UPDATE OF QUALITY CONCERNS IN DEMENTIA CARE – WHY DOCTORS SHOULD RARELY PRESCRIBE ANTIPSYCHOTICS IN TEXAS NURSING HOMES

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Definitions

- Dementia – a general term for progressive disorders that damage and destroy brain cells
- Results in memory loss, changes in thinking and behavior that interfere with ability to function independently in everyday life
- Alzheimer’s disease is the most common form (50-80% of dementia is due to Alzheimer’s disease)
Other Dementias

• Other types of dementia
  • Vascular
  • Lewy body
  • Fronto-temporal lobe dementia (FTD)
  • Mixed dementia

• Differential diagnosis includes
  • Delirium
  • B12 deficiency
  • Thyroid disorders
Dementia by the numbers

• Sixth leading cause of death
• Over 5.2 million people currently living with Alzheimer’s in the U.S.
  • Includes 200,000 under age 65 with early-onset
• 1/3 of seniors die with dementia
• Almost two-thirds of people with Alzheimer’s are women
Dementia by the numbers

- Cost of over $214 B annually
  - Predicted to affect over 16 million people by 2050
  - Unsustainable cost of 1.2 trillion
Risk Factors

• Age
  • Risk of developing AD is 50% over age 85
• Family history (parent, sibling, child)
• Heredity
  APOE-e4 = risk gene
• Complex interactions
  • Head trauma
  • Heart health, vascular health
    • Latinos and African-Americans in the U.S. have higher rates of AD; they may have higher rates of AD as well
Brain Changes with Alzheimer’s

- Microscopic clumps of beta-amyloid protein (plagues)
- Twisted microscopic strands of tau protein (tangles)
- Loss of connections among brain cells (synapses)
- Inflammation (immune response)
- Eventual death of neurons - seen on autopsy as severe shrinkage.
Making the Diagnosis

- AD is a pathological diagnosis
- Core clinical criteria are the cornerstone of dementia diagnoses
Related diagnostic categories

- Mild Cognitive Impairment (MCI)
  - Challenging to differentiate from normal aging and from dementia
  - Requires intimate knowledge of the person
  - Intra-personal change over time
- Pre-clinical Alzheimer’s disease
  - Pathophysiological evidence before symptoms appear
Making the Diagnosis – all cause dementia

- Cognitive or behavioral impairment includes at least two of these five domains:
  - Impaired ability to acquire and remember new information
  - Impaired reasoning and handling of complex tasks, poor judgment
  - Impaired visuospatial abilities
  - Impaired language (speaking, reading, writing)
  - Changes in personality or behavior
Making the Diagnosis: all-cause dementia

• Cognitive or behavioral/neuropsychiatric symptoms that:
  • Interfere with ability to function
  • Represent decline from previous level of functioning
  • Are not explained by delirium or other major psychiatric disorder
Current Medication Therapy for AD

- **donepezil hydrochloride** (Aricept)—ARICEPT 5mg and 10 mg are indicated for mild to moderate Alzheimer's disease, and ARICEPT 10 mg and 23 mg are indicated for moderate to severe Alzheimer's disease;
- **rivastigmine** (Exelon), approved in pill and patch form for mild to moderate Alzheimer's disease, and in a higher dosage Exelon Patch for severe Alzheimer's disease;
- **galantamine hydrobromide** (Razadyne), approved for mild to moderate Alzheimer's disease; and
- **memantine hydrochloride** (twice-daily oral NAMENDA and once-daily NAMENDA XR capsules) for the treatment of moderate to severe Alzheimer's disease.
Medication use in older adults: renal function

- Renal function declines swiftly with aging and even more rapidly with comorbid conditions such as hypertension and diabetes.
- Medications can cause a spectrum of damage to the kidneys, especially through drug excretion.
- Medications dosages need to be lowered and dosing monitored for older adults.
- Important to calculate renal function for individuals when prescribing medications.
  - Dose according to measured GFR.
- One-fifth of adults over 60 have chronic kidney disease in addition to age related changes.

