

Alzheimer's and Dementia November - December 2019

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Kind regards

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What do we know about diet and prevention of Alzheimer's disease?

27 November 2019 - Publisher: National Institute on Aging

Many studies suggest that what we eat affects the brain's ability to think and remember. But what do we really know about diet and Alzheimer's disease?

AgeUKIG17: Adapting your home [PDF]

Source: Age UK - 13 November 2019

Commitment to Care of People living with Dementia [PDF]

Source: [Royal College of Nursing - RCN](#) - 07 November 2019

CLINICAL PROFESSIONAL RESOURCE Commitment to Care of People living with Dementia SPACE principles

Dementia data and analysis: a guide for health professionals

Source: [GOV UK](#) - Source: [Public Health England - PHE](#) - 05 November 2019

Explains how commissioners and health professionals can use data and analysis for decisions about dementia services and interventions.

Cognitive symptoms of Alzheimer's disease: clinical management and prevention

06 December 2019 - Publisher: [British Medical Journal](#)

This review discusses the status of existing therapies for cognitive symptoms of Alzheimer's disease with an emphasis on how to tailor management to the individual patient.

Commitment to Care of People living with Dementia [PDF]

Source: [Royal College of Nursing - RCN](#) - 07 November 2019

Dementia: comorbidities in patients - data briefing

Source: [Public Health England - PHE](#) - 01 November 2019 - Publisher: [Public Health England](#)

Overall findings from this briefing show that patients with dementia are more likely to have multiple health conditions;

Healthier for longer. How healthcare professionals can support older people [PDF]

Source: [British Geriatrics Society - BGS](#) - 06 November 2019 - Publisher: [British Geriatrics Society](#)

This report is intended to explore how messages of prevention and healthy ageing apply to a population group that may already be ill and frail, and to the healthcare professionals who care for them. We do this by considering three themes of prevention:

- Lifestyle factors (such as physical activity, smoking and alcohol)
- The basics of daily living (such as sleep and eye health)
- Medical interventions (such as polypharmacy and perioperative care)

eHealth interventions to support caregivers of people with dementia may be proven effective, but are they implementation-ready?

Source: [Digital Health Evaluation Collection](#) - 01 December 2019 - Publisher: [Internet Interventions](#)

Highlights Most interventions could no longer be found. Most interventions reported low implementation readiness. Available interventions made use of long-term funding.

Projections of older people with dementia and costs of dementia care in the United Kingdom, 2019–2040 [PDF]

Source: [Alzheimer's Society](#) - 27 November 2019 - Publisher: [London School of Economics and Political Science; Alzheimer's Society](#)

A new report commissioned by Alzheimer's Society from the Care Policy and Evaluation Centre (CPEC) at the London School of Economics and Political Science (LSE) sets out new estimates

NIHR Signal A less healthy lifestyle increases the risk of dementia

26 November 2019 - Publisher: [National Institute for Health Research](#)

Expert commentary is provided for a systematic review (18 studies, >40,000 participants) which found that unhealthy behaviours (e.g. poor diet, lack of exercise) increased dementia risk.

Animal-assisted therapy for dementia

Source: [Cochrane Database of Systematic Reviews](#) - 25 November 2019

Background

Dementia is a chronic condition which progressively affects memory and other cognitive functions, social behaviour, and ability to carry out daily activities. To date, no treatment is clearly effective in preventing progression of the disease, and most treatments are symptomatic, often aiming to improve people's psychological symptoms or behaviours which are challenging for carers. A range of new therapeutic strategies has been evaluated in research, and the use of trained animals in therapy sessions, termed animal-assisted therapy (AAT), is receiving increasing attention.

Objectives

To evaluate the efficacy and safety of animal-assisted therapy for people with dementia.

Projections of older people living with dementia and costs of dementia care in the United Kingdom, 2019–2040 [PDF]

12 November 2019 - Publisher: Care Policy and Evaluation Centre

Abstract

By 2040, while number of people with dementia in UK is expected to nearly double (to 1.6m), cost of social care is expected to almost triple, increasing from £15.7 to £45.4 billion. It falls to people living with dementia and their families to pay majority of these costs.

[Dementia: comorbidities in patients](#)

Source: [Public Health England - PHE](#) - Source: [GOV UK](#) - 01 November 2019

Analysis of primary care data relating to other health conditions that patients with dementia live with in England.

