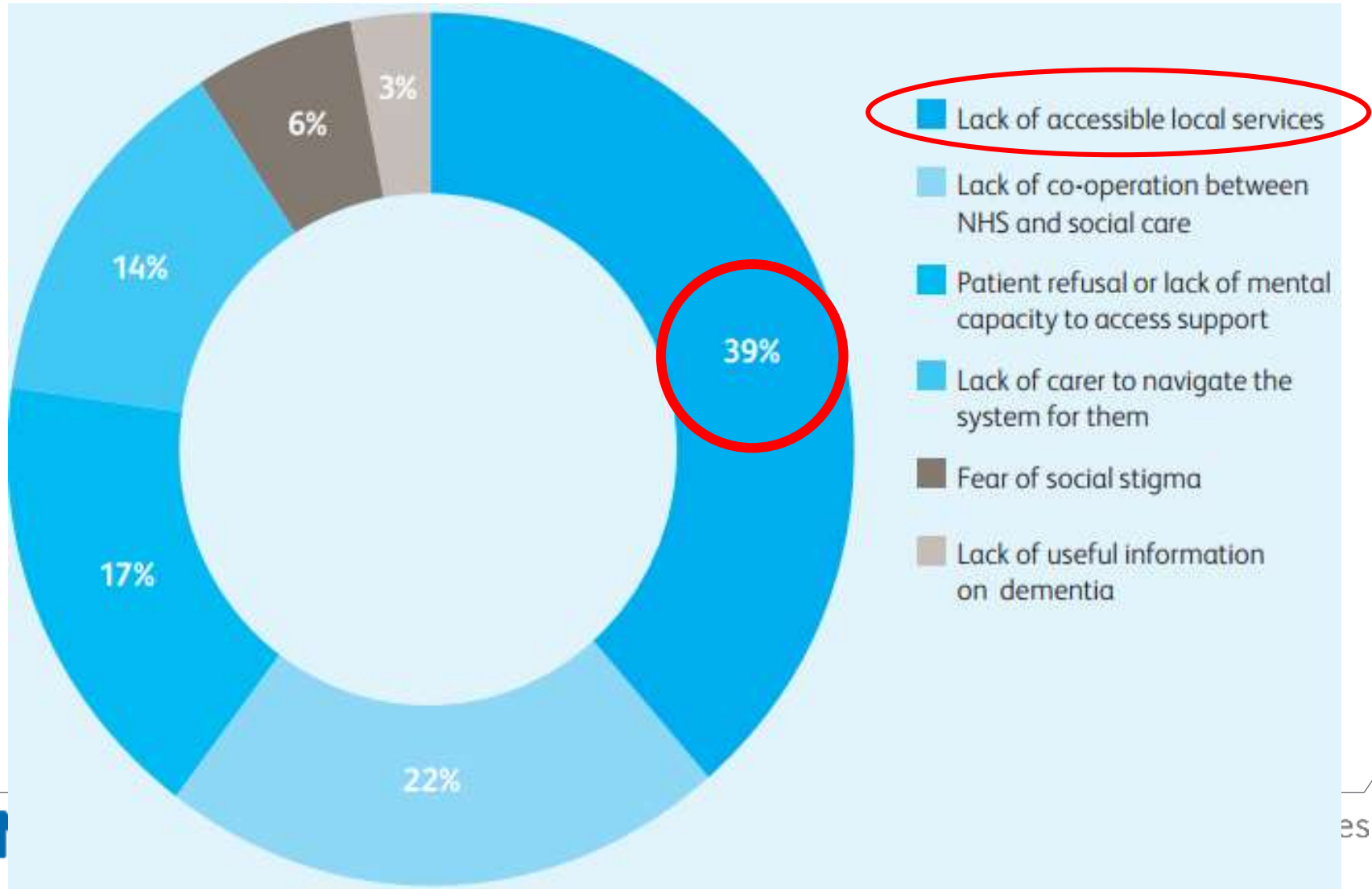




Dementia – diagnosis and management in primary care

Professor Dame Louise Robinson
GP, Regius Professor of Ageing
Director, Newcastle University Institute for Ageing

