

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



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## Systematic Review

[A Systematic Review and Meta-Analysis of Nonpharmacological Interventions for Moderate to Severe Dementia](#) This review found that non-pharmacological interventions were effective in improving activities of daily living and reducing depression. However, non-pharmacological interventions were not effective in reducing agitation, anxiety, or overall, or improving cognitive function. In a subgroup analysis, music therapy was effective in reducing overall behavioural and psychological symptoms of dementia.

[Factors associated with the risk of cardiovascular disease in family caregivers of people with dementia](#) This review examined studies that reported cardiovascular disease risk in family caregivers of people with dementia. The review found seven modifiable factors of CVD risk. Leisure activities, physical activity, and social support were significantly negatively associated with the risk of CVD.

## Studies

[Association of Amyloid and Tau with Cognition in Preclinical Alzheimer Disease A Longitudinal Study](#) This study examined the associations amount A $\beta$ , tau, and cognition, measured during different observation periods for 7 years. The authors found that amyloid positron emission tomography is useful to detect early Alzheimer pathology.

[Virtual reality \(VR\) can identify early Alzheimer's disease more accurately than 'gold standard' cognitive tests currently in use, suggests new research from the University of Cambridge](#) A study involving 45 patients with mild cognitive impairment and 41 health comparisons, were given a virtual reality navigation test while walking in a simulated environment. The results suggested that all of those with cognitive impairment performed worse on the navigation task, but also those with positive CSF markers performed worse than those with negative markers and a low risk of future dementia.

[Caregiver influences on 'living well' for people with dementia: Findings from the IDEAL study](#) The study findings indicated that how the caregiver experiences caregiving can affect the person with dementia which reinforces the importance of providing support to caregivers.

[Less dementia and stroke in low-risk patients with atrial fibrillation taking oral anticoagulation](#) This retrospective study examined all individuals in Sweden with a hospital diagnosis of atrial fibrillation between 2006-2014. The study found that low-risk AF patients who take OAC have lower risk of dementia than those who do not use OAC. Patients age >65 years appear to benefit from OAC treatment irrespective of stroke risk score.

[New genes implicated in Alzheimer's disease](#) This post from the mental elf discusses a large genome wide association study which found that there is increasing evidence that the pathogenesis of Alzheimer's disease involves an interplay between inflammation and lipids and the importance of the immune system in causing AD.

['Care deserts' mean older people aren't getting the care they need](#) A new study commissioned by Age UK found that that 1 in 7 older people in England aren't receiving the care they need due to differences of care availability based on geographic location and argues that 1.4 million older people are missing out on the right level of care.

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## Clinical Answer

[Can antidepressants improve outcomes for adults with dementia and comorbid depression?](#) This clinical answer from Cochrane examined available RCT evidence on antidepressant treatment found that for people with dementia and comorbid depression, antidepressant use does not provide clear support for effectiveness, and there is some evidence that it may cause adverse effects.

## Report

[New ADI report on the 2nd anniversary of the Global plan on dementia calls for urgent action](#)

A new report, 'From Plan to Impact II: the urgent need for action' has been published by Alzheimer's Disease International to mark the 2nd anniversary of the adoption of the World Health Organization (WHO) Global plan on the public health response to dementia 2017-2025.

## Guidance

[World Health Organization \(WHO\) issues guideline on prevention of dementia](#) The WHO has published its first guideline on the prevention and management of dementia, recommending the adoption of specific lifestyle interventions such as encouraging physical activity and smoking cessation for reducing the risk of cognitive decline and dementia. The full evidence review which informed this guideline is available [here](#)

## News

[Using AI to remix radio for people living with dementia](#) A £2.7 million project aims to use artificial intelligence to adapt and personalise live radio, with the aim of transforming life for people living alone with dementia. Radio Me aims to address key causes of hospital admission for people with dementia, such as agitation and not taking medication correctly. As a result, it is hoped quality of life will improve, and people will be able to remain living independently at home for longer. It is currently being trialled in Cambridgeshire and Sussex.

[Dementias Platform UK datathon - understanding origins of dementia using machine learning](#)

Using machine learning techniques to analyse complex cohort data, a group of researchers examined real world clinical data looking at health trajectories of those with cognitive impairments. Researches found patterns in cohort data that might identify those at risk of developing dementia, or indicate promising areas for research into treatments.

## Films

[Young Dementia UK launch four new films](#) Young Dementia UK has created a series of Adapt films to help educate and inform people about young onset dementia. The 4 areas covered are: 'Being a parent', 'Who & how to tell', 'Employment & keeping active', 'Living a new life'.

## Cochrane Review

[Interventions for preventing delirium in older people in institutional long-term care](#) This review of the evidence around delirium prevention for people in long term care identified 3 trials (n=3851) and noted a software-based intervention to identify medications that could contribute to delirium risk and trigger a pharmacist-led medication review, probably reduces incidence of delirium in this population, based on one large RCT in US.