Treatment for Alzheimer’s Disease

• There is no cure.
• At this time, there is no treatment to cure, delay or stop the progression of Alzheimer's disease.
• FDA-approved drugs may \textit{temporarily} slow worsening of symptoms for about 6 to 12 months, on average, for about \textit{half} of the individuals who take them.
• For these reasons, \textbf{Non-pharmacological approaches} are the cornerstone of managing the disease and \textbf{GREATLY IMPROVE QUALITY OF LIFE!}

Aliveinside.us – watch the trailer/documentary about Music and Memory
Nursing Home Residents and Antipsychotics

- In 2010/2011, one-third to one-quarter of all nursing home residents received an antipsychotic
  - Dominant treatment for dementia-related behaviors

- 80% are prescribed for off label uses – mostly for dementia-related behaviors
  - 21% receive them without an appropriate clinical indication

Antipsychotics, Other Psychotropics, and the Risk of Death in Patients With Dementia Number Needed to Harm (NNH)

• **Conclusions and Relevance** The absolute effect of antipsychotics on mortality in elderly patients with dementia may be higher than previously reported and increases with dose.

• **NNH for Haldol, Risperdal, Seroquel and Zyprexa between 26-50** (for every 26-50 people, one death in 6 months)

Ensuring medication safety: what drugs should we worry about most and why?

Department of Health and Human Services

OFFICE OF INSPECTOR GENERAL

ADVERSE EVENTS IN SKILLED NURSING FACILITIES:
NATIONAL INCIDENCE AMONG MEDICARE BENEFICIARIES

Daniel R. Levinson
Inspector General

February 2014
OEI-36-11-00370
Medication-Related Falls in the Elderly
Causative Factors and Preventive Strategies

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Contents

Abstract ........................................................................................................... 360
1. Introduction ................................................................................................. 360
   1.1 The Aging Population and Falls .............................................................. 360
   1.2 Definition of Falls .................................................................................. 360
   1.3 Use of Odds Ratios in Reporting ............................................................. 361
2. Drugs and Falls: Why are Elderly Patients at Risk? ..................................... 361
   2.1 Polypharmacy ......................................................................................... 361
   2.2 Pharmacology of Drugs in Aging ............................................................ 361
   2.3 Anticholinergic Burden .......................................................................... 362
   2.4 Age-Related Physiologic Changes ......................................................... 362
   2.5 Co-Morbidities ....................................................................................... 362
3. Falls and Injuries ........................................................................................... 362
4. Risk Factors for Falls in the Elderly .............................................................. 363
5. Medications Associated with Falls in the Elderly ......................................... 363
   5.1 Psychotropic Drugs ................................................................................. 364
   5.2 Benzodiazepines .................................................................................... 364
   5.3 Atypical Antipsychotics ......................................................................... 365
   5.4 Antidepressants ..................................................................................... 365
   5.5 Antiepileptics ......................................................................................... 366
   5.6 Antiparkinsonian Medications ............................................................... 366
   5.7 Cholinesterase Inhibitors and Memantine ............................................. 366
A rampant prescription, a hidden peril
By Kay Lazar and Matt Carroll
Globe Staff / April 29, 2012

Many Studies on Falls and Medications
Finding alternatives to potent sedatives
Nursing homes increasingly take new tack in dealing with dementia
By Kay Lazar | GLOBE STAFF
APRIL 30, 2012

Mass. fails to rein in sedating of seniors
Nursing homes that overuse antipsychotics unpunished
By Kay Lazar | GLOBE STAFF
DECEMBER 23, 2012
A new focus on non-pharmacological interventions in dementia

- Not “behaviors” but “unmet needs” and communication of that
- Seeking the underlying cause (RCA)
- Re-thinking the number of people with dementia who should be on psychoactive medications – best practice facilities and champions
CMS National Partnership to Improve Dementia Care

Goal - reduce unnecessary antipsychotic medication use in nursing homes.

A unique public-private partnership that began late in 2011 when a group of nursing home advocates visited CMS
National Partnership First Year Goal

• Reduce national prevalence of antipsychotic medication use in long-stay nursing home residents by 15% by end of 2012
• Baseline: national rate based on MDS data (Nursing Home Compare takes an average of previous three quarters) in December 2011
  • National rate in long-stay residents was 23.9%
  • Denominator includes all residents except those with schizophrenia, Tourette’s or Huntington’s disease
Antipsychotic Medication Use in Nursing Homes Varies by State
Nursing Home Compare
Quality Measures

• **Measure**: Percentage of Long-Stay Residents Who are Receiving Antipsychotic Medication
  
