Dementia and the prevention challenge – a view from NICE

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Areas to cover

• The dementia challenge
• NICE guidance on prevention
• Early diagnosis and treatment
• Standards and progress to date
Prevalence of dementia

Prevalence in England %, 2016
NICE’s role

The national point of reference for advice on safe, effective and cost effective practice in health and social care, providing guidance, advice and standards aligned to the needs of its users and the demands of a resource constrained system.
Core principles of NICE guidance

- Comprehensive evidence base – not just RCTS
- Expert input - from clinicians, economists etc
- Patient and public involvement
- Independent advisory committees
- Genuine consultation with all stakeholders
- Regular review and updating
- Open and transparent process – meetings held in public.
Guidance and advice on dementia

Guidance

• Dementia – clinical guideline (update under consideration)
• Disability, dementia and frailty – mid-life approaches to prevention
• Donepezil, galantamine, rivastigmine and memantine for Alzheimer’s disease – TA

Advice

• Low-dose anti-psychotics in people with dementia
• Management of aggression, agitation and behavioural disturbances in dementia: carbamazepine, and valproate preparations
Value for money – prevention is better than cure
Dementia can be caused by a range of conditions including those that result in brain cell death and/or neurodegenerative disease.
Prevention of Alzheimer’s disease?

• Currently several drugs in phase III trials for mild to moderate Alzheimers and for early stage disease
• Mode of action targeted at Amyloid-beta – new mechanisms required?
• Outcomes are cognitive function and activities of daily living
• Preventative research into asymptomatic patients, from 40 years, who have the potential develop Alzheimers?
General mid-life approaches to prevention

• Published October 2015
• Covers service delivery and healthy lifestyles
• Evidence for association with lifestyle factors:

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<tr>
<th>Lifestyle factors</th>
<th>Direction of association with dementia risk</th>
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<tr>
<td>Smoking</td>
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<td>Alcohol</td>
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<td>Nutritional deficiency</td>
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<td>Physical activity</td>
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<td>Cognitive stimulation</td>
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Guidance and quality standards

A comprehensive set of recommendations for a particular condition or service area

Evidence  Guidance  Quality Standards

‘Sentinel markers’
A prioritised set of concise, measurable statements designed to drive quality improvements across a pathway of care.
Dementia quality standards

- **Dementia** – focus on healthcare
- **Supporting people to live well with dementia** – social care quality standard - focus on experience of care
- Together form a comprehensive set of 20 statements for health and social care
- **Mental well-being of older people in care homes** – may be relevant
Standard: living well with dementia

A set of **10 statements**

Provide a clear focus on the priority areas for continuous improvement in quality and outcomes

To be read alongside the healthcare standard for dementia

Associated with **outcome and process measures**.
Quality statement

People worried about possible dementia in themselves or someone they know can discuss their concerns, and the options of seeking a diagnosis, with someone with knowledge and expertise.

Giving people the opportunity to discuss concerns about whether they, or someone they know, may have symptoms of dementia can help them make informed decisions about what steps they may want to take next.
Measuring progress

Patients aged over 75 years asked a dementia case finding question when admitted for emergency care for over 72 hours

Source: NHS England
Summary

• There are a range of different causes of dementia that will require different approaches to prevention, including new drugs and gene therapies.

• NICE guidelines on mid life approaches emphasise the benefits of stopping smoking and exercise, which have a range of health benefits.

• Quality standards – a concise set of statements designed to drive and measure improvement in quality.

• NICE has published a portfolio of guidance and support relevant to dementia, brought together in NICE Pathways.