

**Vol 6 no 3**  
**March 2009**  
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**Training** is our featured topic this month

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[New books and articles in the DSDC library](#)

Programme and booking details are on our [website](#)  
Online booking is now available through [DementiaShop](#)

In the headlines

**Longer schooling 'cuts dementia'**

A study has suggested the raising of the school leaving age to 15 over 50 years ago could go some way to reducing dementia rates in the elderly.

[BBC News Online 28 March 2009](#)



The Dementia Services  
Development Centre



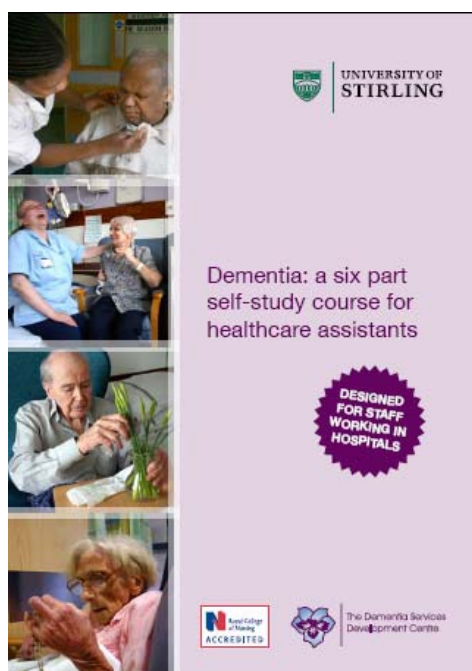
UNIVERSITY OF  
**STIRLING**

## Dementia: a six part self-study course for hospital and care home staff

As a healthcare assistant working in a hospital, or a care assistant in a care home, you will be aware that residents' needs are changing, and that increasingly you will be caring for people with dementia. This course has been designed to provide an opportunity to learn about dementia and will help you think about how to provide the best care for people with dementia. You may already feel you are doing a good job, but do you use a person-centred approach? The course will help you to:

- understand what is meant by a person-centred approach
- develop your existing skills
- gain new knowledge and understanding
- improve the way you care for people with dementia

This is a six month course, and it will involve setting aside about two hours each week for studying, plus one hour a week to reflect on your caring practice. However, every aspect of the course is grounded in what you do every day. We aim to get you thinking about what you do and your particular ways of working with people with dementia.



UNIVERSITY OF STIRLING

Dementia: a six part self-study course for healthcare assistants

DESIGNED FOR STAFF WORKING IN HOSPITALS

Accredited by the Nursing and Midwifery Council

The Dementia Services Development Centre

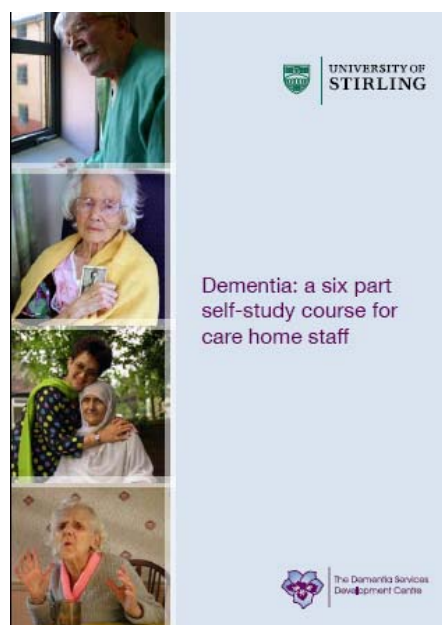
The leaflet features four photographs: a healthcare assistant assisting an elderly man, a staff member talking to an elderly woman, a man tending to a plant, and an elderly woman with her hands clasped.

