Keeping Research Relevant: from RCT to Practice

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Seattle Protocols

Problems
- Depression
- Agitation
- Anxiety
- Sleep disturbance
- Post-stroke

Staff Training
- STAR
- STAR-C
- STAR-VA
- AFH
- NH

Behavioral Training Plus Exercise
- RDAD
- RDAD-Ohio
- RDAD-NW

Cognitive Status
- Early stage MCI

There is a large and growing demand for nonpharmaceutical treatments for dementia.
RDAD-NW

AAA Sites In Washington and Oregon
Challenges to Translation/Implementation:

Problems are basic.
The solutions can be complicated.

- **Who's in charge here?** Every project requires collaboration and communication. Every project needs a leader.
  - Who should be involved?
  - Who are most likely to benefit? Who are most in need?
  - Who are the key payors? Who will be payors when grant funding ends?

- **What programs are ready to move forward?**
  - What are the core components?
  - What components can be amended to fit the need of agencies involved?

- **Where should programs be translated/implemented?**
  - How can we prioritize so that we learn the most we can in the most cost and time-effective way possible?

- **Why should we invest the time and effort?**

- **When should we do this?**
Recommendations:
We know what works. Let’s stop re-inventing the wheel.

Let’s identify and build on evidence-based programs that have successfully transitioned from laboratories to practice. Let’s help these programs evolve into more relevant community-based programs. HOW?

- Move these programs into the homes (and congregate care settings) of those with dementia to facilitate better lives for them and their caregivers.
- Establish a consistent replicable testable method for doing this with other “ready-to-go” programs.
- Establish clear strategic and financial paths for dissemination and sustainability.
- Identify populations and issues still needing our attention. Focus new adaptations, modifications on these.

PLEASE: Let’s not lose sight of why we are doing this! To improve the care of those suffering from dementia and help those who love and care for them.

Thank you!

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