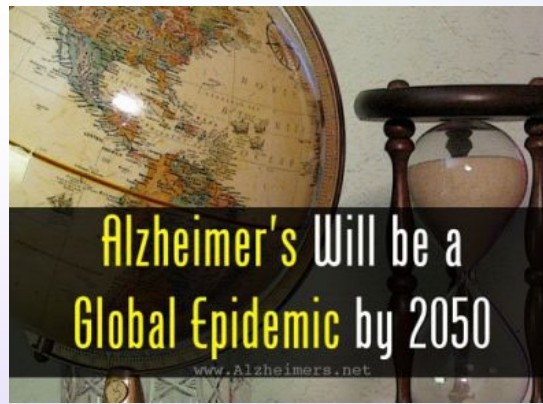




# Creating the Dementia Palliative Education Network

Tatiana Sadak Ph.D. PMHNP. FAAN. FGSA. & Soo Borson MD. FAPA.FGAS.



Every 65 Seconds  
Someone develops dementia  
(Alzheimer's Association)

5 Million People + 15 Million  
family/friend care partners  
now live with dementia

Annual Economic Cost  
> 300 Billion

Only 13,000 US physicians and nurses  
are dementia specialists

**FORMAL DEMENTIA CARE TRAINING IS NEEDED**

**A**

**Assess current state and identify gaps:**

- Dementia education/training offerings
- Stakeholder interest/preferences
  - STUDENTS
  - NURSES
  - NURSE MANAGERS

**Create digital technology:**

- Dementia Care Works (DCW)
- Managing Your Own Wellness (MYOW)

