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Psychosis Management Through Non-Pharmacological Interventions in Nursing Facilities

Health Services Advisory Group (HSAG) is the West Centers for Medicare & Medicaid Services (CMS) Quality Innovation Network-Quality Improvement Organization (QIN-QIO) Region 7.

Psychosis Management Through Non-Pharmacological Interventions in Nursing Facilities

Non-pharmacological interventions are strategies used to improve mental, emotional, and physical well-being that do not involve medication.

As part of person-centered care, non-pharmacological interventions can help manage various mental health conditions, including psychosis, a condition in which a person loses touch with reality.

Evidence-based, Non-pharmacological Interventions

All interventions should be personalized, included in the resident's care plan, and carried out by the team member designated on the plan.

Non-Pharmacological Interventions	Strategies
 Resident and Family Education	Provide clear, easy-to-read educational pamphlets from reliable sources that explain the resident's specific psychotic disorder.
 Support Systems	Encourage family involvement and include the ombudsman as applicable.
 Individual or Group Psychotherapy	Connect residents to mental health services, including Cognitive Behavioral Therapy for Psychosis (CBTp).
 Support Groups	Connect residents to in-person or online support groups.
 Peer-Support Specialists	Involve peer-support specialists when appropriate. These individuals are in recovery and can share their lived experiences to support and encourage residents.
 Psychosocial and Physical Activities	Create individualized, strengths-based schedules that include activities residents enjoy and value.
 Wellness Management	Guide residents in using recovery workbooks, meditation, and mindfulness techniques to manage symptoms.
 Auditory Distractions	Offer soothing music, headphones, and other coping strategies to ease anxiety-related psychotic symptoms.

Psychosis Management Through Non-Pharmacological Interventions in Nursing Facilities

Nursing facilities can contribute to a safe, respectful, and therapeutic environment for residents experiencing psychotic symptoms by implementing the following:

Nursing Facility Interventions	Strategies
 Staff Education and Training	Provide facility-wide training sessions focused on understanding psychotic disorders. Training should include skills in active listening, empathy, deescalation, and psychosocial interventions.
 Problem Solving	Work collaboratively with residents to address concerns. Do not directly challenge the resident's delusions or hallucinations. Focus on providing support and solutions that promote safety and comfort.
 Active Listening	Listen and allow residents to express their experiences, thoughts, and emotions without judgment. Validate their distress and show empathy, even when statements may include false accusations or beliefs.
 Trigger Reduction	Monitor environmental triggers that may worsen symptoms, such as loud noises, bright lights, or crowded areas. Modify or eliminate these triggers, when possible, to create a calm and supportive setting.

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