

Target Area: Sensory/ Perceptual/ Visuospatial > Pain, Agitation, Cognition/ Mental, Activities of daily living

<p>Husebo, B. S., Ballard, C., Sandvik, R., Nilsen, O. B., Aarsland, D. (2011). Efficacy of treating pain to reduce behavioural disturbances in residents of nursing homes with dementia: cluster randomised clinical trial <i>British Medical Journal</i>, 343.</p>	<p>PEDro score - 7/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design</p> <ul style="list-style-type: none"> ➤ Study Design: Cluster randomised controlled trial ➤ Population: N = 352 care home residents with moderate to severe dementia and clinically significant behavioural disturbances. ➤ Groups: <ol style="list-style-type: none"> 1. Treatment group (33 clusters, n =175) 2. Control group, usual treatment (27 clusters, n = 177) ➤ Setting: 60 independent nursing home units. <p>Primary outcome measure: <i>Agitation:</i></p> <ul style="list-style-type: none"> ➤ Cohen-Mansfield Agitation Inventory (Cohen-Mansfield & Libin, 2004) <p>Secondary outcome measure: <i>Aggression:</i></p> <ul style="list-style-type: none"> ➤ Neuropsychiatric inventory, nursing home version (Cummings & Aarsland, 1994) <p><i>Pain:</i></p> <ul style="list-style-type: none"> ➤ Mobilization-Observation-Behaviour-Intensity-Dementia-2 (MOBID-2; Husebo, Strand, Moe-Nilssen, & Ljunggren, 2010) <p><i>Cognition:</i></p> <ul style="list-style-type: none"> • Mini-mental state examination <p><i>Other:</i></p> <ul style="list-style-type: none"> ➤ Activities of daily living ➤ Functional assessment staging <p>Results: Treatment with analgesics following a standardised stepwise protocol significantly improved agitation, overall neuropsychiatric symptoms and pain in residents of nursing homes with moderate to severe dementia and agitation, compared to those receiving usual treatment.</p>	<p>Aim: To determine whether a systematic approach to the treatment of pain can reduce agitation in people with moderate to severe dementia in nursing homes.</p> <p>Materials: Stepwise standardised protocol for pain treatment (American Geriatrics Society, 1998)</p> <p>Treatment Plan:</p> <ul style="list-style-type: none"> ➤ Duration: 8 weeks ➤ Procedure: Participants allocated to treatment condition received analgesics three times daily (breakfast, lunch, dinner) using a fixed dose regimen throughout the treatment period. ➤ Content: Depending on their ongoing medical treatment participants began at: <ul style="list-style-type: none"> - Step 1: Oral paracetamol: to a maximum 3g/day OR - Step 2: Oral morphine: maximum 20mg/day OR - Step 3: Buprenorphine transdermal patch, maximum 10ug/hour (for those with swallowing difficulties) OR - Step 4: Oral pregabalin, maximum 300mg/day - Outcome measurement: Agitation, aggression and pain measures were completed at baseline and two, four and eight weeks following. Other measures were recorded at baseline and at eight weeks after treatment.