

# Working Solutions

## Tuesday

**Session 4 G**  
1430—1515

**Session 5 C—Dementia**  
1600—1645

Melanie Sturman,  
MSc RGN



## Independence and Dementia—do the two fit together

**This Theory and Practical 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:

This Practical problem solving session will follow on from the Plenary session and explore tips and tricks to support individuals who express 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.