



## **Published Research Studies and National Awards**

Online training plays an important role in helping many organizations meet regulatory and compliance requirements. However, compliance alone is not sufficient. Equally important is credible, evidence-based programming demonstrating effectiveness in improving staff knowledge, behavior, and care outcomes for people living with dementia. For this reason, research, evaluation, and publication are core priorities at HealthCare Interactive.

HealthCare Interactive has differentiated itself by building one of the largest bodies of published evidence supporting the effectiveness of online dementia care training. HCI, in collaboration with university-based research partners and independent external research teams, has conducted and published multiple studies in peer-reviewed academic journals. In addition, CARES® programs have been independently examined and cited in peer-reviewed research conducted by other investigators. With few exceptions noted, the articles listed below have undergone rigorous peer review and have been published in the academic literature.

As a result of this sustained research base, CARES® is the most researched, evaluated, published, and award-winning online dementia care training program available. Studies have proven a reduction in antipsychotic medication usage, decreased resident anxiety, and measurable increases in observable person-centered care practices among direct-care staff.

### **2026**

#### **An Online Training Program to Reduce Antipsychotic Medication Use in Nursing Homes: The CARES® Dementia 5-Step Method**

Hobday, J.V., Rosopa, P.J., Rosopa, E.B., Hobday, A., Gaugler, J.E. (in press). An Online Training Program to Reduce Antipsychotic Medication Use in Nursing Homes: The CARES® Method. *Journal of the American Medical Directors Association*.

### **2024**

#### **Increased Observable, Person-Centered Care and Decreased Resident Anxiety as Measured by the CARES® Observational Tool and Apparent Emotion Rating Tool**

Cattoor, E., & Hobday, J.V. (2024). Evaluation of person-centered dementia care utilizing the CARES® Observational Tool. *Medical Research Archives*, [online] 12(11), 1-9. doi:10.18103/mra.v12i11.5531

#### **RCT Evaluation of CARES® Dementia 5-Step Method for Hospitals™ Online Training and Certification**

Hobday, J. V., Gaugler, J. E., Joly, L. K., Rosopa, P. J., Graham, B. A., Cicchinelli, A., ... & Mittelman, M. S. (2024). Efficacy of the CARES® Dementia 5-Step Method for Hospitals™ Online Training and Certification Program for hospital staff. *Geriatric Nursing*, 60, 440-447. doi: 10.1016/j.gerinurse.2024.09.013

### **State-wide Evaluation of CARES® Dementia 5-Step Method for Hospitals™ in 5 University of North Carolina Hospitals and Medical Centers**

Roberts, E., Schneider, E. C., Dale, M., Henage, C. B., Kelley, C. J., & Busby-Whitehead, J. Implementation and outcomes of a dementia-friendly training program in five hospitals. (in press). *Geriatric Nursing*.

## **2023**

### **Evaluation of an Online Dementia Training Program to Reduce Antipsychotic Medication Use in Nursing Home**

Bradford, R., Smith, L., & Jennings, J. (2023). Evaluation of an Online Dementia Training Program to Reduce Antipsychotic Medication Use in a Nursing Home. *Journal of Gerontological Nursing*, 49(7), 5-8. doi:10.3928/00989134-20230615-02

### **Exploring Access to Community Care and Emergency Department Use Among People with Dementia: A Qualitative Interview Study with People with Dementia, and Current and Bereaved Caregivers**

Williamson, L. E., Sleeman, K. E., & Evans, C. J. (2023). Exploring access to community care and emergency department use among people with dementia: A qualitative interview study with people with dementia, and current and bereaved caregivers. *International Journal of Geriatric Psychiatry*, 38(7), e5966.

### **The Impact of Psychosocial Training on Staff Attitudes Towards People Living with Dementia: A Systematic Review.**

McKenna, M., Brown, L. J., Muller, C., Vikram, A., & Berry, K. (2023). The impact of psychosocial training on staff attitudes towards people living with dementia: A systematic review. *International Journal of Older People Nursing*, e12528.

## **2021**

### **Establishing the Effectiveness of Technology-enabled Dementia Education for Health and Social Care Practitioners: A Systematic Review**

Muirhead, K., Macaden, L., Smyth, K., Chandler, C., Clarke, C., Polson, R., & O'Malley, C. (2021). Establishing the effectiveness of technology-enabled dementia education for health and social care practitioners: a systematic review. *Systematic Reviews*, 10, 1-26. doi:10.1186/s13643-021-01781-8

## **2020**

### **Effectiveness of Dementia Caregivers Training Programs: A Systematic Review**

Pleasant, M., Molinari, V., Dobbs, D., & Meng, H. (in press). Effectiveness of dementia caregivers training programs: A systematic review. *Geriatric Nursing*, 1-15. doi:10.1016/j.gerinurse.2020.07.004

### **Systematic Review of Interventions to Improve Acute Hospital Care for People with Dementia**

Karrer, M., Schnell, A., Zeller, A., & Mayer, H. (2020). A systematic review of interventions to improve acute hospital care for people with dementia. doi:10.21203/rs.2.22248/v2

## **What is Known From the Existing Literature About Peer Support Interventions for Carers of Individuals Living with Dementia: A Scoping Review**

Carter, G., Monaghan, C., & Santin, O. (2020). What is known from the existing literature about peer support interventions for carers of individuals living with dementia: A scoping review. *Health & social care in the community, 28*(4), 1134-1151.

