

## LKS Current Awareness Bulletin Dementia & Alzheimer's April/May 2019

A current awareness update service from Library and Knowledge Services. If you know anyone who could benefit from receiving this please ask them to sign up by emailing [abbas.bismillah@elht.nhs.uk](mailto:abbas.bismillah@elht.nhs.uk) or [library.blackburn@elht.nhs.uk](mailto:library.blackburn@elht.nhs.uk)

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**Dementia Action Week 2019** 20-26 May

<https://www.alzheimers.org.uk/get-involved/dementia-action-week>

Alzheimer's Society's research shows that many people are worried about 'saying the wrong thing' to people living with dementia. And despite almost all of us knowing someone affected, two-thirds of people living with dementia report feeling isolated and lonely. That's why this **Dementia Action Week**, we're encouraging everyone to take action by starting a conversation with someone living with dementia they know; whether it's calling a relative with dementia or visiting a neighbour, it's time to start talking.

### **New type of dementia identified**

Millions of elderly people have a form of dementia [that has been misdiagnosed](#) as Alzheimer's disease, according to researchers. **Source: BBC News**

### **Adopting a healthy lifestyle helps reduce the risk of dementia**

People can reduce their risk of dementia by getting regular exercise, not smoking, avoiding harmful use of alcohol, controlling their weight, eating a healthy diet, and maintaining healthy blood pressure, cholesterol and blood sugar levels, [according to new guidelines issued by the World Health Organization \(WHO\)](#). Access the publication [here](#).

**Source:** World Health Organization

### **New briefing paper on hearing and dementia**

The Ear Foundation has [published a new briefing](#) on the latest understanding about the links between cognitive decline, dementia and hearing loss. **Source:** BSHAA

### **National Dementia Action Alliance:**

We have a new website! You can now find our news, campaigns, resources & more at [nationaldementiaaction.org.uk](http://nationaldementiaaction.org.uk). The site also features our member's action plans where they state the work they will carry out to support people living with [#dementia](#) & carers [#NewNDAWebsite](#) [#DAW2019](#)

[Article highlights the lack of residential care](#) beds with 30% of areas having none available while 60% of nursing homes have no places. People living with [#dementia](#) & their carers depend on services like this & urgent reforms are required to social care <https://www.bbc.co.uk/news/health-48228623> ...

### **Dementia friendly: exercise as a lifeline**

How was a physio able to help Tracey Shorthouse continue to live a full and active life when she was diagnosed with dementia at just 45? Imagine that dementia first hits people in all sorts of weird and not-so-wonderful ways, and that was certainly the case with me.

### **University of Worcester Dementia Expert Named in Top 100 Lifesavers Working in UK Universities**

Professor Dawn Brooker, Director of [@DementiaStudies](#) at [@worcester\\_uni](#) is transforming the lives of people with dementia, and their families and carers through her research. [#madeatuni](#) [@MadeAtUni](#) top 100 lifesavers <https://www.worcester.ac.uk/about/news/2019-university-of-worcester-dementia-expert-named-in-top-100-lifesavers-working-in-uk-universities> ...

### **Number of people with dementia living alone predicted to double**

The number of people with [dementia](#) who endure the "frightening isolation" of living alone will double to 240,000 over the next 20 years, an Alzheimer's charity has predicted.

### **World Health Organization**

<https://www.who.int/news-room/fact-sheets/detail/dementia>

Dementia is one of the major causes of disability and dependency among older people worldwide. It can be overwhelming, not only for the people who have it, but also for their carers and families. There is often a lack of awareness and understanding of dementia, resulting in stigmatization and barriers to diagnosis and care. The impact of dementia on carers, family and society at large can be physical, psychological, social and economic

### **Alzheimer's Society @alzheimerssoc May 14**

Today the [@WHO](#) are launching their [guidelines on risk reduction of cognitive decline and dementia](#). [@FiCarragher](#) comments, 'Policy-makers and governments across the globe should take on board WHO's recommendations and prevention advice.'

