This Current Awareness Bulletin is produced by the Yeovil Academy Library to provide staff with a range of dementia-related resources to support practice. It includes recently published guidelines and research articles, as well as news and policy items.

Systematic Reviews

1. **Mini-Cog for the diagnosis of Alzheimer's disease dementia and other dementias within a secondary care setting.** (PubMed)
The diagnosis of Alzheimer's disease dementia and other dementias relies on clinical assessment. There is a high prevalence of cognitive disorders, including undiagnosed dementia in secondary care settings. Short cognitive tests can be helpful in identifying those who require further specialist diagnostic assessment; however, there is a lack of consensus around the optimal tools to use in clinical practice.
   [Full text: YDH 2019 Cochrane]

2. **Computerised cognitive training for preventing dementia in people with mild cognitive impairment.** (PubMed)
Clinical dementia does not develop suddenly, but rather is preceded by a period of cognitive decline beyond normal age-related change. People at this intermediate stage between normal cognitive function and clinical dementia are often described as having mild cognitive impairment (MCI).
   [Full text: YDH 2019 Cochrane]

3. **AD-8 for detection of dementia across a variety of healthcare settings.** (PubMed)
Dementia assessment often involves initial screening, using a brief tool, followed by more detailed assessment where required. The AD-8 is a short questionnaire, completed by a suitable 'informant' who knows the person well. AD-8 is designed to assess change in functional performance secondary to cognitive change.
   [Full text: YDH 2019 Cochrane]
4. **Traumatic Brain Injury and Dementia**

The VA Evidence Synthesis Program (ESP) was established in 2007 to provide timely and accurate syntheses of targeted healthcare topics of importance to clinicians, managers, and policymakers as they work to improve the health and healthcare of Veterans. These reports help: · Develop clinical policies informed by evidence; · Implement effective services to improve patient outcomes and to support VA clinical practice.

**2019 Veterans Affairs Evidence-based Synthesis Program Reports**

5. **Cognitive training for people with mild to moderate dementia.** *(PubMed)*

Cognitive impairment, a defining feature of dementia, plays an important role in the compromised functional independence that characterises the condition. Cognitive training (CT) is an approach that uses guided practice on structured tasks with the direct aim of improving or maintaining cognitive abilities.

**Full text: YDH**

**2019 Cochrane**

6. **A staff training intervention to improve communication between people living with dementia and health-care professionals in hospital: the VOICE mixed-methods development and evaluation study**

A staff training intervention to improve communication between people living with dementia and health-care professionals in hospital. VOICE communication training for health-care professionals working with people with dementia is likely to be beneficial to staff and patients, but further evaluation is necessary.

**2019 NIHR HTA programme**

7. **Specialist nursing support for unpaid carers of people with dementia: a mixed-methods feasibility study**

This multimethod study may include the largest, independent, national survey of carers of people with dementia to date and it prepares the ground for future evaluation in this challenging area.

**2019 NIHR HTA programme**

8. **Refusal and resistance to care by people living with dementia being cared for within acute hospital wards: an ethnographic study**

Staff approaches towards people living with dementia in acute hospitals are often both a response and trigger to the high levels of resistance to care observable in the setting.

**2019 NIHR HTA programme**

9. **Goal-oriented cognitive rehabilitation for early-stage Alzheimer’s and related dementias: the GREAT RCT**

Cognitive rehabilitation for people with early-stage dementia led to large positive effects for participant-rated goal attainment at 3 months and 9 months.

**2019 NIHR HTA programme**

10. **An intervention to improve outcomes of falls in dementia: the DIFRID mixed-methods feasibility study**

This study suggested that the intervention was both feasible and acceptable to people with dementia and their carers but further research is needed to refine it for a full trial.

**2019 NIHR HTA programme**
Numerous studies have focused on nonpharmacological interventions on cognitive function and the effects of cognitive function on daily living. However, effects of behavior change techniques that promote physical, cognitive, and social activities on cognitive function and incident dementia in the elderly are yet to be elucidated.
Full text: YDH
2019 Alzheimer's & dementia (New York, N. Y.)