### **2019**

#### **Person-Centered Dementia Care Online Education Programs**

Kim, D. E., Sagong, H., & Yoon, J. Y. (2019). A delphi study for developing a person-centered dementia care online education program in long-term care facilities. *Journal of Korean Academy of Community Health Nursing, 30*(3), 295. doi:10.12799/jkachn.2019.30.3.295

#### **Digital Tools for Delivery of Dementia Education for Health-care Providers: A Systematic Review**

Scerbe, A., O'Connell, M. E., Astell, A., Morgan, D., Kosteniuk, J., & DesRoches, A. (2019). Digital tools for delivery of dementia education for health-care providers: a systematic review. *Educational Gerontology, 45*(11), 681-699.

### **2018**

#### **CARES® Activities of Daily Living™ Research Evaluation**

Dobbs, D., Hobday, J., Roker, R., Kaas, M., & Molinari, V. (2018). Certified nursing assistants' perspectives of the CARES Activities of Daily Living dementia care program. *Applied Nursing Research 39*(Feb): 244-248. doi:10.1016/j.apnr.2017.11.016

### **2017**

#### **CARES® Dementia Friendly Hospitals™ Research Evaluation**

Hobday, J. V., Gaugler, J. E., & Mittelman, M. S. (2017). The feasibility and utility of online dementia care training for hospital staff: The CARES® Dementia-Friendly Hospital program. *Research in Gerontological Nursing, 10*(2), 58-65.

#### **CARES® Dementia Basics™ Research Evaluation**

Pleasant, M. L., Molinari, V., Hobday, J. V., Fazio, S., Cullen, N., & Hyer, K. (2017). An evaluation of the CARES® Dementia Basics program among caregivers. *International Psychogeriatrics, 29*(1), 45-56. doi:10.1017/S1041610216001526

### **2016**

#### **CARES® Dementia-Related Behavior™ Case Study**

Sarkinen, A., Shah, A., Shah, A., Hobday, J. V., & Gaugler, J. E. (2016). Improving dementia caregiving through interactive web design with the CARES® Dementia Related Behavior online training program. doi:10.4135/9781526423665

#### **CARES® Dementia-Related Behavior™ Research Evaluation**

Gaugler, J. E., Hobday, J. V., Robbins, J. C., & Barclay, M. P. (2016). Direct care worker training to respond to the behavior of individuals with dementia. The CARES® Dementia-Related Behavior™ Online Program. *Gerontology and Geriatric Medicine, 2*. doi:10.1177/2333721415626888.

### **CARES® Serious Mental Illness™ Research Evaluation**

Molinari, V., Hobday, J. V., Roker, R., Kunik, M. E., Kane, R., Kaas, M. J., ... & Dobbs, D. (2016). Impact of serious mental illness online training for certified nursing assistants in long term care. *Gerontology & Geriatrics Education*, 1-16. doi:10.1080/02701960.2016.1188811

### **CARES® Research Evaluation: Informal vs. Formal Caregivers**

Ellis, M. L., Molinari, V., Hyer, K., & Hobday, J. (2016, Nov). Online dementia training among informal and formal caregivers: Are there differences? *The Gerontologist*, 56, 579.

## **2015**

### **CARES® Dementia Basics™ Research Evaluation**

Ellis, M. L., Hyer, K., Molinari, V., & Hobday, J. (2015, Nov). Evaluation of the CARES® online dementia training among Oregon caregivers. *The Gerontologist*, 55, 614. doi:10.1093/geront/gnv324.04

### **CARES® Dementia Care for Families™ Research Evaluation**

Gaugler, J. E., Hobday, J. V., Robbins, J. C., & Barclay, M. P. (2015). CARES® Dementia Care for Families: Effects of online, psychoeducational training on knowledge of person-centered care and satisfaction. *Journal of Gerontological Nursing*, 41(10), 18-24. doi:10.3928/00989134-20150804-61.

## **2013**

### **CARES® Observational Tool™ Research Evaluation**

Gaugler, J. E., Hobday, J. V., & Savik, K. (2013). The CARES® Observational Tool: A valid and reliable instrument to assess person-centered dementia care. *Journal of Geriatric Nursing*, 34(3), 194-198. doi:10.1016/j.gerinurse.2013.01.002

## **2010**

### **CARES® Dementia Basics and Advanced Care™ Research Evaluation**

Hobday, J., Savik, K., Smith, S., & Gaugler, J. (2010). Feasibility of Internet training for care staff of residents with dementia: The CARES® program. *Journal of Gerontological Nursing*, 36(4), 13-21.