  **Description**: The percentage of long-stay residents (>100 cumulative days in the nursing facility) who are receiving antipsychotic medication

• **Measure**: Percentage of Short-Stay Patients Who Have Antipsychotics Started – Incidence
  
  **Description**: The percentage of short-stay residents (<=100 cumulative days in the nursing facility) who have antipsychotic medications started after admission
Quarterly Prevalence of Antipsychotic Use

Quarterly Prevalence of Antipsychotic Use for Long-Stay Nursing Home Residents, 2011Q1 to 2013Q1

The diagram shows the quarterly prevalence of antipsychotic use from 2011Q1 to 2013Q1 for long-stay nursing home residents. The baseline quarter is highlighted in red, and the start of the partnership is marked by a dashed line.

- 2011Q1: 23.50
- 2011Q2: 23.64
- 2011Q3: 23.74
- 2011Q4: 23.87 (Baseline Quarter)
- 2012Q1: 23.82
- 2012Q2: 23.21
- 2012Q3: 22.98
- 2012Q4: 22.33
- 2013Q1: 21.71

The graph indicates a slight decrease in prevalence over the period, with the baseline quarter having the highest prevalence.
Provider, Prescriber & Consumer Training: Advancing Excellence Website

The Advancing Excellence in America’s Nursing Homes Campaign is a major initiative of the Advancing Excellence in Long Term Care Collaborative. The Collaborative assists all stakeholders of long term care supports and services to achieve the highest practicable level of physical, mental, and psychosocial well-being for all individuals receiving long term care services.

EXPLORE THE NEW GOALS

REGISTER TODAY!
The Annual CMS Survey: Looking for a Systematic Process

Did the facility:

• Get details about the resident's behavioral expressions of distress (nature, frequency, severity, and duration) and the risks of those behaviors, and discuss potential underlying causes with the care team and family

• Exclude potentially remediable causes of behaviors (such as delirium, infection or medications), and determine if symptoms are severe, distressing or risky enough to adversely affect the safety of residents
CMS Survey: Looking for Skilled Nursing Facility Best Practices

• Did the facility:

  • Try environmental and other approaches that attempt to understand and address behavior as a form of communication in persons with dementia, and modify the environment and daily routines to meet the person’s needs

  • Assess the effects of any intervention (pharmacological or non-pharmacological); Identify benefits and complications in a timely fashion; Adjust treatment accordingly
Antipsychotic Prescribing Best Practices

• For those residents for whom antipsychotic or other medications are warranted, use the lowest effective dose for the shortest possible duration, based on findings in the specific individual.

• Monitor for potential side effects - therapeutic benefit with respect to specific target symptoms/expressions of distress:
  • Inadequate documentation: “Behavior improved.” “Less agitated.” “No longer asking to go home.”
  • Include specifics, why they behaviors were harmful/dangerous/distressing and what the person is now able to do (positive) as a result of the intervention.

• Try tapering the medication when symptoms have been stable or adjusting doses to obtain benefits with the lowest possible risk, e.g., Gradual Dose Reduction which is required under Federal regulation.
The Survey Process

- Input from nursing assistants, nurses, social workers, therapists, family and other caregivers working closely with the resident is essential; Input from all three shifts and weekend caregivers is also important in “telling the story”
- Look at communication between shifts, between nurses and practitioners or prescribers
- Look at whether medications prescribed by a covering practitioner in an urgent situation are re-evaluated by the primary care team and discontinued when possible
- Look at whether or not other psycho-pharmacological medications are prescribed if/when antipsychotic medications are discontinued or reduced
Interviews

• Surveyors may interview MD/NP/PA/pharmacists and family members via telephone
Record Review

- Clinical record review will include:
  - admission assessments (for at least one resident who is a new admission within the past 30 days),
  - MD/NP/PA progress notes, nurse’s notes, medication administration record and treatment administration record, physician’s orders, mental health records, social worker notes, notes from behavioral health/psych services, MDS and care plan.
- Review how resident responses are described.
- Look for evidence of a process that attempts to identify potential medical as well as non-medical underlying causes of behaviors, involvement of the family in change in condition when appropriate, pharmacological and non-pharmacological approaches and monitoring for effectiveness of interventions.
Record Review

