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# Grip on Challenging Behaviour

Development, implementation and evaluation of a care programme for the management of challenging behaviour on dementia special care units



door  
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Challenging behaviour, such as restlessness, agitation or apathy, is very common amongst nursing home patients with dementia. Scientific literature and practical guidelines emphasise the importance of approaching challenging behaviour methodically and multidisciplinary. In The Netherlands, the preconditions for a multidisciplinary approach to challenging behaviour seem adequately met, for a psychologist and elderly care physician are part of the care team. Still, a clear structure on how to detect, analyse, treat and evaluate treatment of challenging behaviour is lacking in most dementia special care units.

This thesis describes the development, implementation and evaluation of the Grip on Challenging Behaviour care programme. The care programme is based on national and international guidelines on challenging behaviour and it is aimed at structuring the multidisciplinary treatment of challenging behaviour. It was hypothesised that by using the care programme, challenging behaviour and prescription of psychoactive medication could be diminished and job satisfaction amongst nursing staff could be improved.

The findings of the study have implications for both nursing home practice, health care policy and future scientific research. These implications are discussed in the last part of the thesis.