


# Keeping Research Relevant: from RCT to Practice

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#DementiaCareSummit



*There is a large and growing demand for nonpharmaceutical treatments for dementia.*


## Seattle Protocols

<u>Problems</u> <ul style="list-style-type: none"><li>• Depression</li><li>• Agitation</li><li>• Anxiety</li><li>• Sleep disturbance</li><li>• Post-stroke</li></ul>	<u>Staff Training</u> <ul style="list-style-type: none"><li>STAR</li><li>STAR-C</li><li>STAR-VA</li><li>AFH</li><li>NH</li></ul>	<u>Behavioral Training Plus Exercise</u> <ul style="list-style-type: none"><li>RDAD</li><li>RDAD-Ohio</li><li>RDAD-NW</li></ul>	<u>Cognitive Status</u> <ul style="list-style-type: none"><li>Early stage</li><li>MCI</li></ul>
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**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!

- ▶ **Funders of Seattle Protocols and today's presentation:**
  - National Institute on Health ARRA P30AG034592
  - National Institute of Mental Health R21 MH069651
  - National Institute on Aging AG10845, AG14777, P30 AG034592
  - Alzheimer's Association IIRG-0306319
  - US Department of Veterans Affairs
- ▶ **Colleagues, study partners and participants:**
  - Rebecca Logsdon, Susan McCurry, Eric Larson, Christina Coulter, Michele Karel, Brad Karlin, David LaFazia, Glenise McKenzie, Amy Moore, Martha Cagley; staff from AAAs, Alzheimer's Association, ALRs, VA-CLCs; and those with dementia and their caregivers.