Project Snapshot

Pilot Grants Program

NIA IMPACT COLLABORATORY
TRANSFORMING DEMENTIA CARE

Pilot Pragmatic Trial of a Meaningful Activity Intervention in Assisted Living



Principal Investigator
Sarah Holmes, PhD, MSW
University of Maryland School of Nursing

Health Care System Partner
Assisted living communities in Maryland

"For people living with dementia (PLWD) in assisted living communities, embedding meaningful activity into routine care may help improve quality of life and reduce distressing symptoms and behaviors among residents."

RATIONALE: PLWD residing in assisted living communities (ALCs) often lack opportunities to participate in meaningful activities. Lack of engagement can contribute to distressing symptoms and behaviors. In a prior efficacy trial, the Meaningful Activity for Assisted Living (MAC-4-AL) intervention demonstrated reductions in behavioral symptoms and increased meaningful activity engagement among PLWD in ALCs. The next critical step is to determine whether MAC-4-AL is effective when integrated into routine care in ALCs.

OBJECTIVE: To conduct a pilot embedded pragmatic clinical trial (ePCT) to determine the feasibility of conducting a full scale ePCT evaluating the effectiveness of MAC-4-AL among PLWD residing in ALCs.

SETTING: Six ALCs in Maryland providing care to PLWD.

POPULATION: PLWD residing in ALCs.

INTERVENTION: MAC-4-AL is a person-centered intervention that promotes meaningful activity engagement among PLWD and is designed to be embedded within routine care in ALC.

FEASIBILITY ENDPOINTS AND CLINICAL OUTCOMES: Key feasibility endpoints (thresholds of success) include: Enrollment: identification of eligible PLWD using the ALC electronic health record (EHR) (>80%); Implementation: receipt of all four MAC-4-AL steps (>90%); Implementation: establishment of activity goals by enrolled PLWD (>75%); Implementation: attendance of enrolled PLWD in MAC-4- AL weekly programming (>75%); and Clinical outcome ascertainment: Obtaining the primary and secondary clinical outcomes from the EHR at 6-months (80%). The primary clinical outcome is a scale measuring distressing symptoms behaviors using items from the electronic Maryland Resident Assessment Tool. A secondary clinical outcome is psychotropic use.

IMPACT: This pilot ePCT will provide the preliminary data to support the feasibility of conducting a future full-scale ePCT testing the effectiveness MAC-4-AL in ALCs to reduce distressing symptoms and behaviors, and psychotropic medications among PLWD residing in ALCs.