### **Alzheimer's Society @alzheimerssoc**

Our new initiative welcomes people living with dementia to volunteer in restaurants over 18-19 May, showing that a diagnosis doesn't mean you can't contribute. Find out more: <https://bit.ly/2vmQcGr>

[@CarersTrust](#): This practical toolkit is from City & Hackney Carers Centre. It's for people who care for someone with dementia and will be useful wherever you live in the UK. It's here and just in time for the Hackney Dementia Festival! Download the Dementia Carers Crisis Toolkit <http://bit.ly/2Y3NAJO>

"Music's connection to memory is something we intuitively understand & celebrate each day on radio shows like mine, but we're failing to use this powerful tool in the fight against dementia" Lauren Laverne of [@BBC6Music](#) on her new role with [@music4dem2020](#)

[https://www.dementiaaction.org.uk/news/29932\\_lauren\\_laverne\\_appointed\\_ambassador\\_for\\_music\\_for\\_dementia\\_2020 ...](https://www.dementiaaction.org.uk/news/29932_lauren_laverne_appointed_ambassador_for_music_for_dementia_2020...)

NDAA member [@theRCN](#) are hosting a Delirium Champions Celebration Event on Monday 17 June in London. It will share experiences of being a Delirium Champion, problems faced & latest research and topics regarding delirium

[https://www.dementiaaction.org.uk/events/29927\\_royal\\_college\\_of\\_nursing\\_delirium\\_champions\\_celebration\\_event ...](https://www.dementiaaction.org.uk/events/29927_royal_college_of_nursing_delirium_champions_celebration_event...)

[Royal College of Nursing Delirium Champions Celebration Event](#)

Event Date: Monday 17 June 2019

Location: RCN London, 20 Cavendish Square, Marylebone, London, W1G 0RN

### National Dementia Action Alliance

This week is [#DyingMattersWeek2019](#) which focusses on the importance of talking about dying, death & bereavement. Our [#DementiaStatements](#) were [developed by people with dementia & their carers & point to the right to plan & make decisions about the future](#)

[Lewy Body Society @lbsorg](#)

Did you know we have a Lewy body dementia awareness week? [#DottyDays](#) runs from 1-8 June this year and there are lots of ways you can get involved and show your support for [#LBD](#) research

<https://twitter.com/lbsorg>

Our courses are free to attend and open to all [#carers](#) no matter where they are on their journey. Please retweet so every carer has access to the [#support](#) they need. More information and book here:

<https://dementiacarers.org.uk/courses/core-course-dementia-carer-support-6/>

### The lives we want to lead

The LGA green paper for adult social care and wellbeing

[@LGAcomms](#): "Because my mother had dementia, NHS support wasn't available to help pay for her care. That can't be right" We need a fair & sustainable [#adultsocialcare](#) system - our cross-party green paper & consultation sets out 14 Govt recommendations

To access UpToDate, logon with your Open Athens account. Register at <https://openathens.nice.org.uk/>

**BMJ Best Practice** is a decision-support tool published by the BMJ Group and is a single source of evidence based medicine, which combines the latest research evidence, guidelines and expert opinion – providing essential learning on prevention, diagnosis, treatment and prognosis. BMJ Best Practice is of use to all staff - Doctors, Nurses and Midwives, HCAs, Patients, Volunteers, Admin.

The website also has a CME/CPD activity tracking tool which logs your searches and active hours and allows users to create activity certificates to support revalidation and CME/CPD. If you don't know how to use BMJ Best Practice, then please book a training session with the library team.



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/>

**Dementia/Alzheimer's**

[Handbags and glad rags: preserving identity in dementia](#)

[A dementia-friendly walk in the woods](#)

[Improving care home life for people with Parkinson's](#)

**BMJ Learning FREE learning modules for ALL staff and students at ELHT**

Hundreds of relevant interactive CPD courses [@BMJLearning](#) to choose; a great way to get your [#CPD](#) points for [#Revalidation](#) **BMJ Learning is an e-learning platform for healthcare students and professionals, providing high-quality, evidence-based, and continuing medical education.**

<b>Primary Care</b>	Stay up-to-date with 600+ clinical and non-clinical modules for GPs and other primary care staff
<b>Specialist</b>	Stay up-to-date with 700+ modules from 10 specialist journals
<b>Medical Trainees</b>	Curriculum based modules on common presentations, procedures and skills
<b>Surgical Trainees</b>	Support your training with interactive modules using 3D animation to demonstrate surgical skills
<b>Students</b>	Helping you prepare for clinical practice with training in common cases and skills
<b>Nurses</b>	Stay up-to-date with clinical and non-clinical topics for primary care, secondary care, and specialist nurses
<b>Pharmacists</b>	Stay up-to-date 100+ modules from Drug and Therapeutics Bulletin

