

## OP04.6

### **Dementia care mapping: a tool for general practitioners to improve non-verbal communication with persons with dementia in nursing homes**

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**Background and Aim:** Dementia care mapping (DCM) is a tool (T.Kitwood ) to evaluate the model of person centred care (PCC). Through short training sessions, physicians can become mappers, who can assess patients with dementia in nursing homes in order to find out about wellbeing and stress during day-time in areas, like dining room or activity room.

**Method:** The mapping consist of an observation of one or several patients in their normal surroundings. The session runs for 2 - 4 hours, with a specific encoding system (-5 to +5) for different types of activities.(feeding, leisure,etc). It allows the physician to understand some behaviors which do not need immediate medical treatment. We wanted to find out, if the non-verbal communication was better after a 6 months implementation programm of PCC in our nursing home.

**Results:** The population examined: 30 persons having lost oral expression. By a standardized classification for non-verbal communication, an external institute analyzed the results for patients were: a) acceptance of proposed actions: 71%; b) acquiescence: 17%; c) expressed wishes: 6%; d) apathy: 4 % and e) opposition: 2%.

The results from the nurse's attitude were: b) guidance of activities: 31%; b) recognition of participation: 25%; c) negotiation: 21%; d) explanation: 12%; e) basic stimulation: 11%.

**Conclusions:** Dementia care mapping is a useful tool for general practitioners to understand the unusual behavior of persons in advanced stages of dementia. Prior to this a person centred care approach is to be implemented. Through this positive attitude, the physician is less often confronted to negative attitudes of his patient and will prescribe less medication.(reduction of 9% for psychotropics).