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# How do Practitioners in the UK target evidence-based individualised interventions for Behaviours that Challenge?

## **Dr Frances Duffy**

Northern Health and Social Care Trust  
Frances.Duffy@northerntrust.hscni.net

 @frances\_duffy


## **Professor Esme Moniz-Cook**

University of Hull  
E.D.Moniz-Cook@hull.ac.uk

 @CDemcare

## **Professor Ian James**

Newcastle Tyne and Wear NHS Foundation Trust  
IanAndrew.James@cntw.nhs.uk

 @ianjamesncht

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Northern Health  
and Social Care Trust



UNIVERSITY  
OF HULL



Northumberland,  
Tyne and Wear  
NHS Foundation Trust



**INIERDEM**

Early detection and timely INTERvention in DEMentia



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# Formulation



Gathering and interpreting all the clues to help understand a presentation, to enable an evidence-based individualised intervention.

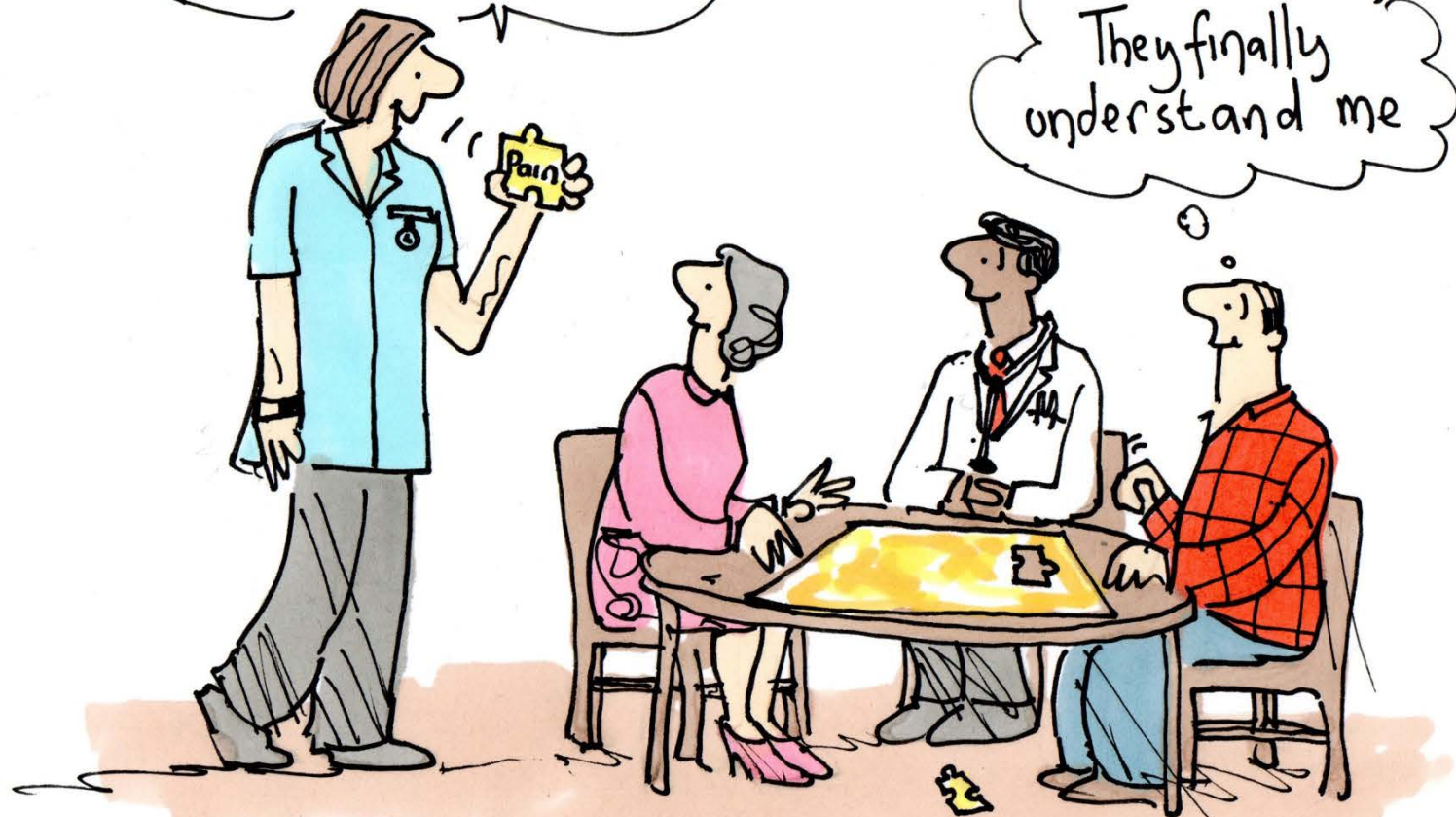


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## Why is formulation important in dementia?

- Increasing awareness of the problems of antipsychotic medications.
- Development of frameworks to support non-pharmacological alternatives (e.g. Holle et al., 2016; Duffy 2016,2019).

I've found another  
piece of the Jigsaw!



