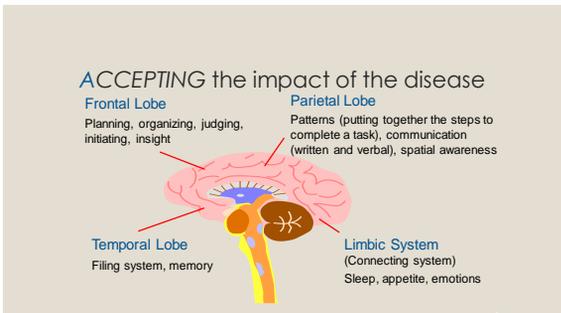


ALTERNATIVE MEDICINE—NEW SOLUTIONS FOR MANAGING BEHAVIORS

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What is CAM vs. Alternative?

- Complementary modalities (therapies): used in conjunction with conventional medical practice.
- Alternative Modalities (therapies): used instead of traditional care.

Manipulative and body-based methods

- **Movement & exercise**
 - Strengthens circulatory & respiratory function
 - Endorphins
 - Helps regulate metabolism
 - Enhances Immune system
- **Mind & Body Therapies**
 - Spiritual (Meditation, Prayer)
 - Emotions – Anxiety
 - Touch/Massage Therapy (combination therapy)

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Intentional Programming: Improving what we already do -

- Providing purpose
- Providing validation
- Providing activity
- Providing stimulation
- Preserving skills

“THE 5 P's”

What are activities in effective care?

- They are **not always recreational** or diversional
- They should be **part of a normal day**
They should hold **meaning & purpose** for the **unique person**
- They should be **pleasurable** & aim to **engage** the person **with life**



'Activity' covers a vast number of daily activities and should stimulate **emotion, physical movement, and retention of information.**

- Domestic activity
- Self care
- Work
- Leisure



Why is engaging in meaningful activities important?

- **Feel usefulness-PURPOSE in LIFE (#1 in importance!)**
- **Maintain:**
 - skills
 - health
 - independence
 - self-esteem
- **Experience pleasure**
- **Reflect spiritual & cultural identity**



Tailoring everyday activities

CENTER on the PERSON

WHAT ARE THE 5 THINGS I NEED TO KNOW?

- Such assessment process allows us...
 - to explore retained abilities and skills
 - to discover an individual's history (likes and dislikes, past roles and routines)
 - to consider the person's cultural and spiritual background



Individually tailored activity

Designing and assisting a person with an individually tailored activity

- Personal history (*center*) from social history
- Likes and dislikes (*center*)
- Culture (*center*)
- Safety and comfort (*accept limitations*)
- Disabilities (i.e. visual impairment) (*accept head*)
- Communication (*respect*)
- Safety and comfort (*accept limitations*)
- Enabling environment (*enable*)



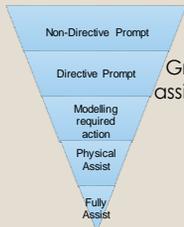
Task analysis

allows each person to...

- Maintain independence
- PROVIDE PURPOSE
- Maintain existing skills
- Maintain dignity
- Maximize the possibility of success

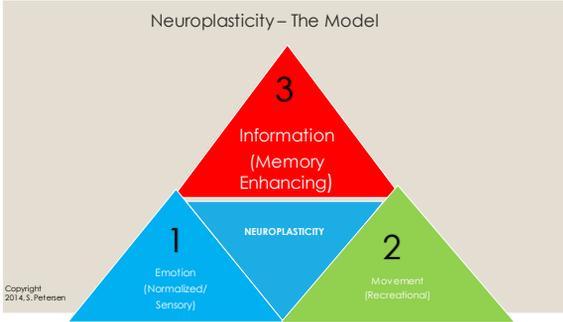


Prompts and Guidance



Graded assistance

REMEMBER:
Make the most of a person's skills and abilities!



Preparation for an activity – 5 'S's

- Set up – make prior preparations, have things ready or set up
- Say it - explain what is about to happen
- Show it – point and demonstrate
- Start with a Smile – “can you help me?”

