



# Engaging hospitalized patients living with dementia in meaningful moments: An action research approach

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## BACKGROUND

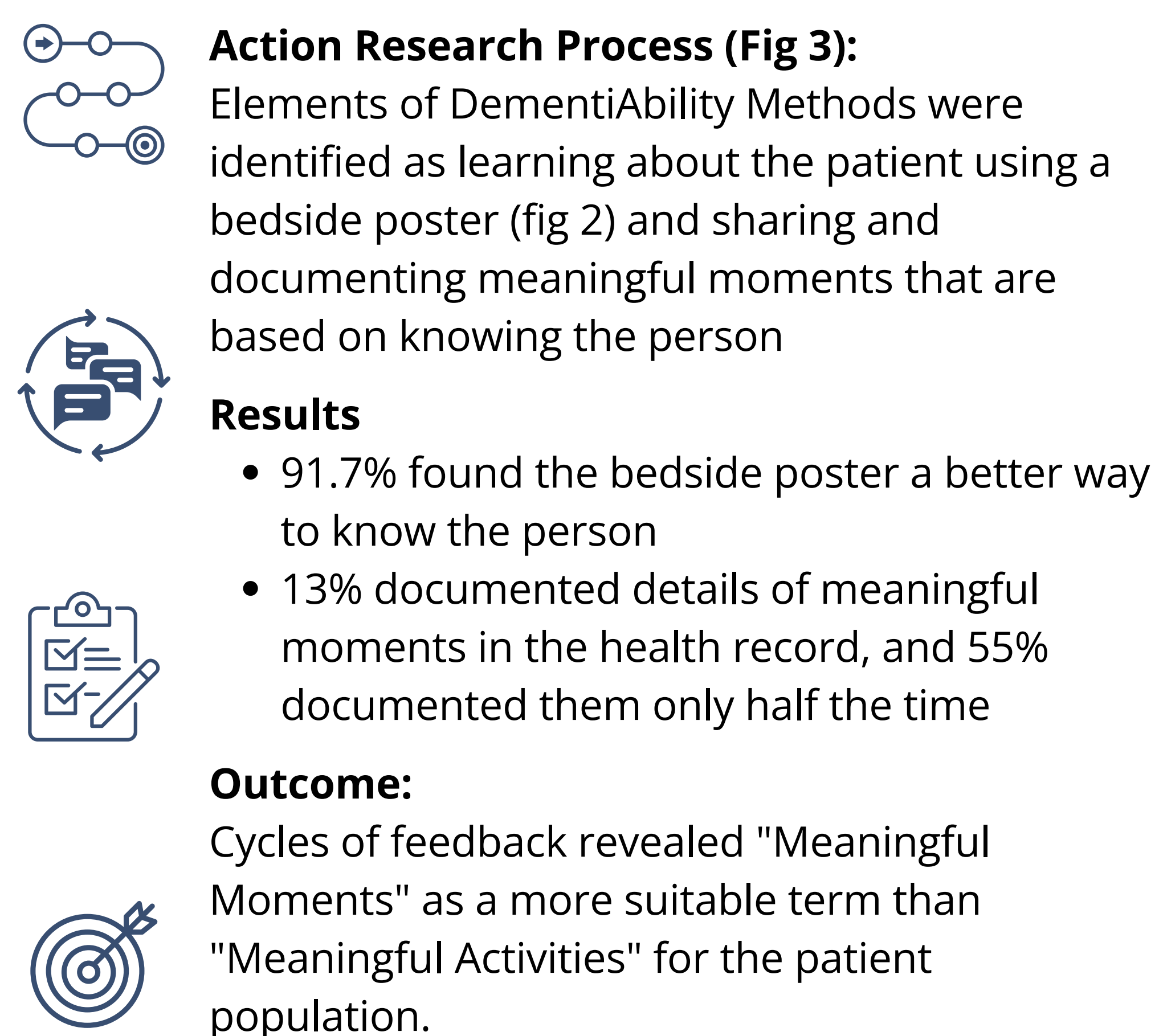
- **Meaningful Moments** are brief, non-pharmacological, person-centred interactions that evoke positive emotions and connect patients to their history, identity, or surroundings.
- The Meaningful Moments Initiative aims to identify elements from **DementiAbility Methods**, a multidisciplinary, evidence-based, non-pharmacological, person-centred approach to dementia care [1].
- **Objectives:**
  - a. Develop the Meaningful Moments initiative using an action research approach.
  - b. Determine implementation strategies, determinants and outcomes of the initiative.