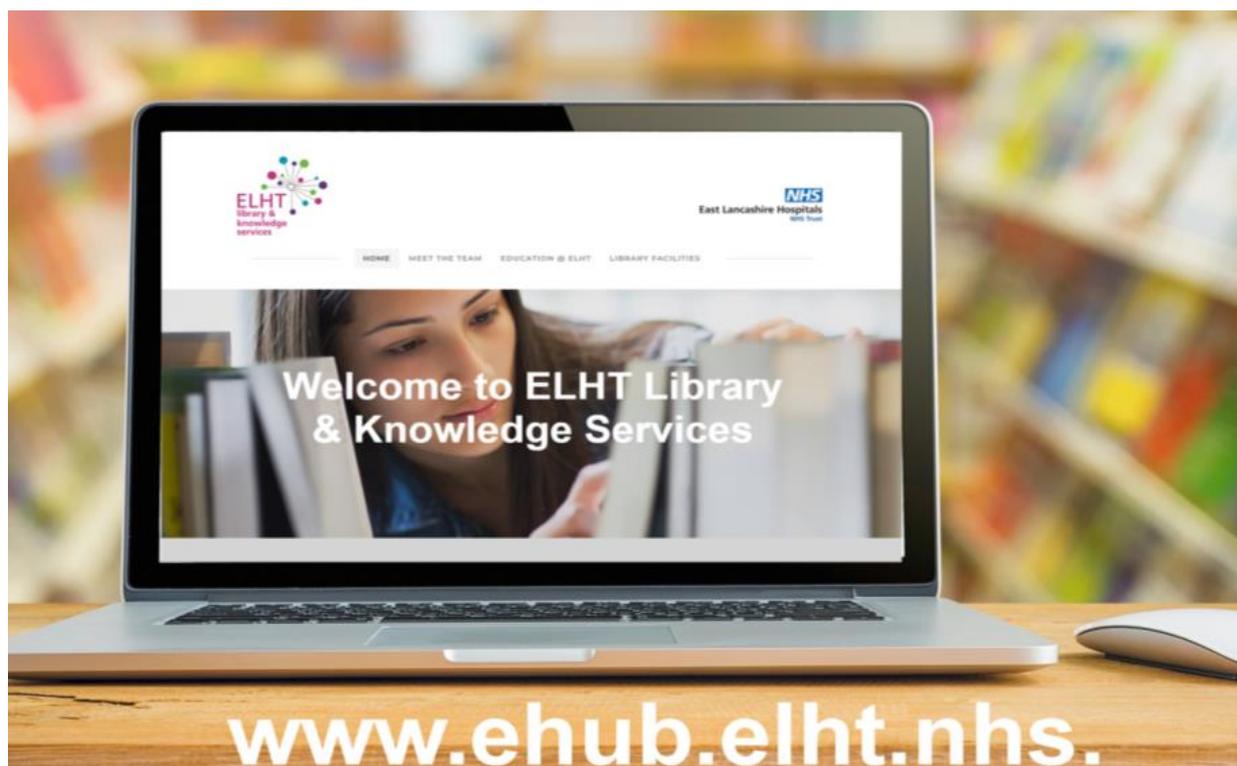
You'll need an OpenAthens account to access <https://openathens.nice.org.uk/>

**We can show you how you too can access these resources and more.** To book a session, please contact, Abbas Bismillah, Library and Knowledge Services Manager on ext. 84308 or email [abbas.bismillah@elht.nhs.uk](mailto:abbas.bismillah@elht.nhs.uk)

[The health benefits of physical activity: depression, anxiety, sleep, and dementia](#) This module covers the importance and effectiveness of physical exercise as both a preventer and combatant to depression, anxiety, sleeplessness, and dementia, plus how to recommend it to patients. With multimedia video.

**Hospital presentations: Memory loss** An interactive case-based module for medical trainees covering the assessment and immediate management of a patient presenting with progressive memory loss, including principal causes, features of dementia, and a comparison of bedside cognitive impairment assessment tools.

**Hospital presentations: Delirium** An interactive module for internal medicine trainees on the management of delirium (acute confusion), including how to initially assess and investigate patients presenting with suspected delirium, how to make the diagnosis, and how to identify patients at high risk of delirium in order to reduce this risk.



**Visit our website for further information of the many services that we provide.**

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