

# Be a CAT detective



## CHANGING ANTIPSYCHOTIC THINKING

### **Refusal, yelling, and angry behavior all say, “I need something.”**

Discover clues through careful observation. Is the behavior caused by pain, the environment or the approach of the caregiver? Understand their likes and dislikes.

**Ask yourself: What** did the resident do, **when** did it happen and what happened right before? Then you can discover **why**. Investigate physical and emotional health, medications and **where** it happened. Did some communication provoke the action? Is a task too difficult, confusing or embarrassing for the resident? Are there unmet needs? Consider whether you may remind residents of someone in their past, and whether this memory sparks disruptive behavior. If so, discover **who** can help. The person’s life story offers answers. Check your attitude, tone of voice, and body language.

Solve the mystery! Discover how to prepare for, prevent, and respond to this action.

Look for the next tip! CAT is on the prowl!

### **Action steps:**

1. **Please post this flyer for all staff to read!**
2. Copy the Brainstorming Worksheet Handout in “Module 4: Being with a Person with Dementia” of the *Hand in Hand Toolkit* for staff to document an action, discover the reason, and plan how to respond.
3. Visit [www.edenalt.org](http://www.edenalt.org) to find out how the Eden Alternative eliminates the nursing home plagues of loneliness, helplessness and boredom.
4. Provide meaningful activity for the person, based on their experience and interests.
5. Suggest a specific behavior for a future CAT Tip--contact [sdailey@primaris.org](mailto:sdailey@primaris.org)

### **Don’t miss these training opportunities:**

- Pick trainers, schedule sessions and use the notes and DVDs in the *Hand in Hand Toolkit*.
  - The 6 one-hour modules, designed to be presented in order, will build staff skill and understanding of person-centered dementia care and abuse prevention.
  - Watch a great clip in the *Hand in Hand Toolkit* Module 4 “conclusion” video about how, through brainstorming, Mr. Haynes was spared Risperdal.
- Link to related websites and resources and get help with your home’s Medication goal at the Advancing Excellence website [www.nhqualitycampaign.org](http://www.nhqualitycampaign.org)
- Look for Show-Me Quality QAPI in Action Primaris Antipsychotic sessions in August.
- G. Allen Power, MD, author of “Dementia Beyond Drugs: Changing the Culture of Care,” will be in St. Louis Oct. 3. Check [www.primaris.org/lan/nursing-home](http://www.primaris.org/lan/nursing-home) for updates.

---

### **For more information, contact a MO LANE Planning Committee Member:**

Department of Health & Senior Services • Primaris • State LTC Ombudsman • MC5 • Missouri League for Nursing • Missouri Center for Patient Safety • QIPMO • Leading Age Missouri • Missouri Association of Nursing Home Administrators • Missouri Health Care Association • Missouri Board of Nursing Home Administrators • AMDA • National Association of Health Care Assistants • Missouri Veteran’s Commission  
• Missouri Pain Initiative • Heartland Kidney Network • Missouri Hospice and Palliative Care Association