## METHODS

### Descriptive Qualitative Study Design

- **Participants:** Healthcare professionals - nursing professionals, psychiatrists, clinical managers, social workers, rehabilitation and therapy professionals, registered dietitians, speech-language pathologists, and clinical neuropsychologists
- **Setting:** Specialized dementia care unit at an Ontario hospital
- **Research Design:** The Action Research Process [2] and Implementation Research Logic Model [3]
- **Data Collection:** Multidisciplinary focus groups and surveys to develop the initiative
- **Data Analysis:** Thematic and descriptive analyses using the research models

**Figure 1.** Survey and Focus Group Results



**Figure 2.** "Getting to know me" Poster with the "Meaningful Moments to Share Together Card"



**Getting to know me...**

I'd like to be called: \_\_\_\_\_ name \_\_\_\_\_

My Countries/Languages: \_\_\_\_\_

My favourite Music/Songs/TV Shows: \_\_\_\_\_

My work: \_\_\_\_\_

My Hobbies/Interests: \_\_\_\_\_

Other things I'd like you to know about me... \_\_\_\_\_

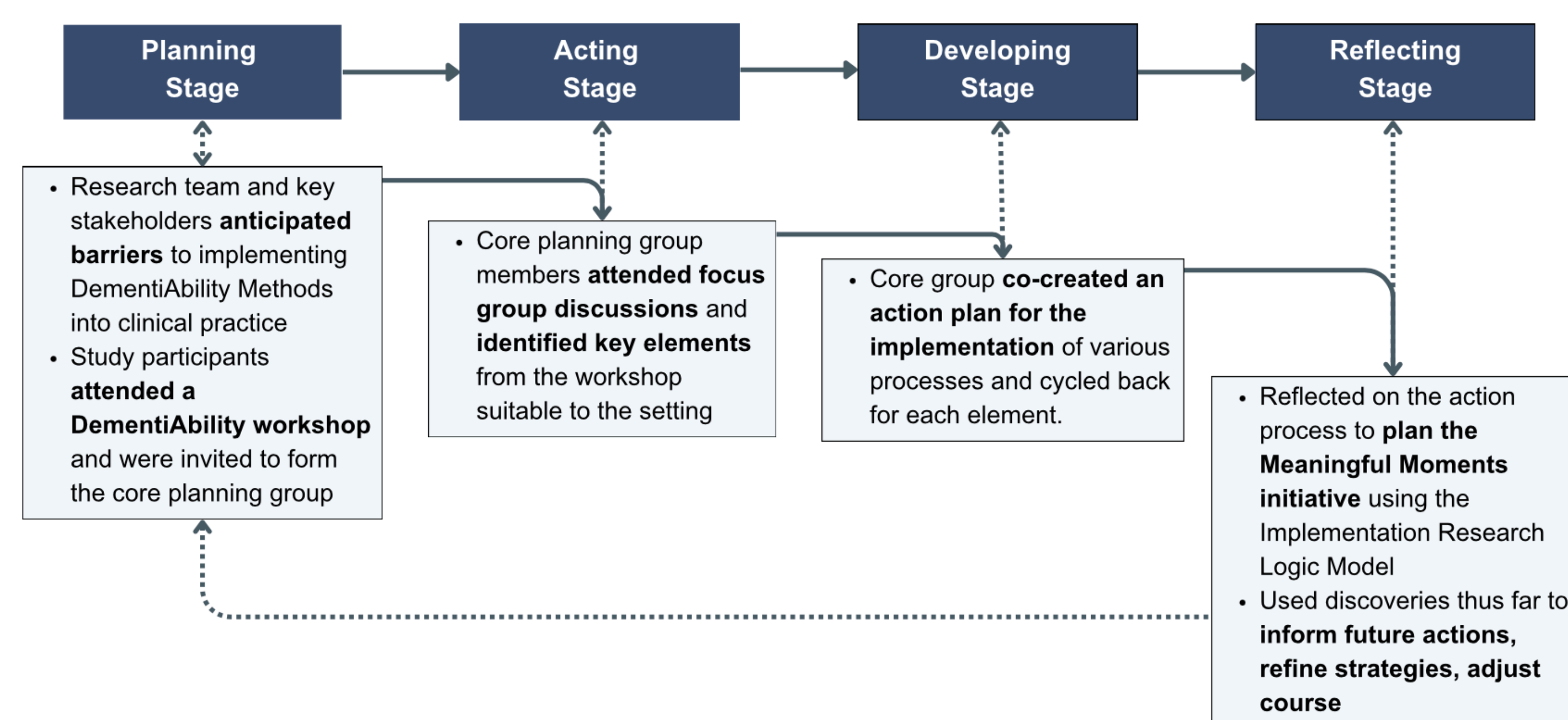
My important relationships including Pets: \_\_\_\_\_

