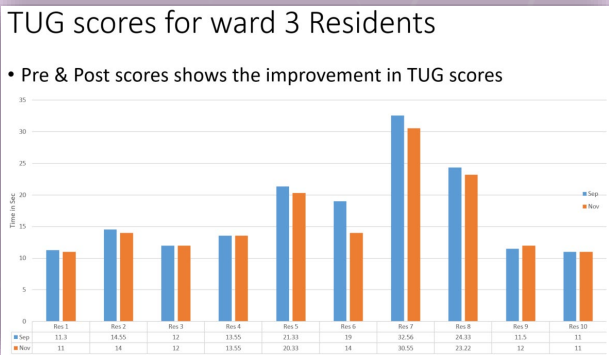
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Summary

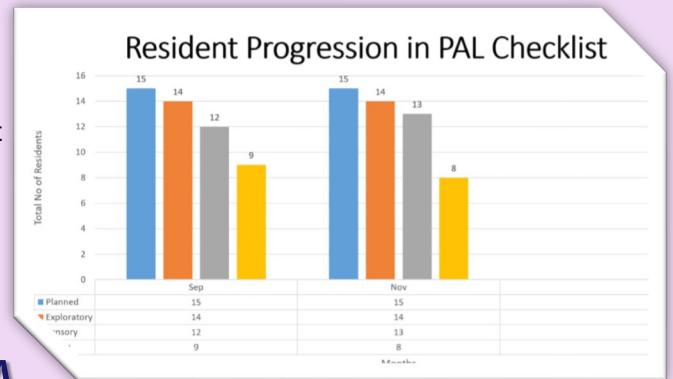
In order to be at the forefront of providing eldercare services, THKNH believes in providing person-centred and evidence-based care for our elderly clients. With more than 110 beds dedicated to serving dementia patients in 2 of our wards, and with many general elderly patients also being diagnosed with dementia, it is key for our care framework to be well-informed by interactions of various dimensions of dementia.

Dependent on the dimensions of dementia stages, cognitive decline and behavioural states, as the stage advances, stress thresholds of our elderly clients decline and normative behaviours will be greatly reduced progressively while anxious and dysfunctional behaviours begin to increase. There are many internal and external factors that may contribute to stress in elderlies with dementia. Therefore, the organisation has built a care framework guided by the Progressively Lowered Stress Threshold model (PLST). This care framework will guide our strategy geared towards eliminating the key issues of isolation, boredom, loneliness and despair, commonly faced by the elderly in their sunset years. With a focus on the 5 identified key areas, supported by empirical evidence, the care team can then plan interventions accordingly to achieve the necessary patient, caregiver, as well as institutional outcomes.

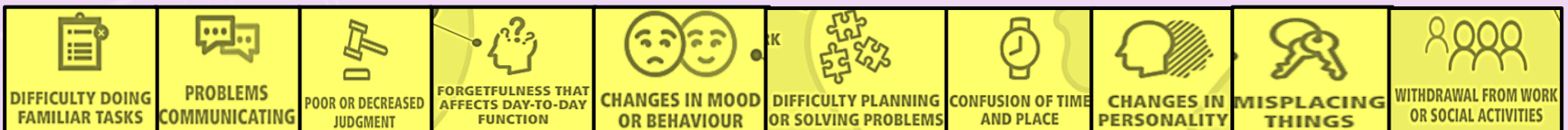


Findings:

- 50 resident were targeted
- Weekly two sessions given, every session last for 30 – 45 min
- The scores with Pre and post test shows the residents status is maintained in terms of BADL, Cognitive function, Social and leisure activities.



TRAITS OF DEMENTIA



Studies have shown that, engagement in social activities may reduce the risk of dementia due to mental and intellectual stimulation. Involvement in mental and intellectual activities may accelerate or preserve the brain reserve, especially in late life. Second, a high level of Social engagement (SE) may improve immune system functions, which may delay the progression of dementia by affecting the cortical and limbic structure functions. Third, a high level of SE could delay cognitive decline through effects on the cognitive status and positive emotional factors, such as social competence and self-esteem.

