Implementing Long Term Care Advisory Standards for Alzheimer's / Dementia Program at The Lighthouse, Brick, New Jersey

Linda Hassler, RN, MS, GCNS-BC, FNGNA
Certified Dementia Practitioner Instructor
lhassler@meridianhealth.com

Maggie Ciocco, MS, RN, BC, CDP
Clinical Educator
mciocco@meridianhealth.com

Objectives

• Discuss the challenges of caring for people with dementia (PWD).
• Describe the National Council of Certified Dementia Practitioner’s course.

Meridian Health, Monmouth and Ocean counties, New Jersey

• Acute care: 6 hospitals, 1800 beds
• Post-acute care: 6 facilities, 906 beds
• Home care: 4 agencies
• Ambulatory care: 21 locations
• Behavioral health: 5 outpatient, 2 inpatient
• Magnet: four times
• NICHE: ten years
Dementia and Alzheimer’s Disease

- **Dementia** is a loss of brain function that occurs with certain diseases. It affects memory, thinking, language, judgment, and behavior.
- **Alzheimer’s disease** (AD), is one form of dementia that gradually gets worse over time. It affects memory, thinking, and behavior.


United States Alzheimer’s Disease Facts

- More than 5 million or 1:8 older adults
- Sixth-leading cause of death all ages
  - Fifth leading cause of death over 65
- 14% over age 71 have some form of dementia
- Admissions:
  - 37% Home Care
  - 50% of Adult Day Care
  - 64% LTCF
  - 27% mild dementia
  - 41% moderate/severe dementia

**Dementia/Alzheimer’s at Brick Nursing and Rehabilitation Center**
- 137 bed sub-acute rehabilitation and long term care facility
- 2012: 1545 admissions/ 3-4 patient daily
  - 132 patients admitted with some type of dementia
- Daily census, 18-22 patients with active diagnosis of Dementia
- **The Lighthouse**, a specialized, 19 bed dementia unit

**New Jersey Department of Health and Senior Services**
- **Mandatory regulations** “minimum and essential requirements of care provided by a facility”
  - Alzheimer’s Training course
- **Advisory standards** “benchmarks of excellence or superior attainment in providing care of high quality”

**Mandatory Initial Education**
- New Jersey Department Of Health and Senior Services “Alzheimer’s Training”
  - Six modules
  - On-line learning
  - Complete within 6 months of hire
What does Dementia Unit Advisory standards measure?

- Unit admission/discharge policies and procedures
- Staffing levels
- Environmental modifications
- Activity programming
- Nutrition
- Social services
- Staff education (facility and unit specific)

Advisory Standards

- Education specifically for Lighthouse staff, and anyone who would be working with the residents
- Needed expert help!

Where to go for help?
Foundations of Dementia Care:
- Provides an understanding of dementia and individual resident needs
- Builds skills from simple techniques using body language, tone of voice and physical stance to more advanced skills such as recognizing and reporting pain.
- Gives supervisors the skills to model best practices and motivate staff to be independent problem solvers
- Offers certificates for all participants and CEU opportunities
- Customized training

Training in critical areas:
- Learning to lead.
- Understanding dementia.
- Making connections.
- Reducing pain.
- Enhancing mealtimes.
- Preventing falls.
- Understanding wandering.
- Encouraging restraint-free care.
- Provide end-of-life care.

Online training
- www.Care2Learn.com online courses, accreditations, $9.95 and up, self learning
- www.AlzheimersTraining.com National Caregiver training Program: professional, in-depth training course $2,495/package; you deliver
National Council of Certified Dementia Practitioners  [http://www.nccdp.org](http://www.nccdp.org)

- Formed in 2001 to promote standards of excellence in Dementia and Alzheimer's education
- Healthcare professionals, caregivers, volunteers and First responders
- Endorsed by over 70 organizations
- Cost: in person training $170
- Instructor led at your facility: $25

### CDP Training

Caring for the Person with Dementia (PWD):

- Risk, stages, diagnosing and treatment
- Communication techniques
- Behavior management
- Activity of Daily Living challenges
- Pain assessment and management
- Recreational activities
- Environment
- Support Interventions
- Culturally competent care
- Spiritual Care
- End of Life Care

### Instructor Criteria

- Certified Dementia Practitioner (CDP) application
- Certified or licensed in a health care profession
- Bachelor’s degree or higher from an accredited college or university and/or LPN/RN
- A minimum of 5 years experience in a health related field/profession within the past 7 years
- Minimum 3 years experience as a geriatric health educator and/or an instructor in geriatric health care
- Complete CDP and Train-the-Trainer course $2,200
Education Process
- Required for nursing and nursing aide staff on the Lighthouse
- Offered to all professionals working on the dementia unit including social services, dieticians, physical/occupational/speech therapists
- Added housekeepers and maintenance
- Eventually, opened to all staff within the facility.

Process
- Administration acceptance ~
- Administrative buy in!
- Scheduled monthly sessions
- Paid time
- For entire facility staff
  - not just nursing

Our successes
- 60% completed course
- Monthly classes of eight
- Waiting list
- Comments:
  - Awakening
  - New ideas
  - Enlightening
  - I can’t wait to start with new ideas
Next steps for Advisory Standards

- Unit admission/discharge policies and procedures
- Staffing levels
- Environmental modifications
- Activity programming
- Nutrition
- Social services

Thank you!