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

Husebo, B. S., Ballard, C., Sandvik, R., Nilsen, O. B., Aarsland, D. (2011). *British Medical Journal,* 343.	PEDro score - 7/10
Method/Results	Rehabilitation Program
Design ➢ **Study Design:** Cluster randomised controlled trial ➢ **Population:** N = 352 care home residents with moderate to severe dementia and clinically significant behavioural disturbances. ➢ **Groups:** 1. Treatment group (33 clusters, n =175) 2. Control group, usual treatment (27 clusters, n = 177) ➢ **Setting:** 60 independent nursing home units. **Primary outcome measure:** *Agitation:* ➢ Cohen-Mansfield Agitation Inventory (Cohen-Mansfield & Libin, 2004) **Secondary outcome measure:** *Aggression:* ➢ Neuropsychiatric inventory, nursing home version (Cummings & Aarsland, 1994) *Pain:* ➢ Mobilization-Observation-Behaviour-Intensity-Dementia-2 (MOBID-2; Husebo, Strand, Moe-Nilssen, & Ljunggren, 2010) *Cognition:* • Mini-mental state examination *Other:* ➢ Activities of daily living ➢ Functional assessment staging **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.	**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. **Materials:** Stepwise standardised protocol for pain treatment (American Geriatrics Society, 1998) **Treatment Plan:** ➢ **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: - 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 pregbaline, 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.