

The evaluation of the Community Occupational Therapy Guideline for Older People with Dementia and their Caregivers: the continuum of increasing evidence.

Maud Graff, Myrra Vernooij-Dassen, Marcel Olde-Rikkert
Radboud University Medical Center Nijmegen, Nijmegen, Netherlands

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Maud JI Graff (PhD, OT), Myrra JFJ Vernooij-Dassen (PhD), Marcel GM Olde-Rikkert (PhD)

Introduction: The Community Occupational Therapy Guideline for Older People with Dementia and their Caregivers has proven to be effective and cost-effective. Objectives: to reach this evidence different phases of the route to evidence based occupational therapy in dementia were aimed and followed.

Methods: the UK's Medical Research Council's framework for complex interventions (MRC framework), illustrated by the "Continuum of Increasing Evidence" , is eligible for the evaluation of complex and multi-component psychosocial interventions. Our community occupational therapy intervention for older people with dementia and their caregivers is such a multi-component and complex psychosocial intervention. In this presentation different research methods used in these different phases and its outcomes are presented.

Results: In the first phase, the preclinical or theoretical phase of the framework, we developed our theory- and consensus based occupational therapy guideline. In the second phase, the modeling phase, we performed qualitative case study analyses. The third phase, the exploratory trial phase, different pilot studies to feasibility of intervention and design of the randomized controlled trial were carried out. Based on these outcomes, the design of the fourth phase the randomized controlled trial was developed and performed to evaluate the effectiveness and cost-effectiveness of this OT intervention for older people with dementia and their caregivers. In the last phase, the implementation phase, a pilot implementation study and an implementation study has been carried out. In the pilot implementation study, barriers and facilitators for implementation were analyzed, and design of the implementation study was developed.

Conclusion and contribution to evidence based practice: Our studies are illustrations of the phases of the MRC-framework. This framework explains the importance to follow all these different phases on the route to evidence based practice to effectively evaluate complex and multi-component psychosocial interventions. The highly effective and cost-effective outcomes of our studies confirm the importance to follow all these phases of the route to evidence based occupational therapy.