Telemedicine-based, multidisciplinary-team, intervention to reduce problematic behaviors of dementia patients residing in skilled nursing facilities

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We are presenting a multidisciplinary telemedicine based intervention to provide education on best practices in management of advanced dementia. This is targeted for individuals residing in dementia care facilities who have distressing behavioral symptoms that jeopardize their ability to remain in their current level of care. We selected a local dementia care facility for a proof of concept trial of the intervention which was delivered via a HIPAA compliant conduit with Apple "FaceTime" technology. Twelve subjects were recruited, and the intervention was delivered on eight subjects. Four patients survived to a 6 month outcome assessment, consistent with the expected mortality in this population with advanced disease. Outcome measures assessed Family impression of quality of life, caregiver impression of time spent, and the neuropsychiatric inventory total score. Despite small numbers, we did identify a statistically significant reduction in neuropsychiatric symptoms at 6 months ($P<0.03$). We are continuing to provide this intervention and increase our data using this method in rural settings. This pilot project demonstrates the feasibility of providing expert focused clinical educational interventions via telemedicine and shows promise to provide meaningful patient centered improvements in distressing symptoms.