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Some examples:

[Management of dementia in primary care](#)

[The health benefits of physical activity: depression, anxiety, sleep, and dementia](#)

[Hospital presentations: Memory loss](#)

[Hospital presentations: Delirium](#)

We will show you how to register and find eLearning courses relevant to you. These courses can be counted towards your CPD and you will receive a certificate of completion.

How to Book Please contact abbas.bismillah@elht.nhs.uk Head of Library and Knowledge Services (Ext. 84308) to arrange a time or email library.blackburn@elht.nhs.uk

We will be provide tea, coffee and biscuits too 😊



For references where there is a link to the full text please use your NHS Athens username & password to access <https://openathens.nice.org.uk/>

[Reminiscence intervention for community-dwelling older adults without dementia: a literature review](#)

Michele Shropshire

Abstract: The aim of the present integrative literature review is to summarise empirical evidence supporting the positive health benefits of reminiscence intervention for older adults without dementia who reside in community and long-term care settings. Reminiscence intervention may be used to improve cognitive ability in older adults by prompting them to share life stories and recall past events. Using Garrard's matrix method, 15 studies were identified and included in this review, with a total of 815 participants. The health outcomes of reminiscence intervention for older adults residing in the community and long-term care settings were improvements in depressive symptoms; greater wellbeing, peace and life satisfaction; and improvements in quality of life, social engagement, anxiety and cognitive skills/memory. Non-pharmacological approaches such as reminiscence intervention may contribute to a rich base for reformulating cognitive interpretations, increasing cognitive abilities, and improving social skills among older adults.

<https://doi.org/10.12968/bjcn.2020.25.1.40>

British Journal of Community Nursing Volume 25, Issue 124 Dec 2019

[Practical concepts of memory loss in dementia: photograph album and bookcase analogies](#)

Niall McCrae

The cardinal symptom of dementia is memory loss, which has a significant impact on functioning and quality of life. This article contrasts two analogies for this progressive cognitive impairment. The photograph album is the foundation of the SPECAL (originally an acronym for Specialised Early Care for Alzheimer's) method of care ([Garner, 2008](#); [MacFarquhar, 2018](#)), while the bookcase analogy is promoted by the [Alzheimer's Society \(2018\)](#). Neither is firmly based on neuropathological evidence; they are conceptualisations yet to be scientifically tested. However, they may help carers to understand and adapt to failing memory in the person with dementia. This article considers the credibility and practical value of these formulations.

<https://doi.org/10.12968/bjnn.2019.15.6.261>

British Journal of Neuroscience Nursing Volume 15, Issue 618 Dec 2019

[Lewy body dementia: diagnosis, treatment and medical management](#)

Linda Nazarko

Abstract: In the UK, an estimated 954 000 people have dementia. Lewy body dementia (LBD) can be difficult to diagnose and estimates of its prevalence in the UK range from 38 000–100 000. This article explains about the pathophysiology and clinical features of LBD, how it is diagnosed, treated and managed.

<https://doi.org/10.12968/bjnn.2019.15.6.277>

British Journal of Neuroscience Nursing Volume 15, Issue 618 Dec 2019

[When dementia and delirium come together](#)

Angela Moore, Karen Harrison Denning

Abstract: Delirium is a multifactorial syndrome that, when superimposed on dementia, can lead to twice the risk of being admitted to acute care than for a person who is cognitively intact. Early detection of delirium can be a challenge, especially when there is an existing diagnosis of dementia. Despite the wealth of literature, there continues to be a widespread lack of knowledge about delirium, and under-detection in all types of health and social care settings. This lack of recognition may lead to poor health outcomes and increased mortality. There is a need for effective training for staff working in community settings, and effective communication between health and social care staff and families who are affected by delirium. Furthermore, delirium superimposed on dementia is common, and may cause distress for patients, caregivers and staff. This article will explore some of the common factors when delirium is comorbid with dementia.

<https://doi.org/10.12968/bjnn.2019.15.6.288>

British Journal of Neuroscience Nursing Volume 15, Issue 618 Dec 2019

[Tackling diabetes management in patients with dementia: the use of continuous glucose monitoring](#)

Sarah Jane Palmer

Abstract: A study analysing the use of continuous glucose monitoring through sensors in older patients with diabetes and dementia has produced positive results, providing a potential solution for future care and disease management. Sarah Jane Palmer explains

Nursing and Residential Care Volume 22, Issue 116 Dec 2019

<https://doi.org/10.12968/nrec.2020.22.1.38>

Palliative care for community patients diagnosed with dementia: a systematic review

Cathryn Smith, Gina Newbury

Abstract: Despite many efforts made by health organisations to deliver effective end-of-life care to patients with dementia, research indicates that palliative care is predominantly aimed at patients with terminal cancer, and that patients with dementia face challenges in accessing end-of-life care. This article explores the views of health professionals on providing palliative care to those patients diagnosed with dementia within the community setting. A systematic review of seven qualitative studies was performed to identify the best available evidence. The findings show that effective palliative care for patients with dementia continues being affected by many barriers and challenges. Good practice seems to be inconsistent and fragmented throughout the UK and European countries, and many health professionals are faced with difficulties associated with services and financial implications, training and education, staff support, communication, family support and dementia care.

British Journal of Community Nursing Volume 24, Issue 1202 Dec 2019

<https://doi.org/10.12968/bjcn.2019.24.12.570>

Dementia 5. Alcohol-related brain damage (ARBD): diagnosis, treatment and medical management

Linda Nazarko

Abstract: Alcohol misuse is often a hidden problem and alcohol-related brain damage is thought to account for around 10% of cases of dementia (Brust, 2010; Gupta and Warner, 2008). In England, an estimated 589 101 adults are alcohol-dependent and 24% of adults in England and Scotland regularly drink more than Department of Health and Social Care (DHSC) guidelines (Burton et al, 2016). Alcohol misuse can affect many aspects of health and can lead to alcohol-related brain damage (ARBD). This article, the fifth in a series on dementia, explains about the pathophysiology and clinical features of ARBD, and how it is diagnosed, treated and managed.

British Journal of Healthcare Assistants Volume 13, Issue 1202 Dec 2019

<https://doi.org/10.12968/bjha.2019.13.12.600>

A collaborative approach in dementia care to improve clinical effectiveness and priorities for research through audit

Julie Kinley, Clare Ellis-Smith, Michael Hurt, Karen McIvor, Catherine J Evans

International Journal of Palliative Nursing Volume 25, Issue 1202 Dec 2019

Abstract: Background: To provide appropriate cost-effective care for an ageing population, realignment of care provision to conditions common in advanced age, notably, dementia and multi-morbidities is required. The use of outcome measures in practice may enable this.

Aim: A collaborative baseline audit was undertaken to understand how best to implement outcome measures into services for people with dementia across clinical settings.

<https://doi.org/10.12968/ijpn.2019.25.12.588>

Constraints and ethical tensions in the area of young-onset dementia

Caroline Kilty, Corina Naughton, Aine de Roiste

British Journal of Nursing Volume 28, Issue 2128 Nov 2019

Abstract: Background: Young-onset dementia (under age 65) varies in many respects to typical aged dementia. Health professionals are centrally involved in supporting individuals and families to cope with the unique challenges that young-onset dementia (YOD) brings.

Aims: This study aimed to explore professionals' perceptions of the key challenges faced by people living with YOD and their families, and how they provide support to this group.

<https://doi.org/10.12968/bjon.2019.28.21.1380>

[Living well with cognitive decline and dementia](#)

Aysha Mendes

Nursing and Residential Care_Volume 21, Issue 1218 Nov 2019

There are 400 000 older people living in care homes across the UK, most of whom have dementia or a similar cognitive impairment (**Care Quality Commission, 2014**). In residential care, 58% of residents have dementia; in nursing homes, this number rises to 73%; and in mental health care (EMI) homes, 90% of residents are affected (**Prince et al, 2014**).

