

**BIOGRAPHICAL SKETCH**

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NAME: Kolanowski, Ann M.

eRA COMMONS USER NAME (credential, e.g., agency login): akolanowski

POSITION TITLE: Elouise Ross Eberly Professor of Nursing

EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.)

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
College of Misericordia	BS	1970	Nursing
Penn State University	MS	1980	Adult Health & Aging
New York University	Ph.D.	1989	Nurs Res & Theory Dev
University of Pennsylvania	Post-Doc	1992	Teaching Nursing Home
University of Michigan	Post-Doc	1994	Res Fellow/Neurobehav

**A. Personal Statement**

I am well qualified to serve as one of the principal investigators on the proposed project by virtue of my over 20 years of research productivity in the area of behavioral and psychological symptoms of dementia (BPSD) in nursing home residents. I have been principal investigator/co-investigator on a number of NIH, foundation, and internally-funded studies that have investigated factors related to BPSD in persons with dementia, and studies that have tested personalized non-drug interventions for responding to these common symptoms. Currently I am a principal investigator on a 5-year NINR funded clinical trial that is testing the efficacy of cognitive stimulation for delirium in persons with dementia in Skilled Nursing Facilities. In all of these projects, quality of life and quality of care are major themes. My program of research has produced over 110 peer-reviewed papers. I am aware of the importance of implementing and disseminating the scientific findings from the efficacy work our team has done. To that end, I co-led, with Dr. Kimberly Van Haitsma, a partnership with the Centers for Medicare and Medicaid to Improve Behavioral Health in Nursing Homes. In this project, which was funded by the Commonwealth Foundation, we developed a comprehensive compendium of peer-reviewed/expert-endorsed resources to implement a facility-wide, person-centered, non-drug approach to BPSD in nursing home residents (The Nursing Home Toolkit: [www.nursinghometoolkit.com](http://www.nursinghometoolkit.com)). With this background I am prepared to provide leadership to the research team and nursing home staff on the implementation of person-centered, non-drug interventions for the BPSD.

**B. Positions and Honors****Positions and Employment**

• 1971-72	Faculty	Instructor	Mercy Hospital
• 1976-77	Faculty	Instructor	Luzerne County Community College
• 1979-80	Faculty	Instructor	Wilkes College
• 1980-86	Faculty	Assistant Professor, Tenured	Wilkes College
• 1986-87	Acting Chair	Assistant Professor	Wilkes College Dept. of Nursing
• 1987-95	Chairperson	Associate Professor	Wilkes University Dept. of Nursing
• 1995-98	Chairperson	Professor	Wilkes University Dept. of Nursing
• 1998-2001	Chairperson	Professor	Medical College of Georgia Department of Adult Nursing
• 1999-2001	Faculty	Professor, Tenured	Medical College of Georgia School of Graduate Studies

- 2000-2001 Interim Chair Medical College of Georgia
- 2001-present Faculty Professor, Tenured Dept. of Mental Health/Psychiatric Nursing  
Penn State University
- 2001-present Faculty Affiliate The Center for Healthy Aging, Penn State
- 2007-present Center Director Hartford Center of Geriatric Nursing  
Excellence at Penn State Univ.

### Other Experience and Professional Memberships

- 1983-current Member, Zeta Psi Chapter, Sigma Theta Tau
- 1985-current Member, American Nurses Association
- 1995-current Member, Eastern Nursing Research Society
- 2001-current Faculty Affiliate, The Gerontology Center, Penn State University
- 2001-current Board Member, Geriatric Interest Network, Centre County, PA
- 2002-current Fellow Gerontological Society of America, Health Sciences Section
- 2002-current Editorial Board, *Journal of Gerontological Nursing, Research in Gerontological Nursing*
- 2003-current Review Panel Member, *Archives of Psychiatric Nursing, Applied Nursing Research, Gerontologist, Journal of Gerontology: Psychological Sciences*
- 2003 Fellow American Academy of Nursing
- 2004 Fran and Holly Soitsman Award for Excellence in Health Services Research
- 2006 John A. Hartford Geriatric Nursing Research Award, Eastern Nursing Research Society
- 2007 Elouise Ross Eberly Professor of Nursing
- 2012 Doris Schwartz Gerontological Nursing Research Award, Gerontological Society of America
- 2012-current Member, Dementia Action Alliance and the Optimizing Health and Well-Being Committee
- 2012- present Member, NIH AD Clinical Trials Special Emphasis Panel Study Section
- 2013-current Editorial Board, *Journal of the American Geriatrics Society*

### C. Contribution to Science

Development of Theory-Based Non-pharmacological Interventions for Behavioral and Cognitive Symptoms in Persons with Dementia. Papers cited were selected from over 110 peer-reviewed publications- link to Pub Med: <http://www.ncbi.nlm.nih.gov.ezaccess.libraries.psu.edu/pubmed/?term=Kolanowski+a>.