“Learning about person-centred care has given me a greater understanding of why dealing with each patient as an individual, seeing the person with his or her own personality and life history, and not just with the label ‘dementia’ gets the best response”

[Download Course Leaflet](#)

“Since doing the course I look at the person in a different light. No two people are the same and I understand what the impact of the illness has on the person” (Feedback from HCA version of course)

[Download Course Leaflet](#)



UNIVERSITY OF STIRLING

Dementia: a six part self-study course for care home staff

The Dementia Services Development Centre

The leaflet features four photographs: a man in a green shirt looking out a window, an elderly woman in a yellow jacket holding a card, a woman in a white headscarf being embraced, and an elderly woman with her hands raised.

# Training

## Introduction

### **Education and training - making it effective**

Recent government policies across the UK have emphasised the need for a skilled and trained workforce to work with people with dementia. In the rush to get education and training done there is a danger that senior managers will go for 'quick fixes'. Education and training can be delivered as one-off events by the expert trainer or training company with little thought given to the long term benefit for the person with dementia, the professional worker or the organisation. If education and training are to be effective, they must engage the person in active learning, and that learning cannot be divorced from the reality of work situations. However, the reality of work pressures means that, to be effective, time spent on training needs to give participants opportunities to reflect on practice issues. This requires the trainer to understand the culture of the organisation, the workplace issues, be a facilitator of discussion and use learning as a catalyst for change.

One way of doing this is to regard participants on the course as a 'community of learners'. This means that there is a sharing and exchange of experience, and the trainer involves course participants in their own learning rather than just imparting knowledge. Adopting this approach means that the one-off training day is unlikely to change anything other than raise awareness and increase the team members' appetite for more training! The challenge is how a training course fits with the ongoing learning culture and leadership practice within the organisation.

There is a recognised link between good people management and the importance of an organisation creating the right learning environment. Whether that organisation be a care home, community team or hospital ward, the manager, team leader or charge nurse has to think about how they create a supportive learning environment. Leadership can promote a learning culture but, more importantly, demonstrate the values that underpin the care that is provided.

Education and training cannot be seen as a luxury. Given the increasing number of people with dementia, there is a need for competent and confident workers. However, this has to be a 'justified confidence' (Stephenson, 2003). This means that the manager knows that their team member has the right knowledge, value base and skills to do the job.

In fact the least cost is the actual training day as it is what happens afterwards back in the workplace that is critical. This requires the individual worker to have a confidence in their own knowledge and skills, to have learned from experience, to perform under stress and to communicate effectively and collaborate with others. However this cannot be achieved unless managers value the training opportunity.

**Alan Chapman**  
**Associate Director of Education & Training**

Stephenson, J. (2001) Ensuring a holistic approach to work based learning: The capability envelope Ch 7 in Work Based Learning- A New Higher Education? Buckingham :Society for Research into Higher Education & Open University Press, 2001.

## Training Web Resources

### **All-Party Parliamentary Group on Dementia**

Always a last resort : Inquiry into the prescription of antipsychotic drugs to people with dementia living in care homes. April 2008

Highlights a lack of dementia care training for care home staff, which results in the staff not being able to support people with dementia, for example by providing person-centred care.

[http://www.alzheimers.org.uk/downloads/ALZ\\_Society\\_APPG.pdf](http://www.alzheimers.org.uk/downloads/ALZ_Society_APPG.pdf)

### **Living well with dementia : a National Dementia Strategy**

Objective 13: An informed and effective workforce for people with dementia.

Health and social care staff involved in the care of people who may have dementia to have the necessary skills to provide the best quality of care in the roles and settings where they work. To be achieved by effective basic training and continuous professional and vocational development in dementia.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_094058](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_094058)

### **Care providers failing fully to exploit burgeoning dementia care market**

Press release – main findings of the Laing & Buisson report

[http://www.laingbuisson.co.uk/Portals/1/PressReleases/Dementia09\\_PR.pdf](http://www.laingbuisson.co.uk/Portals/1/PressReleases/Dementia09_PR.pdf)

### **Massive investment in training required to meet dementia strategy ambitions**

The national dementia strategy, published last week, presents some critical challenges to the social care workforce.