**B**

**Develop training materials:**

- Clinical & didactic training for students
- SPRINT training for nurses

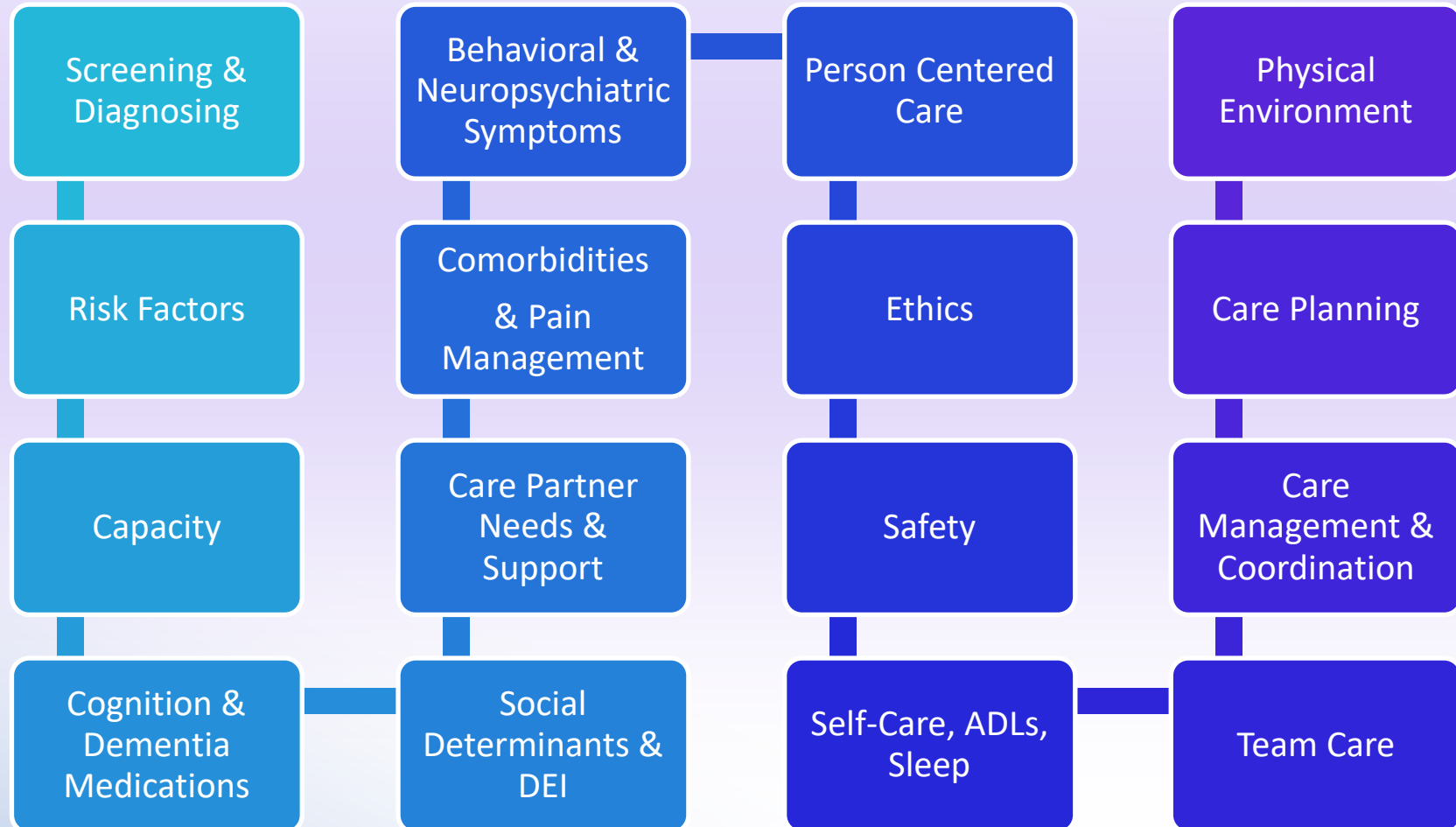
**Disseminate:**

- Excellence in LTC Externship
- UW Dementia Care Scholars
- UW Dementia Care Certificate
- UW Dementia Care Fellows

# Core Themes for Dementia Education & Training

SCOPING REVIEW: 80 dementia training offerings for health and social care providers and students

- None covered all core themes or provided hands-on clinical training
- Minimal content on general medical management in the context of dementia
- None evaluate/address health system factors & care delivery framework



# Stakeholder Interest & Preferences Assessment

*"Dementia training for healthcare professionals is currently one of the **top national priorities**. We **must create workforce** that is skilled in care and support of people, families & communities that live with these devastating illnesses."*

*Susan Reinhard  
Senior Vice President, AARP*

Dementia Palliative Education Network can serve as a model for national dissemination.

30 interviews with health system leaders

120 surveys with nurses, managers & administrators

80 surveys & 2 focus groups with undergraduate nursing students

**1000+ Insights**

iNSiGHT



## Pre-Licensure

- Nursing schools do not offer focused dementia training. Core textbooks contain 6-12 pp of relevant content.
- 74/80 undergraduate nursing students did not envision careers in geriatric nursing.

## Post-Licensure

- 110 Registered Nurses (RN) who report they 'sometimes' or 'always' care for older adults:
  - 84 had minimal experience administering and interpreting cognitive screening
  - 60 were very or somewhat uncomfortable managing difficult behaviors associated with dementia
  - 88 did not have any training in dementia
  - 77 receive an employer continuing education stipend
- All 120 RNs survey reported on willingness to invest time in annual dementia training

|             |       |
|-------------|-------|
| <60 minutes | 21.6% |
| 1-2 hours   | 50.0% |
| 3-5 hours   | 17.6% |
| 6-10 hours  | 10.8% |
| 11+ hours   | 0.0%  |



# GAPS



## Dementia Training/Education Focus on

- Physical Health & Function
- Organizing & Simplifying Complexity
- Care Delivery Framework

