

4th International Conference on

BRAIN DISORDERS AND DEMENTIA CARE

August 14-16, 2017 | Toronto, Canada

An Interventional study to promote appropriate use of psychotropic drugs in care homes in people with dementia

Debjani Banerjee Gangopadhyay
University of the West Scotland, UK


An estimated 90,000 people have dementia in Scotland in 2016. The term stress and distress in dementia refer to the non-cognitive behavioural and psychological symptoms presented in people with dementia. 90% of people with dementia experiences these symptoms at some point. Psychotropic drugs are often inappropriately used to control these symptoms despite documented side effects of these drugs. The aim of this study is to explore the prescribing dynamics in care homes and assess the reason for prescribing psychotropic drugs in stress and distress; followed by the development of an intervention to promote appropriate use of these drugs. The primary objectives are to explore staff awareness of stress and distress in dementia, their knowledge about the indications and side effects of psychotropic drugs. Secondary objective is to develop a staff training/education package. The research is mixed - methods pre- and post-test study method. In this study nurse's attitude towards psychotropic drugs is explored in depth and a targeted intervention to change attitude and behaviour of care staff to use of psychotropic drugs is developed based on The Theory of Planned Behaviour. Quantitative data looked at the prescription rates of psychotropic drugs in care homes and measured the knowledge and attitude

of care staff towards stress and distress. Qualitative data was collected by semi-structured interviews to explore the objectives. An educational intervention to promote the use of alternative non-pharmacological interventions was developed according to the themes identified in the survey questionnaire and interviews. The intervention consisted of teaching sessions around the reasons for stress and distress and non-pharmacological methods of dealing with residents with stress and distress followed by interactive discussion related to a case study. The UReACT model of care was developed and the teaching sessions were supplemented by information cards, posters and DVD. The outcome of the intervention will be evaluated by monitoring prescriptions trends and conducting focus groups among care staff.

Speaker Biography

I am an international medical graduate from India who came to the UK in 2004. I have worked in public health especially with people with dementia in India; in the UK I worked in NHS as a trainee psychiatrist. I became interested in academics and changed my career to pursue an academic career. I completed Master of Public Health from the University of Edinburgh and am currently a PhD student at the University of West of Scotland. I am an associate member of the Higher Education Academy.

e: Debjani.Gangopadhyay@uws.ac.uk

 Notes: