

elderly vascular geriatrics  
Alzheimer's environment  
cognition early onset  
fronto-temporal research  
memory old age  
dementia  
support  
lewy bodies



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Community and Mental Health Services

12 March 2019

## Systematic Review

[Air Pollution and Dementia](#) This systematic review examined available research in relation to air pollution and incident dementia or cognitive decline in adults.

## Randomised Controlled Trial

[Advance care planning in dementia nursing homes with family carers](#) This blog post from the Mental Elf considers a paired-cluster randomised controlled trial of an advance care planning intervention, called the Family Carer Decision Support (FCDS) intervention, undertaken in dementia nursing homes in Northern Ireland. The ACP conversation with family carers was conducted over two meetings, using a booklet originally developed in Canada called 'Comfort care at the end of life for persons with Dementia – a guide for caregivers' and adapted for local context. The study found that family carers did experience reductions in decisional conflict and the intervention was linked with positive family perceptions of care, however no statistically significant changes occurred in relation to family carer psychological distress.

## Report

[Stay positive to boost brain health in old age](#) A new report by the Global Council on Brain Health (GCBH) suggests feeling good and being emotionally well is linked with better brain health among over-50s. The report offers recommendations for individuals and community organisers to increase opportunities to develop and improve mental-wellbeing, including spending time outdoors, reducing stress, participating in group and social activities and engaging in a healthy lifestyle.

## Review

[Dementia 2020 challenge: progress review](#) The Department of Health and Social Care have published their latest review which summarises the views of stakeholders on the progress of the challenge on dementia so far and sets out actions for the final 2 years of the challenge.

## Factsheet

[Deprivation of Liberty Safeguards](#) Age UK have published a new Deprivation of Liberty factsheet which takes into account the 2019 Mental Capacity (Amendment) Bill.

## News

[NHS using smart meters to monitor people with dementia](#) Following preliminary and working with the University of Liverpool and Mersey Care NHS Foundation Trust fifty patients with dementia will be piloting the use of smart technology to improve safety and wellbeing. The meters, with the consent of individuals, will monitor daily routines such as cooking dinner or boiling the kettle. The data collected could then potentially highlight whether certain household appliances are being turned off or left on for too long which may indicate that the person needs help.

[Older patients spared dementia and falls by NHS tech roll-out](#) Digital checks that can prevent dementia and falls in older people, and save lives through diagnosis of sepsis, are among a range of tools being made available in hospitals across the country, as part of the [NHS Long Term Plan](#). One in eight hospital patients is affected by delirium, which can make people unsteady on their feet, increases the risk of developing dementia and can result in longer hospital stays or admission to a care home.

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## Studies

[Use of postmenopausal hormone therapy and risk of Alzheimer's disease in Finland: nationwide case-control study](#) A nationwide case-controlled study in Finland compared the use of hormone therapy between postmenopausal women with and without a diagnosis for Alzheimer's disease. The study found that long term use of systemic hormone therapy might be accompanied with an overall increased risk of Alzheimer's disease, which is not related to the type of progestogen or the age at initiation of systemic hormone therapy. By contrast, use of vaginal estradiol shows no such risk. Even though the absolute risk increase for Alzheimer's disease is small, the authors recommend that the data should be implemented into information for present and future users of hormone therapy. [Alzheimer's Society comments](#)

[Television viewing and cognitive decline in older age: findings from the English Longitudinal Study of Ageing](#) This article reports on a study which aimed to explore whether television viewing behaviours in adults aged 50 or over are associated with a decline in cognition, using data from the English Longitudinal Study of Aging involving 3,662 adults aged 50+. The authors found that although watching television is not longitudinally associated with changes in semantic fluency, there is preliminary data that suggests that television viewing in excess of 3.5 hours a day may be related to cognitive decline.

[Systemic inflammation during midlife and cognitive change over 20 years](#) This study sought to examine the association between systemic inflammation measured during midlife and 20-year cognitive decline, looking at data from 12,336 participants with a baseline age of 56.9. The findings showed in cognitive domain specific analyses, elevated midlife inflammatory markers were most consistently associated with declines in memory. The authors highlight that this study may show an early pathogenic role for systemic inflammation as a driver of cognitive decline in the decades leading up to older adulthood.

[Training programme to improve communication between staff and patients with dementia in hospital shows promise](#) The National Institute for Health Research reports on a study which sought to examine how healthcare professionals interact with people with dementia in practice, and analysed 41 videoed exchanges between 26 healthcare professionals and 26 people with dementia in acute hospitals to develop a training programme which was subsequently tested by a limited number of staff. The study demonstrates the feasibility of delivering a training programme to help healthcare professionals learn skills designed to improve communication with people living with dementia.

## Questionnaire

[Opinion Research Services \(ORS\) Dementia 2020 Citizens' Engagement](#) ORS are inviting people with a dementia diagnosis, or their main carer (either family or friend) to complete a short questionnaire about the experience of living with dementia. The questionnaire asks about experiences of day-to-day living and dementia friendly communities.

## Advice

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