**COMPREHENSIVE  
DEMENTIA TRAINING for RNs  
& EMR SUPPORT**

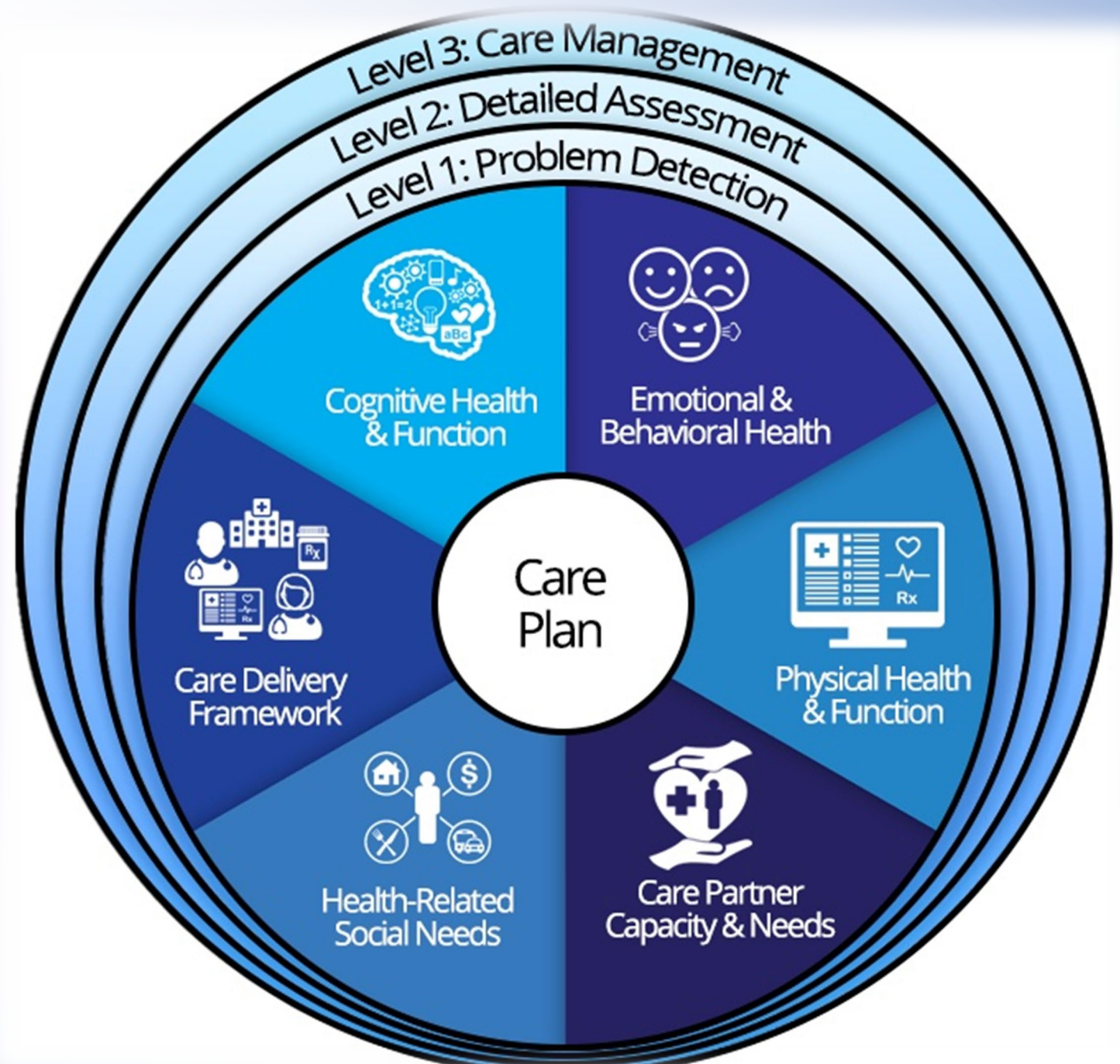


## SOLUTION



Soo Borson, MD

## 6-Part FRAMEWORK

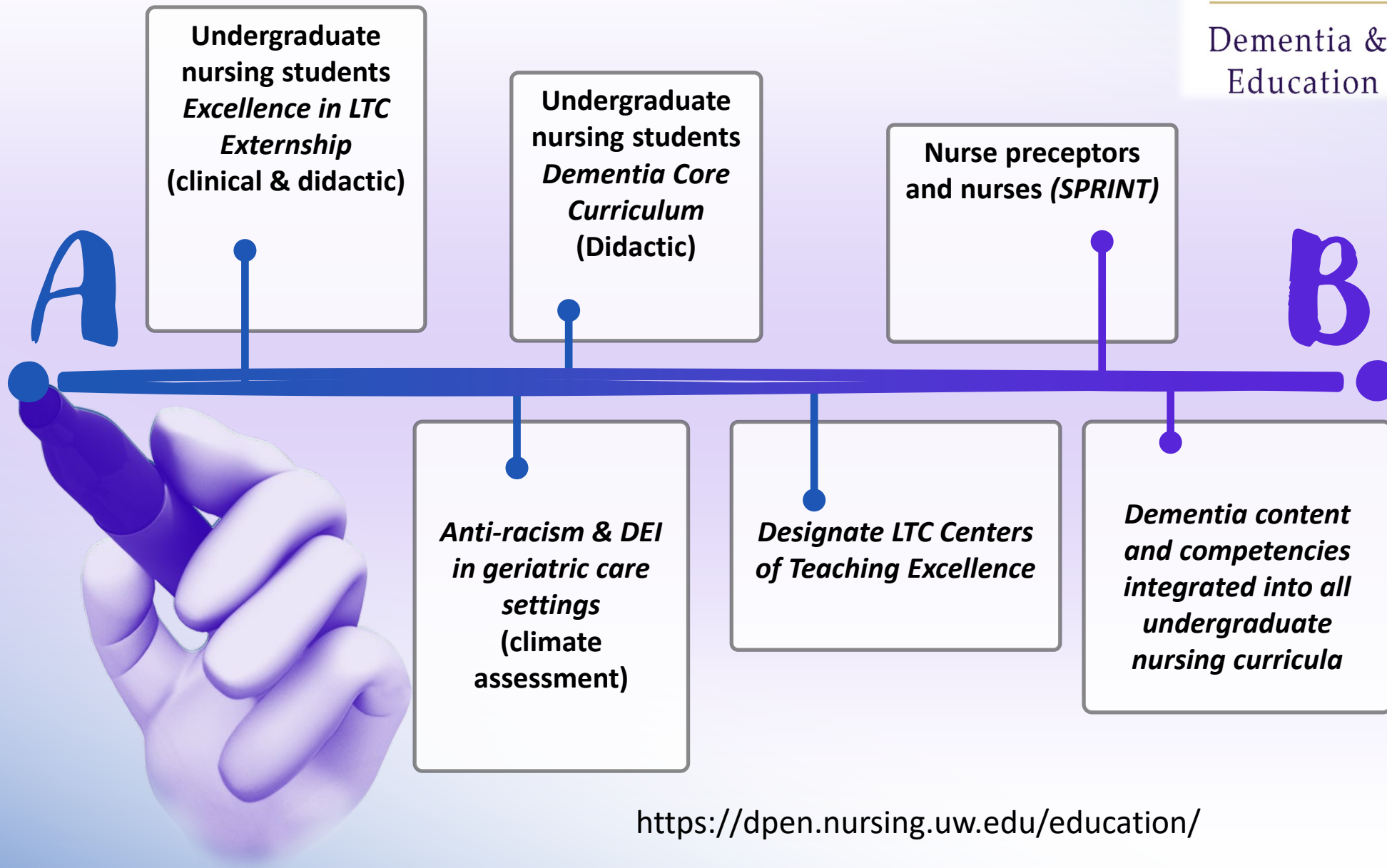




# Develop Training Materials

# DPEN

Dementia & Palliative  
Education Network



<https://dpen.nursing.uw.edu/education/>

# Create Digital Technology



**DCW**  
Dementia Care Works

Integrating Holistic Nursing Practice into Dementia Care

- The DCW platform will help nurses and other healthcare providers navigate the complexities of dementia care by guiding them through screening, assessments and care planning.
- Screening/evaluation results can inform the treatment plan and will meet core G0505 Care Planning code requirements.
- DCW platform is developed for integration with any EMR system

DCW Dementia Care Works Patient Summary Geller, Monica  
dob: 1952-04-04 age: 70 PATIENT LIST

### Scoring Summary

|                                    | Score       | # Answered | Meaning      | Compared to Last |
|------------------------------------|-------------|------------|--------------|------------------|
| MINI COGNITIVE ASSESSMENT          | --          |            |              | --               |
| ECOG-12                            | --          |            |              | --               |
| ECOG-12 (for Care Partner)         | --          |            |              | --               |
| Functional Impairments (ADL/IADLs) | --          |            |              | --               |
| Anxiety (GAD-7)                    | 7 (0 - 21)  | 7 / 7      | Mild Anxiety | ↓                |
| Geriatric Depression Scale         | 10 (0 - 15) | 15 / 15    | Depression   | ↑                |
| Cornell Scale of Depression        | --          |            |              | --               |
| BEHAV+5                            | --          |            |              | --               |
| SLUMS                              | 19 (0 - 30) | 1 / 1      |              | --               |