meaningful moments to share together: \_\_\_\_\_

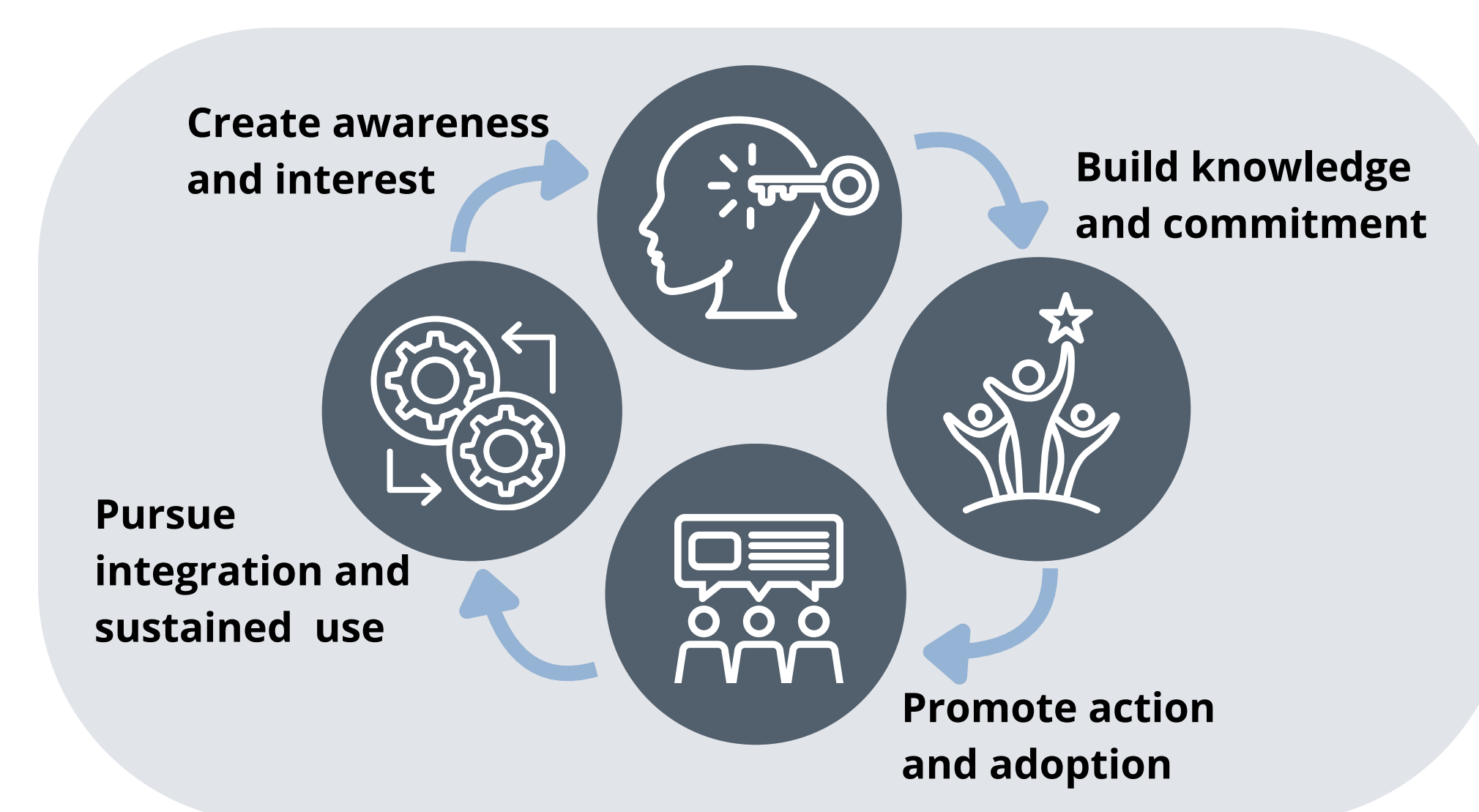
St. Peter's Hospital | Meaningful Moments

## RESULTS

**Figure 3.** Meaningful Moments Initiative Action Research Process



**Figure 4.** Learnings for successful implementation



## DISCUSSION

- The initiative's success stems from the key elements of **DementiAbility Methods**. Initiatives such as this one should be adapted using a **cyclical process** that has effective leadership with input from participants throughout program design.
- The adoption of an **Action Research Process and Implementation Research Logic Model** allowed for continuous feedback and improvement. Future implementation of meaningful moments should maintain effective leadership and a cyclical approach involving all stakeholders.