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 or library.blackburn@elht.nhs.uk

Get clinical answers at the point of care with evidence-based clinical decision support. If you don’t know how to use UpToDate, then please book a training session with the library team.

- Prevention of dementia
- Evaluation of cognitive impairment and dementia
- Treatment of dementia
- Early-onset dementia in adults
- Management of neuropsychiatric symptoms of dementia
- Clinical features and diagnosis of dementia with Lewy bodies
- Etiology, clinical manifestations, and diagnosis of vascular dementia
- Cholinesterase inhibitors in the treatment of dementia
- Clinical features and diagnosis of Alzheimer disease
- Frontotemporal dementia: Clinical features and diagnosis
- Care of patients with advanced dementia
- Sleep-wake disturbances and sleep disorders in patients with dementia
- Cognitive impairment and dementia in Parkinson disease

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. 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.

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.

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.

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 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
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

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

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/AIDS
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.

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<th>Primary Care</th>
<th>Stay up-to-date with 600+ clinical and non-clinical modules for GPs and other primary care staff</th>
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<td>Specialist</td>
<td>Stay up-to-date with 700+ modules from 10 specialist journals</td>
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<td>Medical Trainees</td>
<td>Curriculum based modules on common presentations, procedures and skills</td>
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<td>Surgical Trainees</td>
<td>Support your training with interactive modules using 3D animation to demonstrate surgical skills</td>
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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

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.

[www.ehub.elht.nhs](http://www.ehub.elht.nhs)
Did you know... that we have staff who can help support you in finding the evidence for General Interest and Personal Development, Writing for Publication and Presentation, Research or Assignment, Education and Training, Evidence Based Practice for Patient Care, Service Management, Up-to-date Protocols and Guidelines. If you require a literature search, then please do ask us. We can save you the time. Please share with your colleagues.

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