### Pertinent Medical History

| Condition                                     | Onset Date | Recorded Date |
|---|------------|---------------|
| Dementia NOS                                  | 2020-11-12 | 2020-11-12    |
| Hypertensive heart disease with heart failure | 2018-01-10 | 2018-01-10    |

<https://uwcirg.github.io/DCW-project/>

## Managing Your Own Wellness

MYOW tool contains 31 self-care tasks that are important for dementia care partners. These tasks are divided into 3 categories:

**Universal:** basic survival self-care, e.g., food, fluids, and rest/sleep

**Health promotion:** improve health and wellness, e.g., exercise and socializing

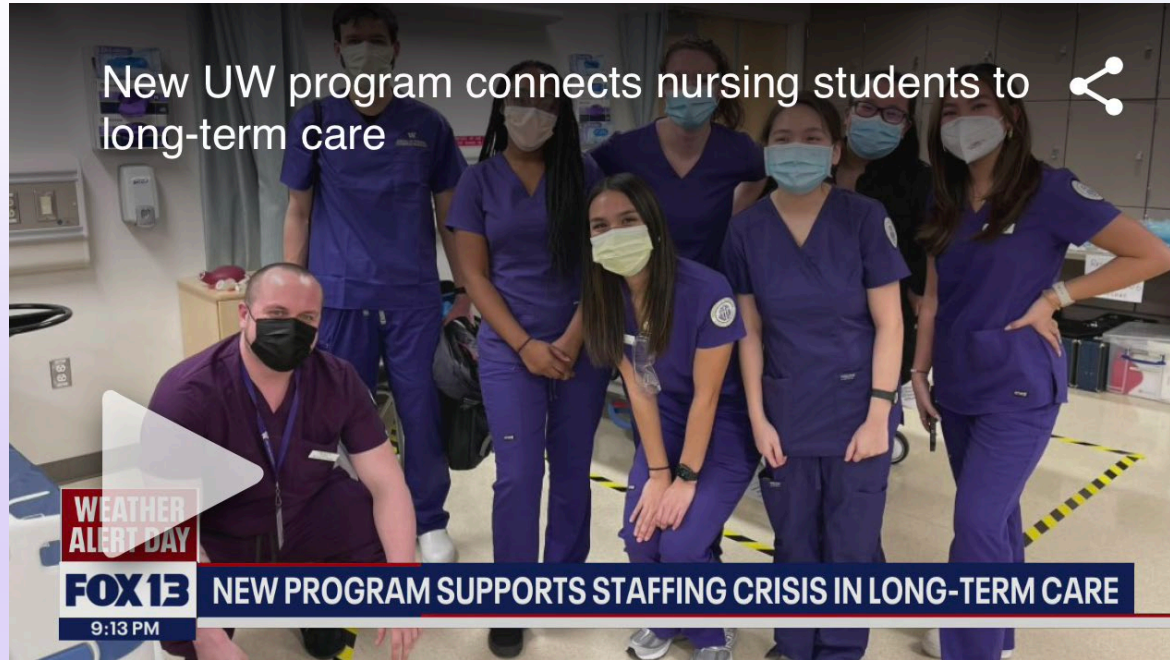
**Developmental:** adapting to the caregiving role, such as learning to ask for help with caregiving tasks

The MYOW was implemented as a pilot intervention to improve daily self-care behaviors in dementia care partners.

This intervention is now translated into an App.







<https://dpen.nursing.uw.edu/education/ltc/>

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# Introduction to Comprehensive Dementia Care for Nurses

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**DEMENTIA CARE SCHOLARS**  
comprehensive dementia care for nurses



ABSTRACT | VOLUME 21, ISSUE 3, SUPPLEMENT, S30, MARCH 2013

## Redesigning Health Care for Dementia: From Wish Through Policy to Practice

Soo Borson, MD • Rebecca G. Logsdon, PhD • Tatiana Sadak, ARNP, PhD • Joshua Chodosh, MD, MSHS

DOI: <https://doi.org/10.1016/j.jagp.2012.12.065>



**Alzheimer's & Dementia**  
THE JOURNAL OF THE ALZHEIMER'S ASSOCIATION

DEMENTIA CARE PRACTICE (DESCRIPTIVE) | [Free Access](#)