Point of Care tools

UpToDate® is accessible via the links section of the library intranet YCloud page or via the library blog. It can also be accessed at uptodate.com/login with an OpenAthens username and password. To register for an OpenAthens account click here.

Evaluation of cognitive impairment and dementia
Literature review current through: Nov 2019. | This topic last updated: May 03, 2019.

Treatment of dementia
Literature review current through: Nov 2019. | This topic last updated: Jun 19, 2019.

Early-onset dementia in adults
Literature review current through: Nov 2019. | This topic last updated: Jun 08, 2018.

Management of neuropsychiatric symptoms of dementia
Literature review current through: Nov 2019. | This topic last updated: Nov 04, 2019.

BMJ Best Practice

Alzheimer's dementia
Last reviewed: November 2019
Last updated: May 2019

Dementia with Lewy bodies
Last reviewed: November 2019
Last updated: August 2018

Assessment of dementia
Last reviewed: November 2019
Last updated: September 2018
Journal Articles

Please click on the blue link (where available) to access the full text. You may need an OpenAthens username and password. To register for an OpenAthens account click here.

If you would like help obtaining any of the articles, please contact the Library.

**NICE Healthcare Databases**

**Investigating the economic case of a service to support carers of people with dementia: A cross-sectional survey-based feasibility study in England**

**Author(s):** Longo, Francesco; Faria, Rita; Parker, Gillian; Gridley, Kate; Aspinal, Fiona; Van den Berg, Bernard; Weatherly, Helen

**Source:** Health & Social Care in the Community; Sep 2019; vol. 27 (no. 5); p. e734

**Publication Date:** Sep 2019

**Publication Type(s):** Journal Article

Available at [Health & Social Care in the Community](#) - from Unpaywall

Carers contribute essential support to enable people with dementia to continue living within the community. Admiral Nurses provide specialist dementia support for carers of people with dementia, including offering expert emotional support and guidance, and work to join up different parts of the health and social care system to address needs in a co-ordinated way. The cost-effectiveness of this service is not clear.

**Database:** BNI

**Nonpharmacological Interventions for Anxiety and Dementia in Nursing Homes: A Systematic Review**

**Author(s):** Wilson, Christine Brown, PhD; Arendt, Lars, BSc; Nguyen, Mynhi, BPsycSc; Scott, Theresa L, PhD; Neville, Christine C, PhD; Pachana, Nancy A, PhD

**Source:** The Gerontologist; Dec 2019; vol. 59 (no. 6); p. e731

**Publication Date:** Dec 2019

**Publication Type(s):** Evidence Based Healthcare Journal Article

Available at [The Gerontologist](#) - from Unpaywall

The most common interventions used to address anxiety in this population were music therapy and activity-based interventions although there was limited evidence for the efficacy of either intervention. Little is known about effective nonpharmacological treatment for anxiety for people living with dementia in nursing homes. Further research using consistent measurement tools and time points is required to identify effective interventions to improve the quality of life for people living with both dementia and anxiety in nursing homes.

**Database:** BNI
Primary Care Physicians' Perceived Barriers to Optimal Dementia Care: A Systematic Review

Author(s): Mansfield, Elise, PhD; Noble, Natasha, BSc; Sanson-Fisher, Rob, PhD; Mazza, Danielle, MD, MBBS; Bryant, Jamie, PhD

Source: The Gerontologist; Dec 2019; vol. 59 (no. 6); p. e697

Publication Date: Dec 2019

Publication Type(s): Evidence Based Healthcare Journal Article

Available at The Gerontologist - from Unpaywall

This review highlights a range of barriers to dementia diagnosis and management from studies rated as being methodologically adequate. Future studies should also utilize theory-driven approaches to exploring a comprehensive range of barriers to optimal dementia care across the care trajectory.