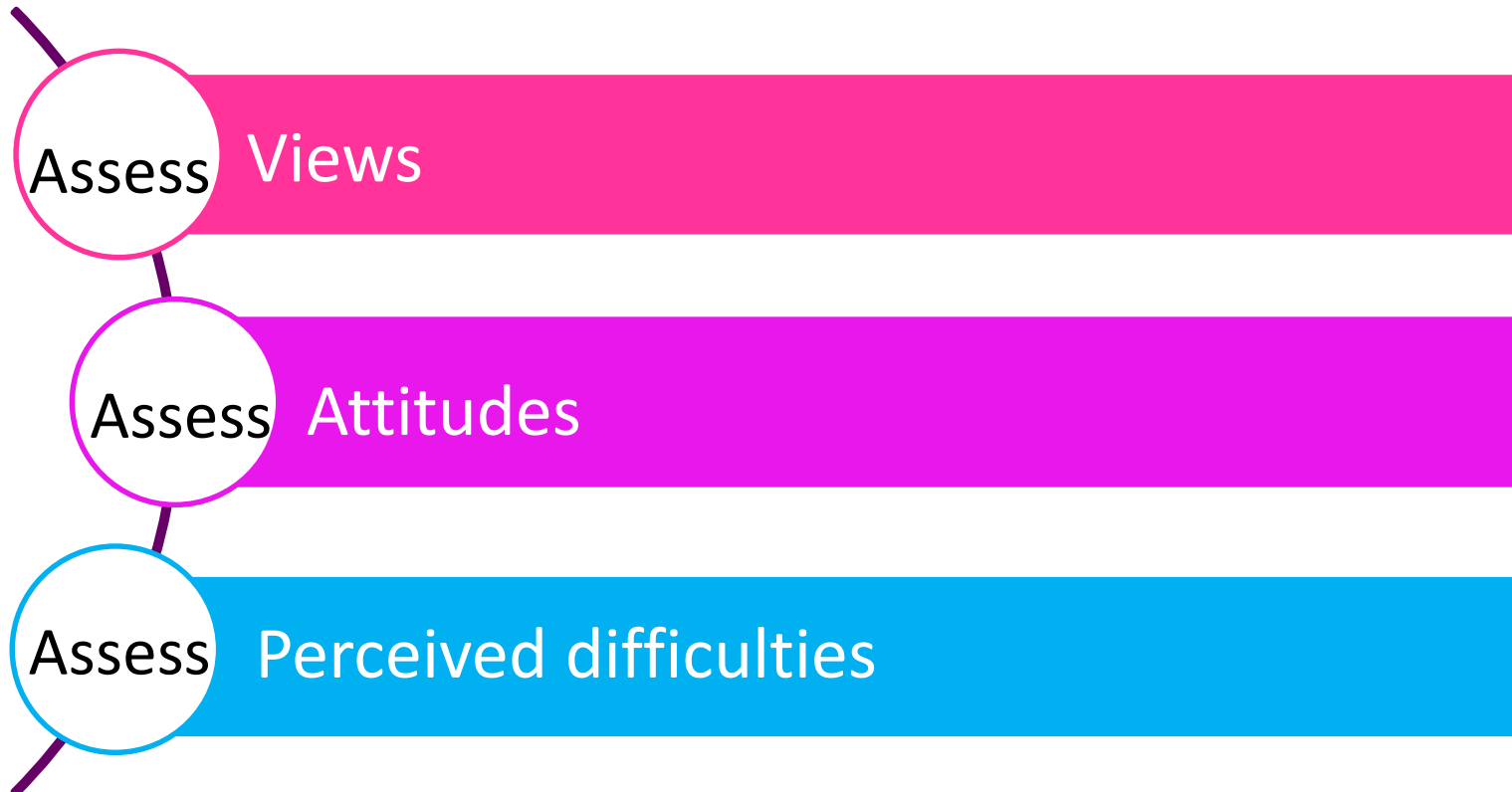
*Matthew*

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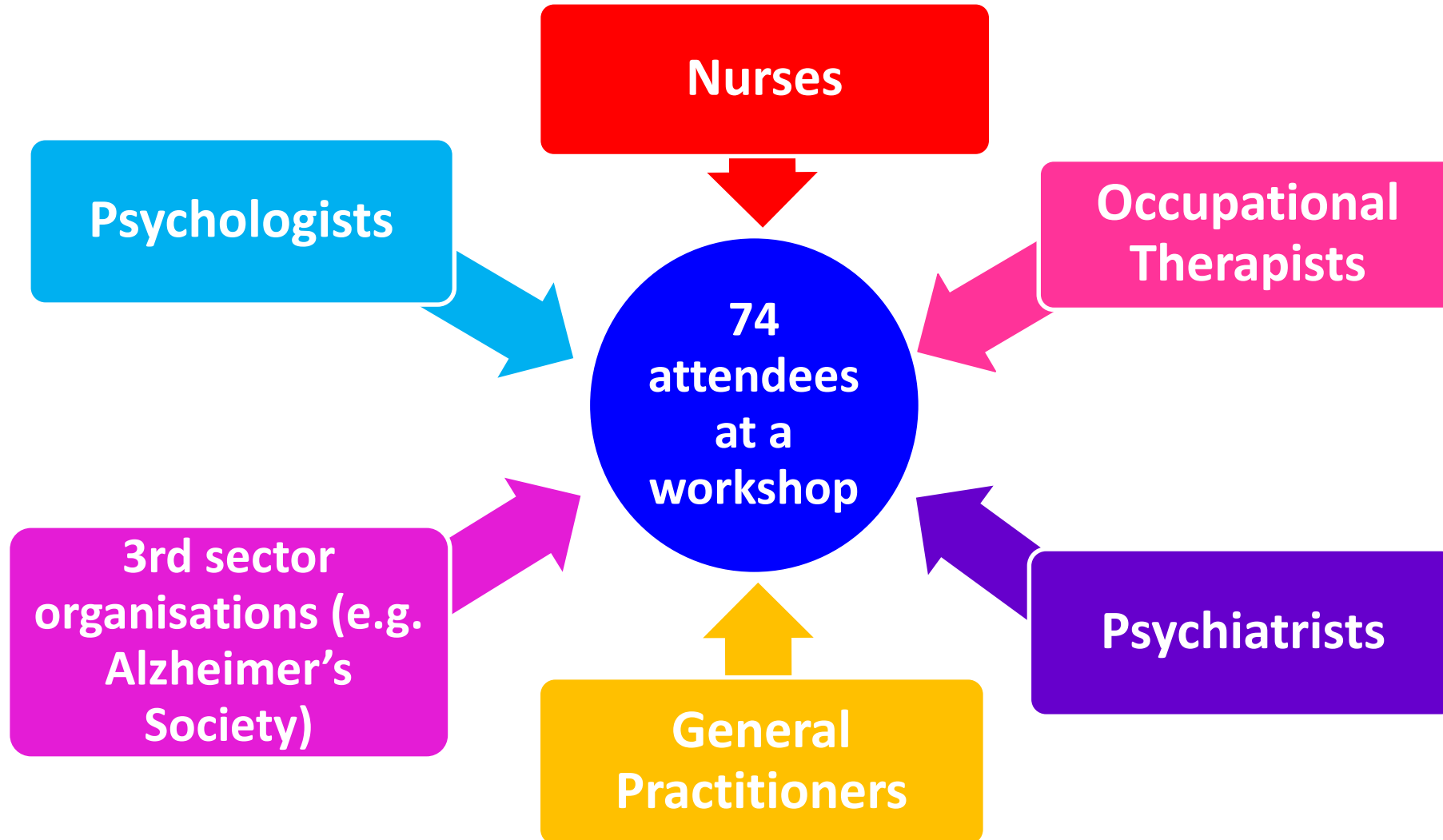
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# Present Project explores Multidisciplinary professionals use of formulation





