

Abstract

Aim: This project explored the impact of person-centered care (PCC) approaches (holistic, individualized, respectful, and empowering) for Skilled Nursing Facility (SNF) residents with Behavioral and Psychological Symptoms of Dementia (BPSD). The project was conducted from July 2019 to September 2019. *Method:* A pilot project was conducted in a 62-bed SNF that offers short-term rehabilitation and long-term care. Using random sampling, residents presenting with BPSD were considered for inclusion. The PCC interventions were implemented with data collected through observation of behavioral incidences, pre- and post-implementation. *Results:* Participants were observed over two stages during four weeks (n = 8 pre-intervention, n = 8 post-intervention). The mean age of participants was 85 years. Data were analyzed by computing means, standard deviations, t-values, and p-values, which indicated relevant statistical information to the clinical question. The pre-intervention mean was 57.25 and the standard deviation was 16.71. The post-intervention mean was 31.61 and the standard deviation was 10.94. The computed value of the paired t-statistic was -5.98, which was less than α -level of 0.05 and the exact p-value was 0.001 (p = .001). There was an approximately 50% decreased BPSD occurrence post-intervention. *Conclusion:* PCC approaches can be successfully implemented on an elderly dementia resident in the SNF setting with the reduction of BPSD incidence. Thus, the conclusion was participants exhibited a decrease in daily BPSD following the PCC interventions.

Keywords: behavioral and psychological symptoms of dementia, dementia, person-centered care