

## Symposium B4: Tailored Interventions

### *A Randomized Clinical Trial of Individualized Activities for the Behavioral Symptoms of Dementia in Nursing Home Residents*

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**Purpose:** To test the efficacy of tailored activities for responding to behavioral symptoms in nursing home residents with dementia.

**Theoretical Framework:** The Need-driven Dementia-compromised Behavior model guided the design of the study and the design of the intervention.

**Methods:** 128 cognitively impaired nursing home residents were randomly assigned to three weeks of twice daily activities tailored to: functional level (n= 32); personality style of interest (n= 33); functional level and personality style of interest (n= 31); or active control (n= 32). Agitation, passivity, engagement, affect, and mood were assessed from video-recordings and real time observations during baseline, intervention, random times outside of intervention, and one week post-intervention. Intention-to-treat analysis was used.

**Conclusions and Implications:** Compared to baseline all treatments improved outcomes during intervention except anger and mood which worsened under control. During intervention the tailored to personality style of interest group demonstrated greater engagement, alertness, and attention than the other groups; the tailored to functional level and personality style of interest group demonstrated greater pleasure. During random times, engagement returned to baseline levels except in the tailored to functional level group where it decreased. There was also less agitation and passivity in groups with a tailored to personality style of interest component. One week post intervention mood, anxiety and passivity improved over baseline; there was significantly less pleasure displayed following withdrawal of treatment. Personality style of interest is a critical component of individualized activity prescription. Activities that are not tailored to personality style of interest may lead to negative behavioral outcomes.