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## Barriers to formulation

- Problems with the term formulation.
- Who should be involved in formulation?
- Who needs formulation?





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## Barriers to formulation

- *‘Different interpretations about what it is amongst health care professionals’*
- *‘Need to work on shared language as helps families to understand’*
- *‘How do you know when you have enough information? Whilst not everyone needs a formulation, how do we identify who does and who does not?’*



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# Survey Participants

Occupation	NO.	%	Occupation	NO.	%
Total Nurses Admiral (48)	134	37.5	Dementia Advisor	5	1.4
Total Clinical Psychologists Qualified (82); Trainees (4): Assistant (8)	94	26.3	Carer	4	1.1
Psychiatrists	36	10.1	Commissioners	2	<1
Occupational Therapists	25	7.0	Speech and Language Therapists	2	<1
Residential/support worker	10	2.8			
Researchers	9	2.5			
Social Workers	8	2.2	Geriatrician; Neurologist; Service lead; Physiotherapist, Primary care worker; Memory support worker; Ward administrator; Activity coordinator; Person with dementia; Pharmacist.	1	All <1
GP	7	2.0			
Carers	5	1.4			
Mental Health Practitioner	5	1.4			

One participant failed to provide details of their occupation; Total responders N=357



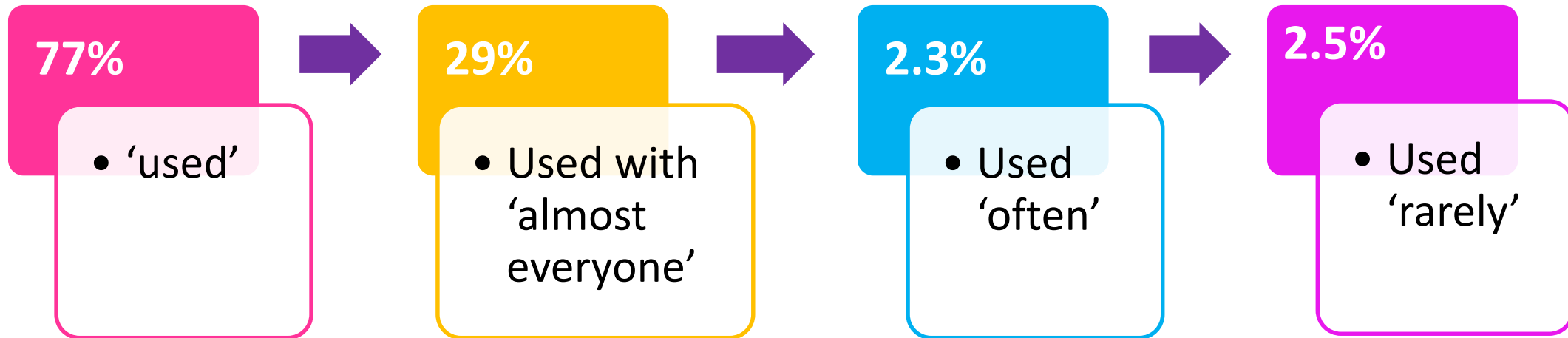
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## Survey(n=359)



- 78.6% stated either 'extremely useful' or 'very useful'.