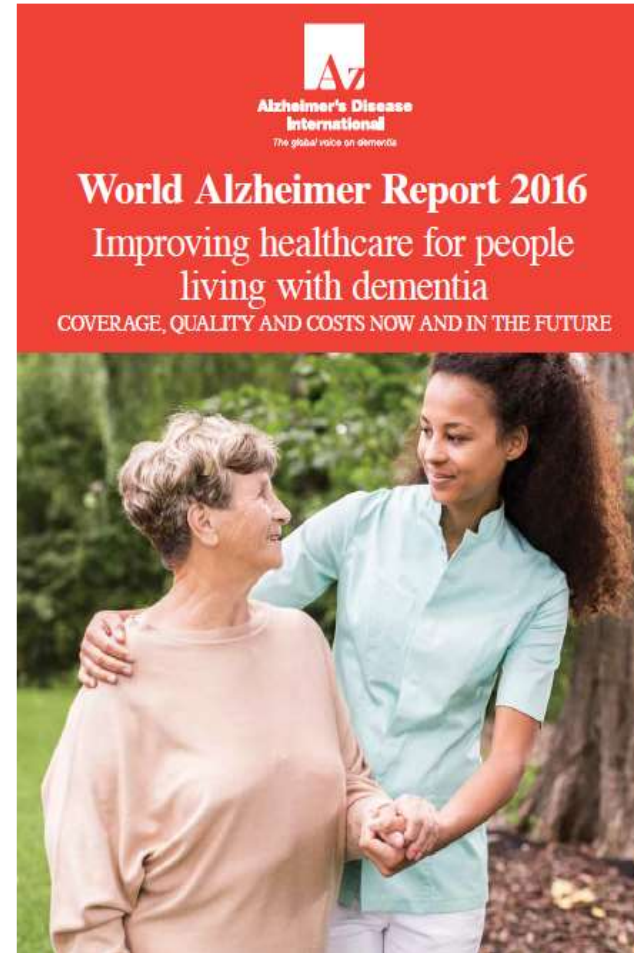
Post diagnostic care and support



Role of primary care in dementia

Reviews: *(Iliffe et al 2010; Robinson et al 2010)*

- Communication re diagnosis
- Early intervention: drug/non-drug
- Support and information
- Carer well being and support
- Future planning
- Physical health & co-morbidities
- Collaborative integrated care
- Towards and at end of life care



INFOGRAPHIC

The global impact of dementia

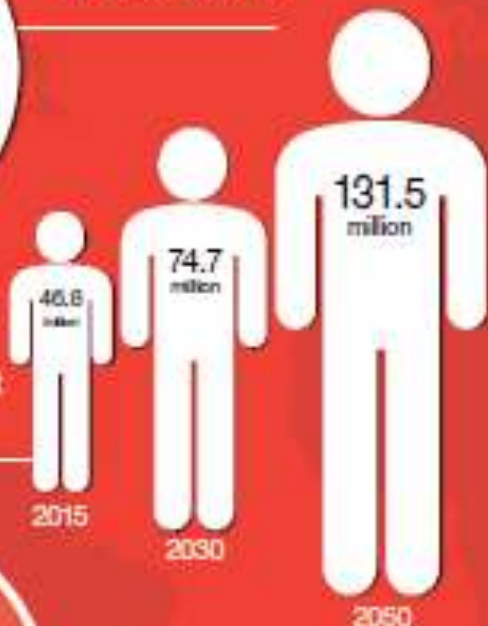


Around the world, there will be 9.9 million new cases of dementia in 2015.

one every 3 seconds

46.6 million people worldwide are living with dementia in 2015.

This number will almost double every 20 years.



Much of the increase will take place in low and middle income countries (LMICs): in 2015, 56% of all people with dementia live in LMICs, rising to 63% in 2030 and 68% in 2050.



The total estimated worldwide cost of dementia in 2015 is US\$ 818 billion. By 2018, dementia will become a trillion dollar disease, rising to US\$ 2 trillion by 2030.

If global dementia care was a country, it would be the

18th largest economy

in the world according to the market values of companies such as Apple and Google



Apple
\$742 billion



Google
\$368 billion



Dementia
\$818 billion

Source: Alzheimer's Society



This map shows the estimated number of people living with dementia in each world region in 2015.

We must now involve more countries and regions in the global action on dementia.





Tuesday 20 June 2017

Alzheimer's Society 'Centres of Excellence' could make a life-changing difference for people affected by dementia

Alzheimer's Society has today announced its biggest-ever single investment in dementia care research. £6 million has been awarded to three 'Centres of Excellence'.

The 'Centres of Excellence' will focus on key priority areas within dementia care research over the next five years.