- Using guidance at F329 (unnecessary medications), evaluate:
  - why and how prescribers decide whether or not to use an antipsychotic medication
  - whether the interdisciplinary team and family are appropriately involved in those decisions
  - how the decision is made to use an antipsychotic versus a different class of medication or non-pharmacological approaches
  - how risks and benefits are evaluated
  - how resident response will be monitored and re-evaluated.
Antipsychotic Use in Dementia Assessment

MULTIDISCIPLINARY MEDICATION MANAGEMENT COMMITTEE

ANTIPSYCHOTIC USE IN DEMENTIA ASSESSMENT

RESIDENT NAME: ____________________________ ROOM: ____________________________ PHYSICIAN: ____________________________

ASSESSMENT DATE: ________________ □ Initial assessment □ Continuation assessment PHQ-9 Score: ________________ BMI/CPIS Score: ________________

A. ANTIPSYCHOTIC (name, dosage, directions)
   • Start Date: ________________ □ Last Dosage Change: ________________ (Decrease/Increase)

B. OTHER CONCURRENT CLINICAL CONCERNS:
   • Pain
   • Infection
   • Dementia
   • Depression
   • Anxiety
   • Other
   • No Indication Identified

C. REASON FOR ANTIPSYCHOTIC INITIATION:
   □ Dementia illness with associated behavioral symptoms
   □ Dementia alone
   □ Other
   □ No Indication Identified

D. TARGETED SYMPTOMS OR BEHAVIORS (why it was started):

E. NONPHARMACOLOGICAL INTERVENTIONS:

F. BEHAVIORAL TRENDS SINCE LAST ASSESSMENT (in Documentation):
   □ Behavioral symptoms Decreased
   □ Behavioral symptoms Increased
   □ No Change in Behavioral symptoms

SUMMARY:

G. ADVERSE EFFECT MONITORING (changes from baseline functioning) [AEM: ____________ | ____________]
   • Confusion
   • Agitation
   • Anorexia
   • Fatigue
   • Nausea

H. M3 COMMITTEE RECOMMENDATION (Date: ________________):
   □ Always consider a dose reduction even if it may have failed in the past
   □ Gradual Dosage Reduction at this Time:
     • Recommended dose reduction (write new orders)
   □ Gradual Dosage Reduction NOT indicated due to PRN requirements must be met:
     • Previous attempt at GDR resulted in recurrence of behavioral symptoms (documented date: ________________ AND)
     □ Clinical rationale why an attempt at GDR would likely impair this resident's function or increase their distressed behavior:

   □ Recent Dosage Change (<60 days): ________________
   □ Will Consider GDR when Resident is Clinically Stable:
     • Clinical Rationale:
   □ Recommend Additional Clinician Assessment of Behavioral Symptoms with Follow-up Report at Next Scheduled Meeting

M3 Committee Members:
   Medical Director: ________________
   Executive Director: ________________
   D.O.N.: ________________
   Consultant Pharmacist: ________________
   Social Services: ________________
   Nurse Manager: ________________

I. ATTENDING PHYSICIAN ASSESSMENT (Date: ________________):
   □ I Agree with M3 Committee’s recommendation (follow recommendation above)
   □ I Agree with M3 Committee’s recommendation, but with these orders:
   □ I Disagree with M3 Committee’s recommendations because specific clinical rationale for this resident required:
LET’S DISCUSS THE TEXAS PERSPECTIVE
THE TEXAS PERSPECTIVE

LISA B. GLENN, MD
TX. DEPARTMENT OF AGING AND DISABILITY SERVICES
OBJECTIVES

• STATE OF TEXAS NUMBERS
• BARRIERS TO CHANGE IN TEXAS
• RESOURCES AVAILABLE FOR PRESCRIBERS AND STAFF
WHERE ARE WE?