Database: BNI

Depression and Anxiety Among Partner and Offspring Carers of People With Dementia: A Systematic Review

Author(s): Watson, Brittany, DPsych; Tatangelo, Gemma, PhD; McCabe, Marita, PhD

Source: The Gerontologist; Oct 2019; vol. 59 (no. 5); p. e597

Publication Date: Oct 2019

Publication Type(s): Evidence Based Healthcare Journal Article

Available at The Gerontologist - from Unpaywall

Several important risk factors for carer depression were highlighted in this review. However, a lack of measurement precision and a reliance on cross-sectional studies limits our understanding of exactly how depression and anxiety progress during the caregiving experience. The implications for prevention and intervention programs for depression and anxiety are discussed, as well as suggestions for future research to improve the quality of research in this area.

Database: BNI

Influence of Positive Aspects of Dementia Caregiving on Caregivers' Well-Being: A Systematic Review

Author(s): Quinn, Catherine, PhD; Toms, Gill, DClinPsy

Source: The Gerontologist; Oct 2019; vol. 59 (no. 5); p. e584

Publication Date: Oct 2019

Publication Type(s): Evidence Based Healthcare Journal Article

Available at The Gerontologist - from Unpaywall

The findings suggest that identifying PAC is associated with better caregiver well-being, although further longitudinal studies are required to explore how this relationship changes over time. Interventions that enable caregivers to gain a more positive experience of caregiving could be beneficial for their well-being.

Database: BNI
The Self-Care Needs and Behaviors of Dementia Informal Caregivers: A Systematic Review

Author(s): Waligora, Kyra J, BSN, RN; Bahouth, Mona N, MD; Han, Hae-Ra, PhD, RN, FAAN

Source: The Gerontologist; Oct 2019; vol. 59 (no. 5); p. e565

Publication Date: Oct 2019

Publication Type(s): Evidence Based Healthcare Journal Article

Available at The Gerontologist - from Unpaywall

Self-care is a dynamic, challenging aspect to caregiving, but supporting evidence is often limited or cannot be generalized. More studies are needed that include random sampling, heterogeneous samples, and quantitative methods. Additional research is needed to understand how self-care needs, behaviors, and barriers differ by caregiver race/ethnicity, gender, or relationship to the PWD.

Database: BNI

Psychosocial interventions for pain management in older adults with dementia: A systematic review of randomized controlled trials

Author(s): Pu, Lihui; Moyle, Wendy; Jones, Cindy; Todorovic, Michael

Source: Journal of Advanced Nursing; Aug 2019; vol. 75 (no. 8); p. 1608

Publication Date: Aug 2019

Publication Type(s): Evidence Based Healthcare Journal Article

Findings suggest that psychosocial interventions may lead to a potential reduction in pain and pain medication in people with dementia. Healthcare providers may wish to integrate psychosocial interventions as part of the multimodal approach to the management of pain in people living with dementia.

Database: BNI

Manual massage for persons living with dementia: A systematic review and meta-analysis

Author(s): Margenfeld, Felix; Klocke, Carina; Joos, Stefanie

Source: International Journal of Nursing Studies; Aug 2019; vol. 96 ; p. 132

Publication Date: Aug 2019

Publication Type(s): Evidence Based Healthcare Journal Article

Manual massage may serve as a non-pharmacological strategy to improve behavioural and psychological symptoms in persons living with dementia. Thus, healthcare professionals and family caregivers should be encouraged to apply massage to their patients and relatives. More research is needed, however, to provide clearer recommendations with respect to frequency and types of massage.

Database: BNI

10. Promoting mealtime function in people with dementia: A systematic review of studies undertaken in residential aged care

Author(s): Fetherstonhaugh, Deirdre; Haesler, Emily; Bauer, Michael

Source: International Journal of Nursing Studies; Aug 2019; vol. 96 ; p. 99

Publication Date: Aug 2019

Publication Type(s): Evidence Based Healthcare Journal Article

There is insufficient evidence to highly recommend any specific intervention to improve mealtime functional ability in people with dementia. Further research is required through robust study designs using valid and reliable outcome measures to demonstrate clinically significant effects for mealtime interventions.

