

# Working Solutions

## Tuesday

Plenary 4

0930– 1000

Melanie Sturman,  
MSc RGN



**Behavioural approach to supporting moving and handling practices with individuals who have dementia and behaviour that challenges.**

**This Theory session is aimed at Adult Care in a Community and Acute setting at Novice, Experienced Trainers and Strategic Advisors**

### Biography:

Melanie is a Registered Nurse with a specialist interest in moving and handling. Melanie graduated with a MSc in Back Care Management in 2008 and now specialises in plus size handling, falls management and supporting individuals with dementia and challenging behaviour. Melanie is a strategic moving and handling and clinical lead for Norfolk County Council. Melanie has written numerous articles for health and social care journals and was co-author of the Handling of People 6th Edition. Melanie is a regular speaker at national events and has presented her research in New Zealand, America, Germany and Spain. More recently Melanie presented her dementia work to the Panel of Patient Handling Ergonomists in Phoenix and to the Australian Association of Moving and Handling Practitioners.

### Abstract:

850, 000 people with a diagnosis of dementia are currently living in the UK. This figure is going to rise by 35% by 2025 and 45% by 2050, (Alzheimer's Society 2018). One million people will be living with dementia by 2025. Globally the numbers of people living with dementia will increase from 50m (2018) to 152M (2050).

Dementia not only devastates lives but creates enormous cost to the economy. The cost of dementia care is spread across three main sectors, health care, social care and on informal carers.

A diagnosis of dementia creates many challenges, challenging behaviour, behaviour that challenges, signs of distress, are all commonly used terms but which is correct? After a successful research project in Norfolk, Melanie introduced a behavioural model approach combining moving and handling and behavioural management strategies into her workplace. This presentation will take delegates through the research, implementation of the behavioural model offering strategies on how to manage and support behaviour that challenges.

### Objectives:

1. Learners will be able to understand relationship between combined moving and handling and dementia training.
2. Identify how to assess and record behaviour that challenges.
3. Use of the 5 W's behavioural tracking tool and Behaviour Intervention tools.
4. List strategies to help reduce behaviour that challenges.