• NURSING HOME COMPARE DATA – BASELINE IN 2011 Q4
  • TEXAS – 28.8%
  • US – 23.9%

• NOW – 2015 Q1
  • TEXAS – 23.2%
  • US – 18.7%

• OVERALL DECREASE
  • TEXAS – 19.7%
  • US – 21.7%
Texas: A Journey of Change

Long-stay Antipsychotic Quality Measure Percentages
ROOM TO IMPROVE

• OVER 500 FACILITIES OUT OF THE ALMOST 1200 IN TEXAS ABOVE THE STATE AVERAGE
• 36 FACILITIES HAVE OVER 50% USAGE
• TEXAS IS RANKED 50 OUT OF 51 STATES IN USAGE
• ALMOST ¼ OF NURSING FACILITY RESIDENTS ARE ON A MEDICATION THAT COULD BE HARMFUL TO THEM.
HEARD ON THE STREET

• REQUEST FOR GRADUAL DOSE REDUCTION
• JUST SAY NO – NO EXPLANATION
• RESIDENT IS “STABLE” ON MEDICATION
• DIAGNOSIS TO FIT THE MEDICATION
• ANECDOTAL REPORTS OF OLDER RESIDENTS WITH NEW ONSET BIPOLAR DISORDER/SCHIZOAFFECTIVE
• FACILITY WITH “DADS APPROVED” DIAGNOSES
HEARD ON THE STREET

• HOSPITAL TRANSFER ORDERS
  • MEDICATION STARTED IN HOSPITAL – NO ASSESSMENT TO JUSTIFY CONTINUING

• PSYCHIATRIC CONSULTS
  • PSYCHIATRIST ORDERED IT – I HAVE TO CONTINUE IT
HEARD ON THE STREET

• DOCTORS SAY NURSES REQUESTED IT
• NURSES SAY DOCTORS DON’T WANT TO BE CALLED SO THEY ORDER IT
BARRIERS

Challenging behaviors associated with dementia...

- 53.8% (21) are best controlled with both medication and non-pharmacologic methods.
- 17.9% (7) are difficult to control regardless of method used.
- 15.4% (6) are best controlled with non-pharmacologic methods.
- 5.1% (2) are best controlled with medications.
- 7.7% (3) other (please specify).
Barriers to reducing inappropriate use of anti-psychotic medication include: (select all that apply)

- **Lack of facility staff training on non-pharmacologic methods**: 53.8% (21)
- **Staff to resident ratios**: 41.0% (16)
- **Community standard of care is use of medications for behaviors**: 23.1% (9)
- **Lack of psychiatric/psychological consultation**: 30.8% (12)
- **Other (please specify)**: 17.9% (7)
WHAT CAN YOU DO?

• KNOW YOUR NUMBERS – QUALITY MEASURES
  • THE GOAL IS NOT ZERO
• PROMOTE EDUCATION FOR YOUR STAFF AND YOUR PEERS
• COMMUNICATION
KNOW YOUR NUMBERS

• WHAT YOUR RESIDENTS FAMILIES CAN SEE

• NURSING HOME COMPARE

• [https://www.medicare.gov/nursinghomecompare/](https://www.medicare.gov/nursinghomecompare/)

• DATA FROM MDS
ANTI-PSYCHOTIC QUALITY MEASURE

• NUMERATOR: ANYONE WITH AP USE
• EXCLUDED FROM DENOMINATOR IF RESIDENT HAS:
  • SCHIZOPHRENIA
  • TOURETTE’S SYNDROME
  • HUNTINGTON’S DISEASE

• MDS 3.0 QUALITY MEASURES USERS MANUAL, pg 40
- Schizophrenia
- Schizoaffective disorder
- Schizophreniform disorder
- Delusional disorder
- Mood disorders (e.g., bipolar disorder, severe depression refractory to other therapies and/or with psychotic features)
- Psychosis in the absence of dementia
- Medical illnesses with psychotic symptoms (e.g., neoplastic disease or delirium) and/or treatment related psychosis or mania (e.g., high-dose steroids)
- Tourette’s Disorder
- Huntington disease
- Hiccups (not induced by other medications)
- Nausea and vomiting associated with cancer or chemotherapy
MEDICAL DIRECTOR/PRESCRIBER RESPONSIBILITY IN SURVEYS

- F428
- §483.60(c) Drug Regimen Review
- (1) The drug regimen of each resident must be reviewed at least once a month by a licensed pharmacist.
- (2) The pharmacist must report any irregularities to the attending physician, and the director of nursing, and these reports must be acted upon.
MEDICAL DIRECTOR/PRESCRIBER RESPONSIBILITY IN SURVEYS