Database: BNI
Effects on staff outcomes from an intervention for management of neuropsychiatric symptoms in residents of young-onset dementia care units: A cluster randomised controlled trial

**Author(s):** van Duinen-van den IJssel, Jeannette CL; Bakker, Christian; Smalbrugge, Martin; Zwijsen, Sandra A;  
**Source:** International Journal of Nursing Studies; Aug 2019; vol. 96; p. 35  
**Publication Date:** Aug 2019  
**Publication Type(s):** Evidence Based Healthcare Journal Article

The intervention was not effective on three dimensions of burnout, job satisfaction and job demands. Staff scored positive on the outcomes of interest before implementation of the intervention, leaving little opportunity for improvement.  
**Database:** BNI

Cognitive Behavioral Therapy for Depression, Anxiety, and Stress in Caregivers of Dementia Patients: A Systematic Review and Meta-Analysis

**Author(s):** Hopkinson, Michael D, BMedSc; Reavell, James, BMedSc; Lane, Deirdre A, BSc, PhD;  
**Source:** The Gerontologist; Aug 2019; vol. 59 (no. 4); p. e343  
**Publication Date:** Aug 2019  
**Publication Type(s):** Evidence Based Healthcare Journal Article

Available at [The Gerontologist](https://www.sciencedirect.com/science/article/pii/S002213251930222X) - from Unpaywall

Group CBT provides small but significant benefits to caregivers' depression and stress. Therapy cost-effectiveness may be improved by limiting therapy to group formats and eight sessions.  
**Database:** BNI

Palliative care for people with dementia living at home: A systematic review of interventions

**Author(s):** Rose, Miranda; Bunn, Frances; Lynch, Jennifer; Van den Block Lieve; Goodman, Claire  
**Source:** Palliative Medicine; Jul 2019; vol. 33 (no. 7); p. 726  
**Publication Date:** Jul 2019  
**Publication Type(s):** Evidence Based Healthcare Journal Article

Available at [Palliative Medicine](https://www.sciencedirect.com/science/article/pii/S0269216119301981) - from Unpaywall

The review highlights the paucity of high-quality dementia-specific research in this area and recommends key areas for future work, for example, the need for process evaluation to identify facilitators and barriers to implementing interventions.  
**Database:** BNI
Dementia Friendly Communities in England: A scoping study.

Author(s): Buckner, Stefanie; Darlington, Nicole; Woodward, Michael; Buswell, Marina; Mathie, Elspeth; Arthur, Antony; Lafortune, Louise; Killett, Anne; Mayrhofer, Andrea; Thurman, John; Goodman, Claire

Source: International Journal of Geriatric Psychiatry; Aug 2019; vol. 34 (no. 8); p. 1235-1243

Publication Date: Aug 2019

Publication Type(s): Academic Journal

PubMedID: 30993756

Available at International journal of geriatric psychiatry - from Unpaywall

DFCs are characterised by variation in type, resourcing, and activities. England has policy endorsement and a recognition system for DFCs. These can be important catalysts for initiation and growth. A systematic approach to evaluation is lacking. This would enable DFCs to be consistent in how they demonstrate progress and how they enable people living with dementia to live well.

Database: CINAHL

The costs of dementia in England.

Author(s): Wittenberg, Raphael; Knapp, Martin; Hu, Bo; Comas-Herrera, Adelina; King, Derek; Rehill, Amritpal; Shi, Cheng; Banerjee, Sube; Patel, Anita; Jagger, Carol; Kingston, Andrew; Comas-Herrera, Adelina

Source: International Journal of Geriatric Psychiatry; Jul 2019; vol. 34 (no. 7); p. 1095-1103

Publication Date: Jul 2019

Publication Type(s): Academic Journal

PubMedID: 30950106

Available at International journal of geriatric psychiatry - from Unpaywall

Dementia has huge economic impacts on people living with the illness, their carers, and society as a whole. Better support for people with dementia and their carers, as well as fair and efficient financing of social care services, are essential to address the current and future challenges of dementia.

Database: CINAHL

Identifying undetected dementia in UK primary care patients: a retrospective case-control study comparing machine-learning and standard epidemiological approaches.

