THE RELATIONSHIP BETWEEN CHALLENGING BEHAVIOR AND QUALITY OF LIFE OF RESIDENTS WITH DEMENTIA

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LEBENQD-Study

- Interventions study to examine what impact has Dementia Care Mapping (DCM) on Quality of life, challenging behaviour of residents with dementia and on burden of carers in nursing homes
- Sample: 9 nursing homes, 150 residents,
- Basic data (t0) already collected: Secondary analysis of the data from 148 residents
Is there an association between Challenging Behaviour and Quality of Life?

How are the different forms of Challenging Behaviour associated with the dimensions of QoL?

**BEHAVIOUR (NPI-NH)**
- Delusions
- Hallucinations
- Agitation/Aggression
- Depression/Dysphoria
- Anxiety
- Euphoria/Elation
- Apathy
- Disinhibition
- Irritability
- Aberrant motor behavior
- Night time disturbances
- Eating change

**QUALITY of LIFE (QUALIDEM)**
- Care relationship
- Positive Affect
- Negative Affect
- Restless tense behaviour
- Positive self-image
- Social relations
- Social isolation
- Feeling at home
- Having something to do
- Analysis of Associations with CTREE:
  - generation of hypotheses
  - NPI Index independent variable
  - QUALIDEM subscales depended variable
  - Separate analysis for residents with mild to moderate (FAST 4-6) and severe (FAST 7) cognitive impairments

**Statistical analysis**

QUALIDEM-Subscale A

- Behaviour
  - VBAggr_klin_rel
  - p < 0.001

- QOL
  - n = 61, median = 90.5, sd = 11.7
  - n = 27, median = 52.4, sd = 20.9
# Sample description

<table>
<thead>
<tr>
<th></th>
<th>FAST 7 (severe)</th>
<th>FAST 4-6 (mild/moderate)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>N</strong></td>
<td>50</td>
<td>98</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td>78% female</td>
<td>84% female</td>
</tr>
<tr>
<td><strong>Age (x; range)</strong></td>
<td>82; 60-96</td>
<td>85; 68-100</td>
</tr>
<tr>
<td><strong>Level of care</strong></td>
<td>low: 8,0%</td>
<td>low: 39%</td>
</tr>
<tr>
<td></td>
<td>moderate: 38%</td>
<td>moderate: 51%</td>
</tr>
<tr>
<td></td>
<td>high: 54%</td>
<td>high: 10%</td>
</tr>
<tr>
<td><strong>NPI:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Overall</td>
<td>98% at least one type of behaviour</td>
<td>92% at least one type of behaviour</td>
</tr>
<tr>
<td>• Clinical relevant (NPI-Index ≥ 4)</td>
<td>86% at least one type of behaviour</td>
<td>74,5% at least one type of behaviour</td>
</tr>
</tbody>
</table>
Clinical relevant NPI behaviour

- Agitation: 35 severe%, 24 mild/moderate%
- Eating change: 26 severe%, 22 mild/moderate%
- Irritability: 26 severe%, 12 mild/moderate%
- Aberrant motor behavior: 28 severe%, 20 mild/moderate%
- Apathy: 48 severe%, 19 mild/moderate%
- Delusions: 18 severe%, 10 mild/moderate%
- Depression/Dysphoria: 17 severe%, 16 mild/moderate%
- Disinhibition: 15 severe%, 2 mild/moderate%
- Night time disturbances: 12 severe%, 14 mild/moderate%
- Anxiety: 12 severe%, 4 mild/moderate%
- Hallucinations: 14 severe%, 4 mild/moderate%
- Euphoria: 4 severe%, 4 mild/moderate%
Quality of Life: Qualidem
FAST 4-6

- positive self image
- positive affect
- feeling at home
- having something to do
- restless tense behaviour
- social isolation
- social relations
- care relationship

Qualidem Summenscore 0 - 111

mild/moderate %
Quality of Life: Qualidem

FAST 7

- Care relationship: 78%
- Social isolation: 89%
- Social relations: 67%
- Restless tense behaviour: 67%
- Positive affect: 67%
- Negative affect: 67%

Quality of Life: Qualidem

Fast 7

- Social isolation: 89%
- Social relations: 67%
- Restless tense behaviour: 67%
- Positive affect: 67%
- Negative affect: 67%

Quality of Life: Qualidem

Fast 7

- Social isolation: 89%
- Social relations: 67%
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Quality of Life: Qualidem

Fast 7

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- Positive affect: 67%
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### NPI (clinical relevant)

- Delusions
- Hallucinations
- Agitation/Aggression
- Depression/Dysphoria
- Anxiety
- Euphoria/Elation
- Apathy
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### QUALIDEM long

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<tbody>
<tr>
<td></td>
<td>52.4 (20.9) vs. 90.5 (11.7)</td>
<td>50.0 (18.2) vs. 77.77 (20.1)</td>
<td></td>
<td>44.4 (28.5) vs. 88.9 (25.8)</td>
<td>66.7 (27.7) vs. 100 (19.0)</td>
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</table>
Associations for the group of FAST 7 mild to severe cognitive impairments

### NPI (clinical relevant)
- Delusions
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### Qualidem short
- Care relationship
  - 61,1 (24,8) vs. 88,9 (19,6)
- Positive Affect
- Negative Affect
  - 50 (27,2) vs. 83,3 (21,6)
- Restless tense behaviour
  - 22,2 (26,6) vs. 66,7 (26,8)
- Social relations
- Social isolation
Conclusions and Discussion

1. Residents with “uncooperative, aggressive“ and“restless” behaviour und residents with “anxious and withdrawn” behaviour are assessed by nurses as having a lower quality of life.
   • Are these types of behaviour with the most negative impact on QoL
   • Are these types of behaviour with the most impact on care relationships, affect and self image?

2. There are no association between the most other aspects of QoL and challenging behaviour.
   • Is Quality of life to a great extent “independent” from challenging behaviour?
   • Other aspects like cognition, environment, health, dependency….. ..more important?

3. Near all residents shows challenging behaviour, 74-86% at least one clinical relevant behaviour but, or because of that, they have a “good” level of quality of life
   • Has challenging behaviour a positive effect on quality of life?
Limitations

- Appropriate measurements for our question?
  - Comparable contents
  - One NPI behaviour type cover a great spectrum of behaviours, affects and emotions
  - Observer bias: Proxy measurement and retrospective observations
- Sample size?