### **CARES® Late Stage Dementia Care™ Research Evaluation**

Hobday, J. V., Savik, K., & Gaugler, J. E. (2010). An Internet-based multimedia education prototype to enhance late-stage dementia care: Formative research results. *Geriatric Nursing*, 31(6), 402-411.

## **2009**

### **CARES® Dementia Basics and Advanced Care™ Content Base (CARES® referenced)**

Gould, E., & Reed, P. (2009). Alzheimer's Association Quality Care Campaign and professional training initiatives: Improving hands-on care for people with dementia in the USA. *International Psychogeriatrics*, 21(S1), S25-S33.

## NATIONAL AWARDS

HealthCare Interactive is a nationally recognized leader in dementia care education, having earned 18 national eHealthcare Leadership Awards for its CARES® training programs, including multiple Platinum Awards, the highest possible honor.

Since 2008, we have competed directly against some of the most respected organizations in healthcare and higher education, including Emory University, UNC Health, Providence, Ohio State University, Seattle Children's Hospital, CVS, and others. Our award-winning CARES® programs have been honored across multiple categories—including Best Interactive, Best Rich Media, Best Healthcare Content, Best Care and Disease Management, Business or Process Improvement, and Best Overall Internet demonstrating both instructional innovation and real-world applicability. In particular, several of our flagship programs have received Platinum Awards, the highest possible level of national recognition, underscoring our leadership in developing engaging, evidence-based, and scalable training solutions.

These awards span more than a decade and cover a broad range of dementia-related topics, from safety, behavior, and activities of daily living to hospital-based care, serious mental illness, elder abuse prevention, end-of-life care, and Spanish-language education. As a company, we are committed to ongoing quality, accessibility, and continuous improvement in dementia workforce training nationwide. We are honored to have received annual national awards since 2012.

A listing of our national awards appear below.

### 2025

- **CARES® Dementia Safety Topics™ Online Training and Certification Program**  
National Gold eHealthcare Leadership Award  
(Best Rich Media)

### 2024

- **CARES® Dementia 5-Step Method™ Online Training and Certification Program**  
National Platinum eHealthcare Leadership Award (the highest possible award level)  
(Best Interactive)
- **CARES® Dementia 5-Step Method™ Online Training and Certification Program**  
National Gold eHealthcare Leadership Award  
(Best Rich Media)

### 2023

- **CARES® Elder Abuse Awareness and Prevention™ Online Training and Certification Program**  
National Gold eHealthcare Leadership Award

### 2022

- **CARES® Serious Mental Illness™ Online Training and Certification Program**  
National Distinction eHealthcare Leadership Award

(Business or Process Improvement Applications or Products)

## 2021

- **CARES® Dementia Basics in Spanish™ Online Training and Certification Program**  
National Platinum eHealthcare Leadership Award (the highest possible award level)  
(Best Interactive)

## 2020

- **CARES® Dementia Certification™ Integrated Training and Certification Platform**  
National Platinum eHealthcare Leadership Award (the highest possible award level)  
(Best Interactive)
- **CARES® Dementia Certification™ Integrated Training and Certification Platform**  
National Gold eHealthcare Leadership Award  
(Best Overall Internet)

## 2019

- **National Parkinson's Foundation Network™ Online Training Program**  
National Gold eHealthcare Leadership Award  
(Best Rich Media)

## 2018

- **CARES® Dementia Safety Topics™ (mobile friendly) Online Training Program**  
National Gold eHealthcare Leadership Award  
(Best Rich Media)

## 2017

- **CARES® Dementia 5-Step Method for Hospitals™ Online Training Program**  
National Platinum eHealthcare Leadership Award (the highest possible award level)  
(Best Rich Media)

## 2016

- **CARES® Dementia 5-Step Method™ Online Training Program**  
National Gold eHealthcare Leadership Awards  
(Best Care/Disease Management)
- **CARES® Dementia 5-Step Method™ Online Training Program**  
National Silver eHealthcare Leadership Awards  
(Best Healthcare Content)

## 2015

- **CARES® Dementia Friendly Hospitals™ “At-a-Glance” Online Training Program**  
National Gold eHealthcare Leadership Awards (Best Interactive)
- **CARES® Dementia Friendly Hospitals™ “At-a-Glance” Online Training Program**  
National Silver eHealthcare Leadership Awards  
(Best Rich Media)
- **CARES® End-of-Life Dementia Care™ Online Training Program**  
National Gold eHealthcare Leadership Award

## **2014**

- **CARES® Activities of Daily Living™ Online Training Program**  
National Silver eHealthcare Leadership Award

## **2013**

- **CARES® Dementia-Related Behavior™ Online Training Program**  
National Silver eHealthcare Leadership Award

## **2012**

- **CARES® Dementia 5-Step Method & Dementia Safety Topics™ Online Training Program**  
National Silver eHealthcare Leadership Award