1. In 1990, we knew very little about the causes of and interventions for the behavioral and psychological symptoms of dementia (BPSD). My early publications reflect the work I did to identify factors related to these behaviors, and the work I did with colleagues to incorporate these factors into a model: the Need-driven Dementia-compromised Behavior (NDB) Model. This model was one of the first to reframe the view of behavioral symptoms as “disturbing” to behaviors that communicate unmet needs. My contribution to the model was the importance of premorbid personality as a risk factor for BPSD and as an expression of individual needs. In two large NINR-funded studies, we found that premorbid personality traits were related to aggression and problematic vocalizations in persons with dementia.

- Kolanowski, A. M., & Whall, A. (1996).** Life-span perspective of personality in dementia. *Image, Journal of Nursing Scholarship*, 28(4), 315-320.
- Algase, D. L., Beck, C., **Kolanowski, A. M.**, Whall, A., Berent, S., Richards, K., & Beattie, E. (1996). Need-driven dementia- compromised behavior: An alternative view of disruptive behavior. *American Journal of Alzheimer's Disease*, 11(6), 10 & 12-19.
- Whall, A., Colling, K., **Kolanowski, A. M.**, Kim, H., Son Hong, G., DeCicco, B., Ronnis, D., Richards, K., Algase, D., & Beck, C. (2008). Factors associated with aggressive behavior among nursing home residents with dementia. *The Gerontologist*, 48, 721-731. PMID: PMC3556514
- Beck, C., Richards, K., Lambert, C., Doan, R., Landes, A., Whall, A., Algase, D., **Kolanowski, A. M.**, & Feldman, S. (2011). Factors associated with problematic vocalizations in nursing home residents with dementia. *The Gerontologist*, 51(3), 389-405. PMID: PMC3140256

2. In 2000, there was some clinical evidence that recreational activities could reduce BPSD in nursing home residents with dementia, but we did not have a systematic method for prescribing these activities in an individualized manner, or strong empirical evidence supporting their use. I used the NDB model to design an innovative theory-based method for identifying the style of interest (activity preferences) of people with dementia vis. a vis. an assessment of their personality traits. This approach gave “voice” to people with

dementia who have difficulty expressing their activity preferences. Activities that match style of interest are more therapeutic because they meet individual needs expressed by personality. We tested this hypothesis in two NINR-funded clinical trials. In both trials, we found that personality style of interest was the activity component that produced the most efficacious results for improving engagement, attention and alertness while reducing BPSD. Activities matched to both function and style of interest improved pleasure. These were among the first studies to provide the evidence base for using tailored activities for BPSD.

- a. **Kolanowski, A. M.**, Buettner, L., Costa, P., & Litaker, M. (2001). Capturing interests: Therapeutic recreational activities for persons with dementia. *Therapeutic Recreation Journal*, 35(4), 220-235.
- b. **Kolanowski, A. M.**, Litaker, M., & Buettner, L. (2005). Efficacy of theory-based activities for behavioral symptoms of dementia. *Nursing Research*, 54(4), 219-228.
- c. **Kolanowski, A. M.**, Hoffman, L. E., & Hofer, S. (2007). Concordance of self-report and informant assessment of emotional well-being in nursing home residents with dementia. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 62(1), P20-P27.
- d. **Kolanowski, A. M.**, Litaker, M., Buettner, L., Moeller, J., & Costa, P. (2011). A randomized clinical trial of theory-based activities for the behavioral symptoms of dementia in nursing home residents. *Journal of the American Geriatrics Society*, 59(6), 1032-1041. PMCID: PMC3381903

3. My current work builds on earlier research and addresses the cognitive symptoms of delirium in persons with dementia. We learned that interest-capturing activities engage people with dementia and we are now using this approach to improve inattention, the most prominent cognitive feature in delirium. In our NINR-funded clinical trial, we are testing the efficacy of interest-tailored cognitive activities for focusing attention and restoring disrupted cognitive function - a problem that is found in delirium regardless of precipitating cause. As such, this non-drug intervention has the potential to complement other well targeted medical treatments for delirium. I lead the interdisciplinary team that refined the theoretical framework that guides the testing of this innovative intervention.