## Benefits of formulation

**Increases knowledge  
and understanding of  
the person**

**Enables personalised  
interventions to  
address unmet needs**

**Collaborative and  
involves staff  
perspective**

**Highlights  
difficulties**

**Reduces use of  
medication**

**Facilitates  
good  
outcomes**



## Barriers to formulation

**Staff time and staff shortages**

**Usefulness depends on implementation by staff**

**Lack of resources for training and formulation**



## Involved in Formulation

**24.7% only  
psychologists**

**9.8% only  
nurses**

**25.5% no  
psychologists  
involved**

- Most frequent combination psychology/nurse

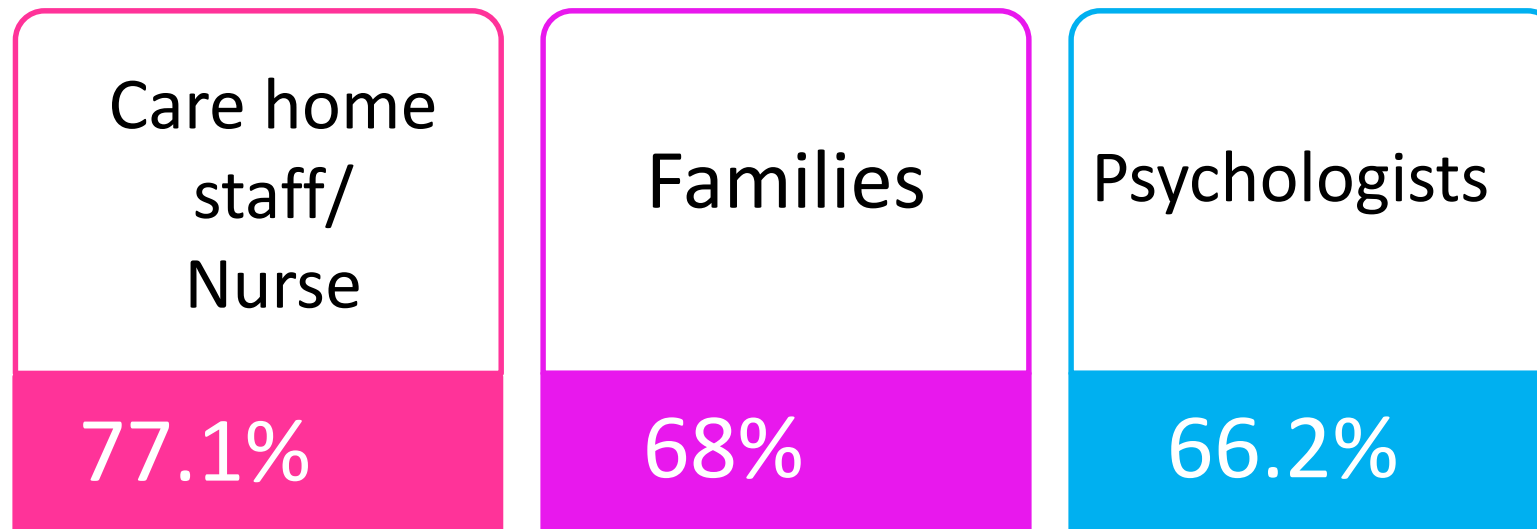




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# Survey(n=359)

## Contributing to the development of formulations





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## What makes formulation successful?

- Multidisciplinary contribution enables shared understanding.
- Development of a behaviour support plan.
- Support to enable carergivers to implement the plan.
- Evaluation of outcome with changes as appropriate.



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## Sharing and implementing formulation for caregivers needs to:

- Allow caregivers to assimilate, adjust and become stakeholders in the process.
- Help caregivers understand why they need to do something differently.
- Motivate change by promoting empathy.
- Translate into a simple care plan.



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# Thank-you!

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 @ianjamesncht