<https://doi.org/10.12968/nrec.2019.21.12.672>

[Managing lymphoedema in patients with dementia: how to address compliance](#)

Josephine Stoney

Nursing and Residential Care_Volume 21, Issue 1218 Nov 2019

Abstract

As practitioners, the primary goal is to do the best for patients by giving information and advice and helping them towards a positive outcome. However, patient compliance is not always easily achieved. Josephine Stoney explores some of the factors that may affect this, particularly for a patient with dementia and lymphoedema

<https://doi.org/10.12968/nrec.2019.21.12.683>

[Back of the net? Research reveals link between football and dementia](#)

Sarah Jane Palmer

Nursing and Residential Care Volume 21, Issue 1218 Nov 2019

Abstract: Like other forms of exercise, football has a variety of demonstrated health benefits. However, research has suggested that players may be at a higher risk of developing neurodegenerative diseases in later life. Sarah Jane Palmer investigates the study and its implications on the beautiful game

<https://doi.org/10.12968/nrec.2019.21.12.690>

[Fronto-temporal dementia: a case study and strategies and support for caregivers](#)

Malissa A. Mulkey,D. Erik Everhart,Sonya R. Hardin

British Journal of Community Nursing_Volume 24, Issue 1101 Nov 2019

Abstract: Fronto-temporal dementia, also known as fronto-temporal lobular degeneration, is the second most common form of early-onset dementia with a prevalence equal to Alzheimer's dementia. Behavioural variant fronto-temporal dementia primarily involves the frontal and temporal lobes of the brain.

Myelination of nerve fibres in these areas allow for highly synchronized action potential timing. Diagnosis is often significantly delayed because symptoms are insidious and appear as personality and behavioural changes such as lack of inhibition, apathy, depression, and being socially inappropriate rather than exhibiting marked memory reductions. In this article, a case study illustrates care strategies and family education. Management of severe behavioural symptoms requires careful evaluation and monitoring. Support is especially important and beneficial in the early to middle stages of dementia when nursing home placement may not be required based on the individual's condition.

<https://doi.org/10.12968/bjcn.2019.24.11.544>

Reflective Reading Club

This is how the Reflective Reading Club works:

Individual Learning – 1.5 hours CPD

1. You let us know you are interested.
2. We send you a short journal article and a small checklist of points to consider when reading it. Make notes as you read the paper in your own time and this earns you one and a half hours CPD time!

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3. We meet for the club and discuss the article in a small group, reflecting on points whilst working our way through the checklist.
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Come and join our Reflective Reading Club

which will provide attendees with 3 hours of valuable CPD! It will give healthcare staff the opportunity to read, discuss and to critically reflect upon a published paper using a set of guided questions. Participants are required to read a pre-set paper prior to attending the session.

<https://twitter.com/beckystanworth1/status/1178709749409419264?s=20>

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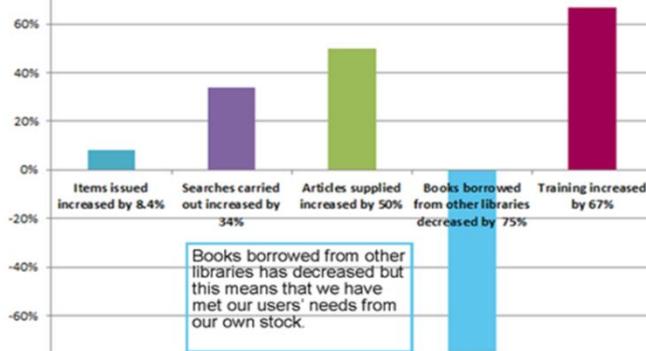
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Please visit our website for more information



Please also visit our Knowledge Centres for Dementia <http://www.ehub.elht.nhs.uk/dementia-support.html> where you will find lots of useful information to support you.

PERFORMANCE FOR ELHT LIBRARY AND KNOWLEDGE SERVICES FOR Q2 2019-20 COMPARED TO Q2 2018-19



Performance Indicators – In Q2, we have increased delivery on many of our training programmes. This includes literature searches and our social media training. To ensure that these programmes are of benefit to the learner, we have implemented a range of tools to measure the quality and the impact of what we do. For example, our learners tell us that ***our library induction is the best induction that they have ever had at any Trust (FY2s)***. In

addition to this, our social media training questionnaire has received very favourable comments, including ***“the training received has been brilliant and I can’t wait to use this to promote all the things that we do”***.

Education @ELHT is produced every two months and it highlights all the wonderful work that the department does. Our Library Guide highlights all the services that we offer. Click on the Bulletin or Guide and find out more about how we can support you, whether you are staff, student, or volunteers.

 East Lancashire Hospitals NHS Trust

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 **Education @ ELHT News**
December 2019

Welcome to ELHT Library & Knowledge Services



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