Dr Louise Robinson, Lead Researcher at the Newcastle Centre of Excellence, said: "We want to address what resources are needed to provide a better quality of care, and how these can be successfully delivered; understanding the costs of this care against the long-term benefits. This will significantly support research in this area here in Newcastle and we're positive that it will make significant improvements for patients and their families."

Post diagnostic care co-ordination

Care co-ordination (NICE 2018)

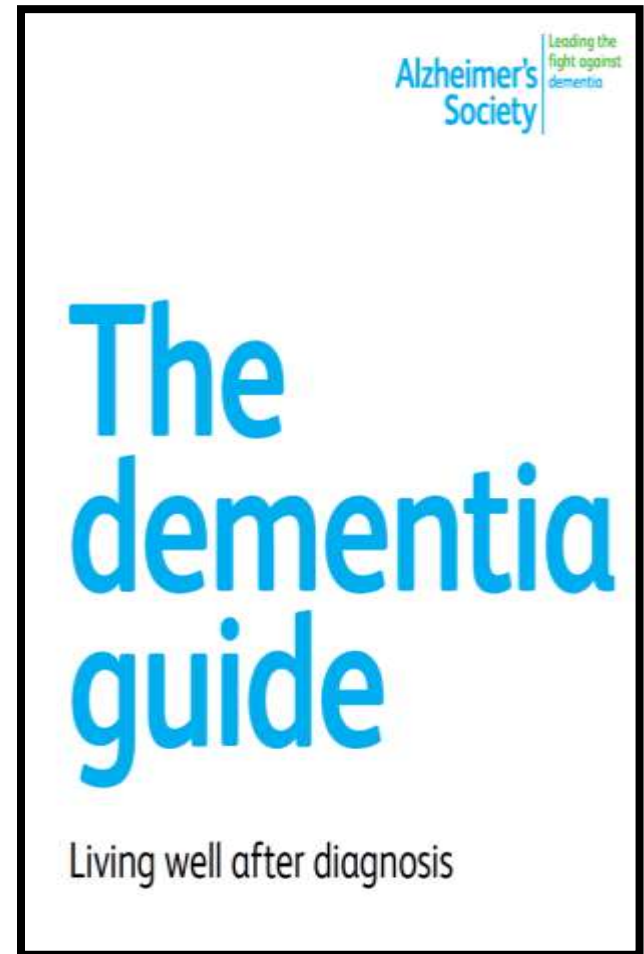
- **‘named health/social care’ professional**
 - Initial needs assessment – PWD + carer
 - Information and support
 - Co-ordination + Care planning
 - Annual review or as needed
 - Family carer support
- e.g. GP/Practice nurse/Admiral nurse/Social worker



Shared care pathway

Information provision

- **Effectiveness?**
 - Corbett 2011: quality of life
- **Voluntary organisations**
 - **Alzheimer's Society**
 - **Lewy Body Society**
- **Dementia advisors**
- **Dementia connect**
 - www.alzheimers.org.uk/find-support-near-you



Pharmacological management

Key changes - NICE 2018

- **Initiation decision**
 - clinician with *specialist expertise* **BUT 1st script can be issued in primary care**
- **Combination therapy: INCREASED USE**
 - **Cholinesterase inhibitor + memantine**
 - **Can be started in primary care**
- **Length of treatment: PROLONGED USE**
 - **DO NOT STOP** due to disease severity alone

Planning ahead

Early/moderate stages (with capacity)

- **Power of Attorney – 2 separate**
 - Health + welfare / finance + property
 - Solicitor; Alzheimer's Society; DIY
 - Only takes effect with loss of capacity



ADVANCE DECISIONS TO REFUSE TREATMENT
A Guide

Advanced dementia/ people in care homes

- **BEST INTERESTS DECISION MAKING** not ACP
- Communication with all key stakeholders important
- Inform other services e.g. Ambulance

Co-morbidity management (NICE 2018)

- **Physical illness**
- **Pain (agitation/distress)**
 - **Consider use of structured pain tool**
 - **Usual pain drug pathway**
- **Sensory loss**
 - Hearing impairment
- **Sleep disturbance**
- **Depression**
 - **Do not routinely use anti-depressants**