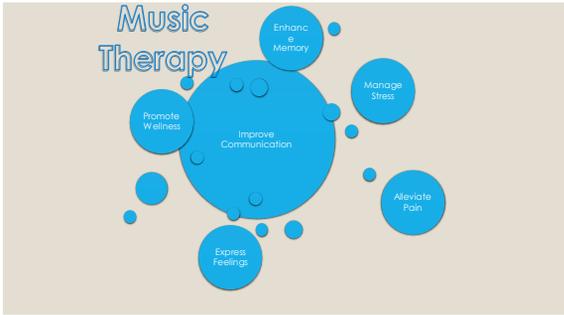


REMEMBER: EMOTION, MOVEMENT, INFORMATION

A word about family involvement engage a person with dementia

- Improve quality of life for resident and family
 - Create pleasure & enjoyment
 - Meet emotional & individual needs
 - Identify issues & problems early
- Provide vital information about the person:
 - Assets (social, personal history)
 - Interests, routines and activities
 - Shared history











Small Group
 Activities
 Song Re-
 Writing
 Rhythm
 Instruments
 Lyric Analysis
 Singing
 Together

What Is the Goal?

- Improved eye contact?
- Improved verbal speech?
- Improved written communication?
- Improved non-verbal communication?
- Improved expression of feelings?
- Improved interaction with others?
- Decreased speech perseveration?
- Decreased distracting behaviors?
- Improved sequencing?

Validation Therapy by Naomi Feil

- Validate the resident's feelings and words.
- Validation is a method of communicating with and helping those with dementia. It is a practical way of working that helps reduce stress, enhance dignity and increase happiness.
- Validation is built on an empathetic attitude and a holistic view of individuals. When one can "step into the shoes" of another human being and "see through their eyes," one can step into the world of those with cognitive impairment and understand the meaning of their sometimes bizarre behavior.

- Validation theory explains that many with cognitive impairment, who are often diagnosed as having Alzheimer type dementia, are in the final stage of life, trying to resolve unfinished issues in order to have peace at end of life.
- Their final struggle is important and we, as caregivers, can help them. Using Validation techniques we offer disoriented elderly an opportunity to express what they wish to express whether it is verbal or non-verbal communication.
- Validation practitioners are caring, non-judgmental and open to the feelings that are expressed.
- When cognitively impaired elderly can express the things that have often been suppressed for many years, the intensity of the feelings lessen, people communicate more.

Validation Therapy

- Validation is a theory that those nearing end of life struggle to resolve unfinished life issues before death. Their behavior is age-specific. Their movements reflect human needs. Validation is a way of classifying their behaviors into four progressive stages:
 - **Malorientation**- Expressing past conflicts in disguised forms.
 - **Time confusion**- No longer holding onto reality; retreating inward.
 - **Repetitive motion**- Movements replace words and are used to work through unresolved conflicts.
 - **Vegetation**- Shuts out world completely and gives up trying to resolve living .

Naomi Feil Video



Manipulative and Body-based Therapies

◦ **Yoga**

- "life forces in correct balance and flow"
- Concentration, strength, flexibility, symbolic movements
- Breathing, movement & posture



◦ **Tai Chi**

- Promotes the flow of *qi* or energy throughout the body
- Reduces sx. of fibromyalgia
- Used in cardiac rehab programs, can lower BP

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Other Movement Therapies

- Dance Therapy



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Biologically Based Therapies

- Dietary Therapies
- Herbs
- Vitamins
- Aromatherapy



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Dietary Therapies

- Nutraceuticals and phytonutrients
- Protective or healing agents found in plant and animal foods.
- Free radicals: unstable molecules that alter genetic codes and trigger the development of cancer growth in cells.
- Antioxidants: react with free radicals, preventing their damaging effects
 - Sources of antioxidants: vitamin C, beta-carotene, vitamin E

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Dietary Therapies



- **Macrobiotic Diets**
 - Yin/ yang of foods
 - Balanced foods
 - Foods to avoid: processed and treated foods, red meat, sugar, dairy products, eggs, caffeine



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Aromatherapy – Cool Diffusion

- **Essences from oils extracted from plants & flowers.**
- **Conditions responsive to aromatherapy:**
 - **Stress and anxiety**
 - **Muscular and rheumatic pains**
 - **Digestive disorders**



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Aromatherapy

- Lavender – promotes relaxation & sleep (combine with hand massage?)
- Peppermint – stimulation, concentration
- Sandalwood – ease depression
- Tea tree – treating MRSA?
- Chamomile – relaxation
- Lemon – promotes appetite/ tx for insomnia and/or digestive disorders

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BIOFEEDBACK: Adjunctive Therapy with the PARO Seal



Key Messages

1. Meds are not always the answer
2. Behaviors are usually the indication of an unmet need & inability to understand
3. Be intentional in your interactions/don't argue
4. Consider alternative methods when possible.



REMEMBER ... Make the most of the resident's abilities and go at THEIR pace not your pace and use emotion, movement, information to CONNECT

Questions