Author(s): Ford, Elizabeth; Rooney, Philip; Oliver, Seb; Hoile, Richard; Hurley, Peter; Banerjee, Sube;

Source: BMC Medical Informatics & Decision Making; Dec 2019; vol. 19 (no. 1)

Publication Date: Dec 2019

Publication Type(s): Academic Journal

PubMedID: 31791325

Available at BMC medical informatics and decision making - from ProQuest (Health Research Premium) - NHS Version

Available at BMC medical informatics and decision making - from Unpaywall

Our model could aid GPs or health service planners with the early detection of dementia. Future work could improve the model by exploring the longitudinal nature of patient data and modelling decline in function over time.

Database: CINAHL
Neither benzodiazepines nor ACB12 medications were associated with dementia. Recurrent use of ACB3 anticholinergics was associated with dementia, particularly in those with good baseline cognitive function. The long-term prescribing of anticholinergics should be avoided in older people.

**Database:** CINAHL

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The development of new and existing training and education should take account of subjects that are currently underrepresented and ensure that training reflects the Training Standard Framework and evidence regarding best practice for delivery. Lessons regarding the limitations of training in the UK serve as a useful illustration of the challenge of implementing national dementia training standards; particularly for countries who are developing or have recently implemented national dementia strategies.

**Database:** CINAHL
The books listed below are a selection of those that can be found at the library. To search the library catalogue in full, visit swims.nhs.uk.

<table>
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<th>Title</th>
<th>Author(s)</th>
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<td>Adaptive interaction and dementia : how to communicate without speech</td>
<td>Ellis, Maggie; Astell,</td>
<td>WM221</td>
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<td>Communication skills for effective dementia care : a practical guide</td>
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<td>WM224</td>
<td>Book</td>
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<td>Essentials of dementia : everything you really need to know for</td>
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<td>Evidence-based practice in dementia for nurses and nursing students</td>
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<td>Grace, Joanna</td>
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In the News

Wearable tech found to help people with dementia manage diabetes
03 December, 2019
Wearable devices that digitally track blood sugar levels could transform diabetes care for older people with conditions such as dementia, according to new research.

First-of-its-kind Lewy body dementia nurse post announced
28 November, 2019
The first ever consultant Admiral nurse for Lewy body dementia has been appointed by two leading charities. Dementia UK and the Lewy Body Society have jointly announced that Rachel Thompson will work exclusively on Lewy body dementia for the next two years in a first-of-its-kind role.

First-of-its-kind dementia and learning disability nurse post launched
14 November, 2019
Recruitment is underway for the UK’s first learning disabilities Admiral nurse. The successful applicant will support people living with both dementia and a learning disability.

Demand skyrockets for nurse-led dementia charity helpline
14 November, 2019
The number of calls made to a phoneline staffed by dementia specialist nurses has increased by a quarter in the past year. The award-winning Admiral Nurse Dementia Helpline has seen a total of 45,584 calls in one year.

Trial shows benefits in moderate exercise before mealtimes on dementia units
30 September, 2019
Just five minutes of activity before meals can help boost the nutrition, weight and overall wellbeing of people with dementia, according to a small-scale study by a care home.
NHS leaders showcase examples of trust innovation on dementia care
23 September, 2019
Innovative approaches being used by trusts up and down the country to make care settings more “friendly” for patients with dementia have been highlighted by NHS England and NHS Improvement.

Walking pattern may be diagnostic tool for dementia types
20 September, 2019
Walking may be a key clinical tool in helping nurses and other clinical staff to accurately identify the specific type of dementia a patient has, according to a pioneering UK study.

Carers of people with dementia lose up to 3.5 hours sleep a week
23 August, 2019
Clinicians should consider sleep interventions for carers of people with dementia as well as those with the condition itself, according to US researchers.

Poor heart health at age 50 ‘doubles dementia risk in later life’
08 August, 2019
Poor cardiovascular health in middle age increases the risk of developing dementia in later life, according to new research.

Dementia death stats spark call from nurses for investment
06 August, 2019
Specialist nurses have called for more investment in dementia care and research after new figures revealed deaths due to the condition are continuing to rise.