A Systematic review of appropriateness and effectiveness of management strategies used for the Behavioural and Psychological Symptoms of Dementia in the residential care setting.

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Review question
The specific review questions are:

• What strategies are used to effectively manage BPSD?
• How is the most appropriate strategy employed in the most effective manner in residential aged care?

This is to be a comprehensive systematic review; as the current research literature available on this topic covers different kinds of evidence.

Management Strategies
This review will investigate the management strategies as it refers to specific interventions designed to limit the impact of an action on the person or on the people whom the person interacts with. For the sake of this review a broad range of interventions needs to be looked at; a particular focus will be on pharmaceutical interventions as they relate to a wide range of non-pharmaceutical interventions.

The key therapies to be investigated will be:

1. Standard behavioural therapies, e.g., reality orientation, validation therapy, reminiscence therapy;
2. Alternative therapies, e.g., art therapy and music therapy;
3. Complementary therapies, e.g., aromatherapy, bright-light therapy and multi-sensory approaches.
4. Psychotherapies, e.g., cognitive-behavioural therapy and interpersonal therapy.
5. Environmental factors of the facility and the influence that they have on the management of BPSD.

The reality of managing behaviours is that they often require a multi-factorial approach and will utilise more than one strategy at a time. These strategies may also only be effective for a short period of time and constantly need to be reassessed to monitor their effectiveness in the management of the behaviour.

Methods
Objective
The aim of this review is to identify and synthesise the best available evidence of the appropriateness and effectiveness of different strategies used to manage Behavioural and Psychological Symptoms of Dementia (BPSD) in the residential care setting.

Phenomena of interest
The phenomenon of interest for this review is dementia and the process of determining how behaviours are managed in residential aged care an if these interventions are appropriate and effective in controlling BPSD.

Type of participants
This review will consider studies that look specifically at people who reside in Residential Aged Care Facilities (RACFs) who exhibit the behavioural and psychological symptoms of dementia in all of their forms. The behaviours only need to require management to be of interest to this study

Type of outcome
The quantitative component of the review will consider various interventions which aim to effectively manage BPSD behaviours. The main intervention that will be focused on in this section of the review will be pharmaceutical interventions. Effective management of behaviours will be evidenced through a change in the prevalence or severity of the behaviour that it was planned to control.

Type of studies
This review will look at both quantitative and qualitative evidence in the form of primary research. The quantitative component will endeavour to look at randomised controlled trials and quasi-experimental trials, however cohort and case control studies will also be considered for inclusion.

The qualitative component of the review will consider studies that focus on qualitative data including, but not limited to, designs such as phenomenology, grounded theory, ethnography, action research and feminist research.

In the absence of research studies, other text such as opinion papers and reports will be considered.

What is BPSD?
Behavioral and Psychological symptoms of Dementia (BPSD) is the umbrella term that embraces a heterogeneous group of non-cognitive symptoms and behaviours that occur in people with dementia. These behaviours can manifest as observable symptoms such as aggression (hitting, kicking, and biting) screaming, restlessness, agitation, wandering, culturally inappropriate behaviour, sexual dis-inhibition, hoarding, cursing and shadowing1.

References
1. Lawlor, B. Managing behavioural and psychological symptoms in dementia BJP December 2002 181:463–465;

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