

NEWS FROM THE COUNTRIES

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Video Recording As A Method Improves Care For People With Dementia

Astrid Andersen's master thesis at NHV has shown that the video-based supervision method, Marte Meo, used in dementia care has given the caregiver a concrete tool. It also has increased their consciousness and given them collective knowledge. They experience that they meet each patient's need in a better way.

People with dementia need support from others through the whole process of illness. If more resources are not put into dementia care, the problems for the persons with dementia and their caregivers can become gigantic in the future.

Much of the education given today is in the form of lectures given in each ward, care center or at an external location and it is not always transferable into practice. To be educated in a method that can be transferred into practice ought to be the aim of every education where the intent is to change practice.

- My study has shown that video recordings of interaction with persons with dementia can increase the possibilities to meet the patients' needs in a better way, says Astrid Andersen.

In the Marte Meo method short sequences of interaction between caregiver and patient are recorded. Afterwards the short films are analyzed and the supervisor shows actual situations for discussion. Sequences where the interaction is good are preferred, to illustrate what the caretakers should do more often. Then an agreement is made how to continue work until the next video recording and supervision.

Both staff and the patient's family members are important resources in health care. To educate and supervise both groups using the Marte Meo method will increase their understanding of dementia illness.

To find methods for better interaction with persons with dementia is important in perspective of a global demographic challenge; a larger elderly population.

With an escalating number of elderly, there will be more persons with dementia. UN report "World Population Ageing 1950-2050" concludes that the increasing number of elderly will result in economic, social, political and cultural consequences. It is assumed that the dementia population in the Nordic countries will be doubled within 30-40 years.

Title: The method that can change practice. A grounded theory study of Marte Meo therapists in dementia care.

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