- a. **Kolanowski, A. M.**, Fick, D. M., Clare, L., Therrien, B., & Gill, D. J. (2010). An intervention for delirium superimposed on dementia based on cognitive reserve theory. *Aging and Mental Health*, 14(2), 232-242.
- b. **Kolanowski, A. M.**, Fick, D. M., Litaker, M., Clare, L., Leslie, D., & Boustani, M. (2011). Study protocol for the recreational stimulation for elders as a vehicle to resolve delirium superimposed on dementia. *Trials*, 12, 119. PMCID: PMC3113988
- c. **Kolanowski, A. M.**, Bossen, A., Hill, N., Guzman-Velez, E., & Litaker, M. (2012). Factors associated with sustained attention during an activity intervention in persons with dementia. *Dementia and Geriatric Cognitive Disorders*, 33(4), 233-239. PMCID: PMC3560398
- d. Hill, N, **Kolanowski, A.**, Fick, D., Chinchilli, V. & Jablonski, R. (2014). Personality as a moderator of cognitive stimulation in older adults at risk for accelerated cognitive decline. *Research in Gerontological Nursing*, 7(4), 159-170. PMCID: PMC4115044

4. My current research also includes work on the CMS *National Partnership to Improve Dementia Care and Reduce Antipsychotic Use in Nursing Homes*. This work is translating into clinical practice earlier findings about the efficacy of non-drug behavioral and cognitive interventions for BPSD. Supported by a grant from the Commonwealth Foundation, I co-led an expert interdisciplinary team in the development of a free, web-based Toolkit that helps staff implement non-drug interventions for the BPSD:

(<http://www.nursinghometoolkit.com>). Additionally, I am a member of the Dementia Action Alliance, a grassroots organization dedicated to the promotion of person-centered care for people living with dementia. I am co-chair of their Education, Health and Well-Being Committee.

- a. **Kolanowski, A.**, Fick, D., Fraser, C. & Penrod, J. (2010). It's about time: Use of non-pharmacological interventions in the nursing home. *Journal of Nursing Scholarship* 42(2), 214-222.
- b. Hill, N., **Kolanowski, A. M.**, Milone-Nuzzo, P. F., & Yevchak, A. M. (2011). Culture change models and resident health outcomes in long-term care. *Journal of Nursing Scholarship*, 43(1), 30-40.
- c. **Kolanowski, A. M.**, Van Haitsma, K., Resnick, B., & Boltz, M. (2014). A new toolkit for behavioral health. *JAMDA*, 15(4), 298-299
- d. **Kolanowski, A. M.**, Van Haitsma, K., Penrod, J., Hill, N., & Yevchak, A. (2015). "Wish we would have known that!" Communication breakdown impedes person-centered care. *The Gerontologist*, 55(Supp 1), S50-S60.

## **D. Research Support**

### **Ongoing Research Support**

R01 NR012242      Kolanowski & Fick (MPI)      9/09/10- 6/30/15 (NCE- 6/30/16)  
NIH/NINR  
RESERVE For Delirium Superimposed on Dementia (DSD)  
The purpose of this RCT is to test the efficacy of cognitive stimulation, in the form of recreational activities, for resolving DSD.  
Role: Principal Investigator

1R01NR012737-01   Jablonski (PI)      4/1/2011-3/30/2015 (NCE- 3/30/16)  
NIH/NINR  
Reducing Care-Resistant Behaviors During Oral Hygiene in Persons with Dementia  
The primary goal of this study is to test the efficacy of an intervention to reduce care-resistant behavior and improve oral health in persons with dementia by means of a randomized controlled trial.  
Role: Consultant

R01 NR011042      Fick (PI)      4/01/10 to 2/28/15 (NCE- 2/28/16)  
NIH/NINR  
Early Nurse Detection of Delirium Superimposed on Dementia-END-DSD  
This study is testing a multi-component intervention for the early detection and treatment of delirium superimposed on dementia in hospitalized older adults.  
Role: Co-Investigator

Hartford Center of Geriatric Nursing Excellence      Kolanowski (PI)      01-01-12- 12/30/2015  
John A. Hartford Foundation  
Extending A Local Solution to Address A National Crisis  
The focus of this center is to prepare an increased number of geriatric nursing faculty who can teach in geographical areas of greatest need.  
Role: Principal Investigator

No Number      Buck (PI)      01/01/2014-12/31/2015  
Highmark Foundation  
Improving Rural Geriatric Care Through Education  
Role: Administrative Oversight

### **Completed Research**

R00 NR011173      Sawyer (PI)      4/4/11 - 3/31/14  
NIH/NINR  
Risk Assessment and Tailored Intervention to Improve CPAP Adherence  
The study aims are to determine the effect size, feasibility, and acceptability of a tailored intervention on continuous positive airway pressure therapy (CPAP) adherence among newly-diagnosed obstructive sleep apnea (OSA) patients.  
Role: Co-Investigator

Project # 20130170      Kolanowski (PI)      12/01/12 - 7/15/13  
Commonwealth Foundation  
Toolbox for Improving Behavioral Health in Nursing Homes Project  
The goal of this project is to convene a national, interdisciplinary group of geriatric behavioral experts who will develop a compendium of peer-reviewed/expert-endorsed existing resources that may be used by staff in implementing non-pharmacological approaches for BPSD.  
Role: Principal Investigator with Kimberly Van Haitsma