

Communication and Dementia Care - Nursing Handout

Objectives:

1. Understand how communication preserves dignity and identity in dementia patients.
2. Apply nursing-specific communication strategies to enhance care quality.
3. Identify and overcome communication barriers in clinical settings.

Key Topics Covered:

- Nurses are central to dementia care.
- Effective communication reduces anxiety, preserves identity, and improves cooperation.
- Limited training in non-verbal communication.
- Underuse of tools like memory books and visual aids.
- Misconceptions about cognitive capacity and patient participation.
- Training boosts nurse confidence and competence.
- Improves patient outcomes and satisfaction.
- Enhances team collaboration and adherence to person-centered care.
- Using calm tone and simplified language.
- Employing touch and eye contact.
- Documenting communication preferences in care plans.

Case Study Summary:

Mrs. Thompson, an 82-year-old with moderate-stage Alzheimer's, exhibited agitation during evening care. Nurse Julia used a calm approach, familiar language, and a memory book to engage her. As a result, Mrs. Thompson showed reduced agitation, improved cooperation, and a better mood.

Conclusion:

Nurses play a vital role in dementia care. Communication is not just a skill - it's a clinical tool that enhances trust, reduces distress, and promotes dignity. Training and awareness empower nurses to deliver compassionate, effective care.