

# A pilot study of differences in behavioral and psychological symptoms of dementia in nursing home residents in Sydney and Shanghai

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## **Reference:**

## **Key Words:**

## **Research aim:**

The aim of the present study was to increase understanding of the effects of culture on behavioral and psychological symptoms of dementia (BPSD) by comparing the rates of BPSD in nursing home residents across three residential facility types: (1) mainstream nursing homes in Sydney, (2) ethno-specific Chinese nursing homes in Sydney, and (3) a long-term high care facility in Shanghai known as a dementia hospital.

## **Results/Conclusion:**

The mean NPI-NH total score for the sample was 28.5 (SD = 17.2) with no significant differences across the three facility types. Comparison of NPI-NH subscales showed residents from the ethno-specific Chinese facilities had lower rates of hallucinations than Shanghai residents ( $p = 0.003$ ), but no differences from those in mainstream facilities. Shanghai residents had lower frequencies of disinhibition and irritability than ethno-specific Chinese residents ( $p = 0.003$ ,  $p = 0.004$  respectively), but no differences with mainstream residents.

## **Implications:**

The prevalence of BPSD does not differ among nursing home populations of different cultural backgrounds. Longitudinal community studies among different cultural groups would better elucidate the effects of culture on BPSD at different stages of dementia.

## **Cultural Group(s):**

## **Location of study:**

## **Age group:**

## **Number included in study:**

149

## **Type of participants:**

residents of residential care facilities and their caregivers

## **Research approach:**

## **Type of data:**

## **Secondary data sources used:**

## **Specific scales or analytical techniques used:**

Neuropsychiatric Inventory-Nursing Home Version (NPI-NH), Mini-mental State Examination (MMSE), Global Deterioration Scale (GDS)

## **Implications/ Recommendations:**

## **Notes:**