Dementia annual review

- **Cognitive/mental health:** memory (any significant change in the last 12 months), mood and any signs of challenging behaviour.
- **Physical health:** co-morbidities; visual and sensory impairment.
- **Risk management:** smoking; alcohol; BP; diet
- **Medication review**
 - Drugs affect cognition: ‘**ANTI-s**’ (1st generation anti-histamines; TCAs; benzodiazepines; urinary antispasmodics)
 - Dementia drug review
 - Anti-psychotics: benefit vs risk discussion
- **Information: Alzheimer Society;** legal and financial
- **Driving safety review**
- **Assistive technology**
- **Future care planning: LPA is key**
- **Carer support and assessment**

Driving and dementia

- Consensus guidance <https://research.ncl.ac.uk/driving-and-dementia>
- Ultimate decision on fitness to drive by DVLA.
- In early dementia, licence issued with annual review.
- A formal driving assessment can be arranged **Local Driving Assessment Centre**

Other resources

www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency

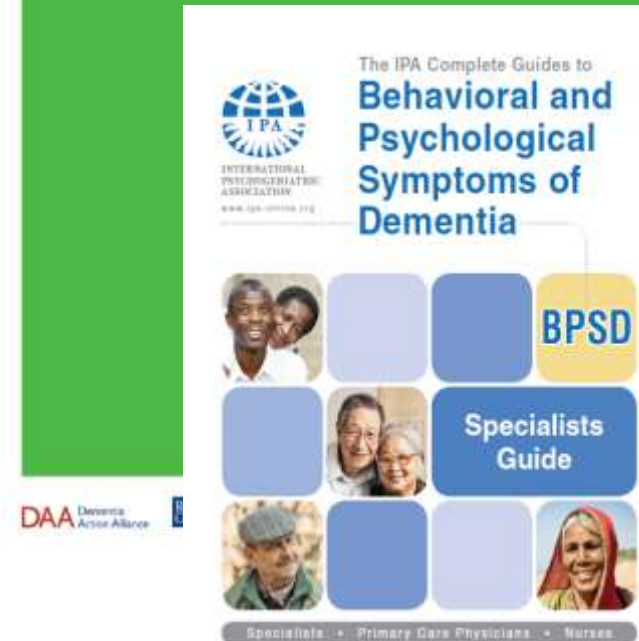
www.alzheimers.org.uk/factsheet/439

Behavioural issues

- **Non-drug options first**
 - ABC approach
 - Physical environment
 - Sensory interventions
 - Exercise/activity
- **Drug management**
 - **Severe distress/risk of harm**
 - Analgesia
 - Antidepressants
 - Cholinesterase inhibitors

Optimising treatment and care for people with behavioural and psychological symptoms of dementia

A best practice guide for health and social care professionals



Behavioural issues

Anti-psychotic drugs

- Limited use due to increased mortality and morbidity (1:100 die; 1 in 100 CVA)
- Definitely avoid in Lewy Body

Prescribing

- Individual risk/benefit assessment
- Use 2nd generation (atypical)
- Risperidone (low dose 2mg)
- Review (max 4-6 weeks)
- >12 weeks: document risk/benefit

Optimising treatment and care
for people with behavioural and
psychological symptoms of dementia

A best practice guide for health
and social care professionals

Supporting families

- **NICE 2018**
 - **Psychoeducational interventions**
 - **Skills training**
 - *Living bereavement...*



GP: carer assessment *(Cameron 2011)*

- Record NOK/main carer on dementia register
- Assess needs: practical, physical, emotional, legal/financial
- Support: Alzheimer's Society; Dementia UK: Carers UK
- Maintain physical and emotional wellbeing

Living well as dementia progresses

Massive Online Learning Course

<https://www.futurelearn.com/courses/comfort-care/1>

The screenshot shows the FutureLearn website interface. At the top, there is a navigation bar with the FutureLearn logo, a search bar, and navigation links for 'Categories', 'Courses', and 'Using FutureLearn'. The main content area features the course title 'Dementia Care: Living Well as Dementia Progresses' and a brief description: 'Be prepared for the future - learn to understand dementia as it progresses and how to seek support.' A prominent pink button labeled 'Go to course - starts 18 Mar' is highlighted with a large red arrow. Below the course information, there is a horizontal menu with tabs for 'Overview', 'Topics', 'Start dates', 'Requirements', and 'Educators'. The bottom of the page shows a Windows taskbar with various application icons and a system tray.

Assistive technology

atdementia.org.uk

- [Communication](#)
- [Safety](#)
- [Leisure](#)
- [Prompts & reminders](#)





a.i.robinson@newcastle.ac.uk

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