Project Snapshot

Demonstration Projects Program

NIA IMPACT COLLABORATORY
TRANSFORMING DEMENTIA CARE

Effectiveness of the Individualized Positive Psychosocial Interaction (IPPI) Program to Reduce Distress in Nursing Home Residents with Dementia



Principal Investigator
Katy Abbott, PhD
Miami University

Health Care System Partner
A national group of nursing homes participating in the Long-term Care Data Cooperative

"The goal of the IPPI project is to reduce psychological and behavioral distress for residents living with dementia in nursing homes by equipping staff care partners with pragmatic, emotion-focused communication tools and personalized, preference-based interactions."

RATIONALE: Up to 82% of residents with dementia living in nursing homes experience psychological and behavioral distress, which negatively impacts their quality of life and increases the stress of staff caring for these residents. While non-pharmacological interventions exist, there remains a critical gap in translating these approaches into scalable, evidence-based programs that can be easily integrated into daily routine care within nursing home memory care units.

OBJECTIVE: To conduct a cluster randomized embedded pragmatic clinical trial (ePCT) comparing the IPPI program to usual care to evaluate its effectiveness to reduce resident distress, enhancing staff care partner self-efficacy and competence, and evaluating implementation success.

SETTING: 26 nursing homes with designated Dementia Special Care or Memory Care Neighborhoods participating in the Long-Term Care Data Cooperative (LTCDC).

POPULATION: Nursing home residents with dementia who have a Brief Interview for Mental Status (BIMS) score of 0–12 and at least one documented symptom of psychological or behavioral distress.

INTERVENTION: The IPPI program involves staff attending an online, self-paced emotion-focused communication training, after which the staff deliver 10-minute preference-matched positive interactions to residents with dementia twice weekly for 6 months.

OUTCOMES: The primary clinical outcome is the change in psychological and/or behavioral symptoms of distress ascertained using items from the Minimum Dataset from baseline to 3-months and 6-months. The secondary clinical outcome is the Sense of Competence in Dementia Care Staff (SCIDS) scale collected from the staff care partner at baseline, 3-months, and 6-months.

IMPACT: This ePCT has the potential to demonstrate the effectiveness of the IPPI programs to reduce the distress and behavior symptoms of nursing residents with dementia and improve the self-efficacy of the staff caring for these residents.