CHARLOTTA THUNBORG graduated as a physiotherapist 2009. The last four years she has been a PhD student at Örebro University. Her scholarly work focuses on behavioral medicine interventions for problematic transfer-related behavior in dementia care dyads. She has particular interest in the reciprocal effect that environment, the behavior and the personal factors has on the transfer situation. Her research focuses on problematic behavior in relation to both individuals (care receiver/caregiver) participating in the transfer situation. To maximizing outcomes of interventions Charlotta wants to understand the behavior theoretically and apply theory to intervention development and evaluation, and to evidence synthesis.

Dementia is one of the most common causes of ill-health and morbidity among the elderly and in the end stage of disease many persons with dementia are cared for in a nursing home. Caregivers working in nursing homes often struggle to perform the relevant daily person transfers. The highly important person transfer situation is influenced by complex, intertwined biopsychosocial factors that are related to the expression of personal, environmental and behavioral variables. Behavior medicine is relevant to physiotherapy since the perspective highlight the way a person behave, handles interpersonal and emotional stress and perform in different environmental contexts.

The present thesis involved focus group interviews with caregivers and observation of person transfer situations, alongside with the development of an assessment scale to measure behavior related to the transferring of persons with dementia. In two single-case experimental design studies, the new scale was shown to contribute to a substantial gathering of data on behaviors in care dyads’ person transfer situations.

The results of the thesis show that person transfer situations in dementia special care units are influenced by different biopsychosocial factors and that the new assessment scale can support professionals in decision-making about treatment strategies.

Doctoral Dissertation

Exploring dementia care dyads’ person transfer situations from a behavioral medicine perspective in physiotherapy

Development of an assessment scale

CHARLOTTA THUNBORG

Medical Science with a specialisation in Health- and Care Sciences