## Building a Dementia-Capable Nursing Workforce

Lyndsy Vasquez , Melinda Schultz, Emily Ishado, Soo Borson, Tatiana Sadak

First published: 20 December 2022 | <https://doi.org/10.1002/alz.068711>

# DISSEMINATION

JOURNAL ARTICLE

## THE ART OF BALANCE: EMPOWERING DEMENTIA CARE PARTNERS TO OPTIMIZE THEIR WELLNESS, RESILIENCE, AND HEALTH

Tatiana Sadak, Soo Borson

*Innovation in Aging*, Volume 6, Issue Supplement\_1, November 2022, Page 21,

<https://doi.org/10.1093/geroni/igac059.077>

Published: 20 December 2022

> [Am J Geriatr Psychiatry](#). 2014 Aug;22(8):746-55. doi: 10.1016/j.jagp.2013.11.001.

Epub 2013 Nov 12.

## Dementia Services Mini-Screen: a simple method to identify patients and caregivers in need of enhanced dementia care services

Soo Borson <sup>1</sup>, James M Scanlan <sup>2</sup>, Tatiana Sadak <sup>3</sup>, Mary Lessig <sup>4</sup>, Peter Vitaliano <sup>4</sup>

Affiliations + expand

PMID: 24315560 PMID: [PMC4018424](#) DOI: [10.1016/j.jagp.2013.11.001](https://doi.org/10.1016/j.jagp.2013.11.001)

## The Association between Primary Care Practices' Structural Capabilities and Hospitalizations among Persons Living with Dementia

[Vaneh E. Hovsepian](#) , [Tatiana Sadak](#) , [..], and [Lusine Poghosyan](#)  [View all authors and affiliations](#)

[OnlineFirst](#) | <https://doi.org/10.1177/07334648231155444>



**VISION**

**AWARENESS  
EDUCATION  
DESIRABILITY**

Making dementia specialty a valued professional choice for healthcare providers

**COMPETENCIES  
PASSION  
COMPASSION**

Ensuring fast access to high quality comprehensive dementia care



**PROGRESS  
TO DATE**





# DPEN TEAM



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Sarah Mckiddy  
RN



Melinda Schultz

Gero-psychiatric  
Nurse Practitioner

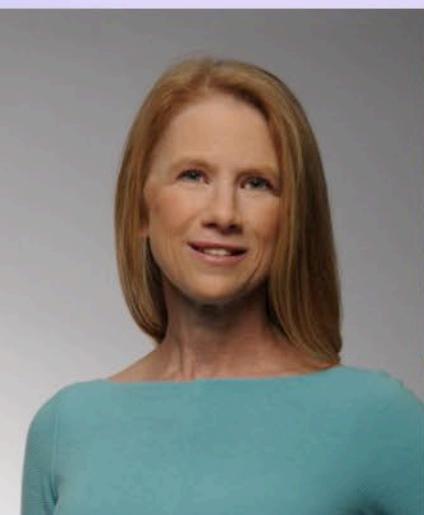
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Psychiatrist

Geriatric Social  
Worker

Registered Nurse  
PhD student

Public Health  
Program eval.

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Family Nurse  
Practitioner



Chandler  
Lewis DEI  
Expert



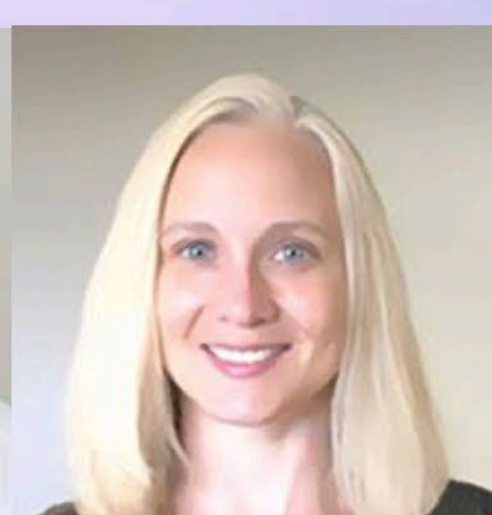
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Leslie Evertson  
Doctor of  
Nursing Practice



Laurel Barchet  
Instructional  
Design

**JOIN US** in improving healthcare  
of people, families, and  
communities living with  
dementia

DPEN

Dementia & Palliative  
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