

Symposium B4: Tailored Interventions

Integrative Summary

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This symposium will focus on methods for research on tailored interventions. We define tailored interventions as those designed to address the individual characteristics of persons. The purpose of the symposium is to analyze the state of the science of tailored intervention research. First, we will provide an overview of tailored intervention research and present a conceptual model to guide the science. Next, nurse scientists will present three exemplars of tailored intervention research. The first exemplar will report on a clinical trial that tested the efficacy of individualized activities for behavioral symptoms in nursing home residents with dementia. The second exemplar will describe development of a best candidate profile for cognitive interventions in persons with dementia. The final exemplar will examine the facets of designing a randomized controlled trial of a tailored intervention in order to generate preliminary data for a full study. Finally, the organizers will convene a panel to discuss lessons learned and future directions for tailored intervention research. Tailored interventions show promise for improving intervention efficacy, and the precision of quality of life indicators.