For those issues that require physician intervention, the physician either accepts and acts upon the report and potential recommendations or rejects all or some of the report and provides a brief explanation of why the recommendation is rejected, such as in a dated progress note. It is not acceptable for a physician to document only that he/she disagrees with the report, without providing some basis for disagreeing.
MEDICAL DIRECTOR/PRESCRIBER RESPONSIBILITY IN SURVEYS

F329

• §483.25(l) Unnecessary Drugs

• 2. Antipsychotic Drugs. Based on a comprehensive assessment of a resident, the facility must ensure that:

• (i) Residents who have not used antipsychotic drugs are not given these drugs unless antipsychotic drug therapy is necessary to treat a specific condition as diagnosed and documented in the clinical record; and

• (ii) Residents who use antipsychotic drugs receive gradual dose reductions, and behavioral interventions, unless clinically contraindicated, in an effort to discontinue these drugs.
EDUCATIONAL RESOURCES-
PHYSICIANS/OTHER PRESCRIBERS

• IOWA GERIATRIC EDUCATION CENTER
  • IA-ADAPT
  • IMPROVING ANTI-PSYCHOTIC
    APPROPRIATENESS IN DEMENTIA
    PATIENTS
• MULTIPLE DISCIPLINE MODULES
• https://www.healthcare.uiowa.edu/igec/iaadapt/
EDUCATIONAL RESOURCES-
PHYSICIANS/OTHER PRESCRIBERS

• TMF QUALITY IMPROVEMENT NETWORK-
QUALITY IMPROVEMENT ORGANIZATION
(TMF QIN-QIO)

• NURSING HOME QUALITY IMPROVEMENT
NETWORK – DISCUSSION
FORUMS/RESOURCE MATERIAL

• http://www.tmfqin.org/Networks
EDUCATIONAL RESOURCES - PHYSICIANS/OTHER PRESCRIBERS

• ADVANCING EXCELLENCE IN AMERICA’S NURSING HOMES

• CMS PARTNERSHIP TO IMPROVE DEMENTIA CARE

• https://www.nhqualitycampaign.org/dementiaCare
EDUCATIONAL RESOURCES

• DADS QUALITY MONITORING PROGRAM
  • http://www.dads.state.tx.us/providers/qmp
  • BEST PRACTICES (INCLUDING GRADUAL DOSE REDUCTION)
  • SIGN UP FOR UPDATES (GOVDELIVERY)
QMP INITIATIVES

• TRAIN (Texas Reducing Anti-psychotics In Nursing Homes): FULL STEAM AHEAD
• Five locations around the state in November and early December
• Two-day conference - Day one features
  • Dr. G. Allen Power - A Life Without Drugs: A Proactive, Strengths-Based Approach to Dementia
  • Dr. Madeleine Biondolillo – Ensuring High-Quality Dementia Care in Long-term Care
• Day two – three tracks:
  • Alzheimer’s Disease and Dementia Care Seminar
  • Person Centered Practices Overview: Supporting People to get Better Lives
  • Dr. Susan Wehry - From Patienthood to Personhood: The Oasis Approach to Dementia Care
• For more information
  http://www.dads.state.tx.us/providers/communications/alerts/alerts.cfm?alertid=2014
QMP INITIATIVES

• ALZHEIMER’S DISEASE AND DEMENTIA CARE SEMINAR
  • 8 hour class
  • Continuing education credit available for some disciplines
  • Most people eligible to become a Certified Dementia Care Practitioner

• VIRTUAL DEMENTIA TOUR®
  • Real-life experience of dementia
  • Powerful sensitivity awareness training

Both classes require a minimum of 10 participants
To request either training send an email to TQM@dads.state.tx.us
QMP INITIATIVES

• Music and Memory Pilot Project
  • For more information:
  • http://www.dads.state.tx.us/providers/qmp/resources/music-memory.html
  • https://musicandmemory.org/

• Reminiscence Therapy Pilot Project
  • Uses tangible prompts, such as tactile objects, recordings and familiar items, to stimulate discussion of past activities and experiences
  • For more information: TQM@dads.state.tx.us
COMMUNICATION

• STAFF
• NURSES
• PEERS AND OTHER PRESCRIBERS
• FAMILY MEMBERS
• MOST IMPORTANTLY - RESIDENTS
BOTTOM LINE

• AS A PRESCRIBER, YOU WRITE THE ORDERS
QUESTIONS?

• CONTACT INFORMATION
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