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Using complex intervention framework to develop a training program in managing feeding difficulties among residents with dementia

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To promote the health and well-being of residents with dementia, residential homes must provide adequate assistance in feeding and hydration as part of their good care practices. An evidence-based training program for nursing assistants is necessary in expanding their knowledge and guiding them in the management of feeding difficulties among residents with dementia. The U.K. Medical Research Council (MRC) has suggested a framework which contains a four-stage process consists of developing, testing, evaluating and implementing a complex intervention in health care setting. An evidence-based protocol was developed based on a person-centered model in the development stage. This model is the theoretical framework that served as a guide in formulating the components and their sequence. In the piloting stage, a pilot study was performed to test the logistics and the feasibility of the intervention. In the evaluation stage, a process evaluation was performed among the participants after completion of the pilot study. The last stage is the implementation stage, which involved the adaptation and integration of the evidence-based protocol into clinical practice. This framework is not a linear flow but a feedback loop to previous or subsequent stages if needed. Throughout the developing, test and evaluate the intervention, it strengthens the compliance of implementing the complex intervention in RCHes. Moreover, the evidence-based protocol provides a clear guideline for the nursing assistants to follow in the residential homes including how to prepare a care mealtime environment, provide individual care plan and measures the person-centered outcomes.

Biography

Wong Yuet Ying has completed her Doctoral degree in the Chinese University of Hong Kong. She is an Assistant Professor in the School of Nursing and Health Studies in The Open University of Hong Kong. She has 10 years of clinical experience in the community and gerontology nursing specialty and seven years of teaching experience. Her research interests are community and gerontological care.

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