[Community Care 11 February 2009](#)

### **Social Care Institute for Excellence**

Dementia : supporting people with dementia and their carers in health and social care

<http://www.scie.org.uk/publications/misc/dementia/dementia-guideline.pdf>

### **British Geriatrics Society**

Position Paper

[http://www.bgs.org.uk/Publications/Position%20Papers/psn\\_dementia\\_strategy.html](http://www.bgs.org.uk/Publications/Position%20Papers/psn_dementia_strategy.html)

### **Recognising the Needs of People with Dementia in NHS Accident and Emergency Departments: Supporting guidance.**

<http://www.scotland.gov.uk/Resource/Doc/924/0077912.pdf>

### **The role of dementia training programmes in reducing care-giver burden**

Psychiatric Bulletin

<http://pb.rcpsych.org/cgi/content/full/24/2/41>

### **Can an EASYcare based dementia training programme improve diagnostic assessment and**

management of dementia by general practitioners and primary care nurses? The design of a randomised controlled trial

BMC Health Services Research

<http://www.biomedcentral.com/1472-6963/8/71>

## Training

### Topic Reading List

Chapman, Alan and Law, Shirley

Bridging the gap: an innovative dementia learning program for healthcare assistants in hospital wards using facilitator-led discussions

International Psychogeriatrics (2009), Vol. 21, Supplement 1, S58–S63

Nursing a person with dementia in a ward setting can be stressful and a challenge for staff and patients alike. Healthcare assistants are identified as requiring a specific training program. They form part of the front-line workforce and yet have the least access to training but often most contact with patients. The program in this study focused on person-centered care and used six self-study workbooks. Experienced registered nurses are trained to be facilitators of 12 group discussions in the ward setting. The training program viewed the facilitator as playing a key role in empowering the healthcare assistant but also in promoting reflective practice. The outcomes to date have been positive and showed a development in confidence and competence of the healthcare assistants involved.

[http://journals.cambridge.org/repo\\_A52zaWtP](http://journals.cambridge.org/repo_A52zaWtP)

Lombard, Daniel

Workforce skills are key to dementia care.

Community care. 1757, 12 February 2009, 10-11.

Social care leaders are looking at an overhaul of workforce skills to meet the dementia strategy by 2014. Can it be done?

McPhail, Catherine

Improving outcomes for dementia care in acute aged care : impact of an education programme.

Dementia. 8(1), February 2009, 142-147.

The aim of this paper is to report on the transformation of a small hospital offering an acute geriatric service. Many of the staff were inexperienced in providing care to older patients, specifically dementia care. The authors present the evaluation of a dementia educational programme and its impact on knowledge in a new specialist aged care clinical setting.

Sheard, David

Time up for dementia awareness training?

The journal of dementia care. 17(2), March/April 2009, 12-13.

The author calls for a shift in dementia care training away from traditional courses, which have little lasting impact, towards a coaching and mentoring approach.

Bluethmann, Shelley Morrison

Enhancing quality through staff training : the foundations of dementia care.

Alzheimer's care today. 9(2), April-June 2008, 128-137.

Dementia-specific training is critical to quality dementia care, yet many of the paraprofessionals charged with that task are not included in this process. This article discusses the Alzheimer's Association Foundations of Dementia Care training curriculum, including the results of field testing with residential care professionals.

Browne, Colette V.

Globalization, women's migration, and the long-term-care workforce.

The gerontologist. 48(1), February 2008, 16-24.

With the aging of the world's population comes the rising need for qualified direct long-term-care (DLTC) workers (i.e., those who provide personal care to frail and disabled older adults). In this article, the authors examine the impact of three global trends - population aging, globalization, and women's migration - on the supply and demand for DLTC workers in the United States.

Doyle, Sheila

Establishing a 'train the trainer' education model for clinical skills development.

Nursing older people. 20(5), June 2008, 34-38.

Demographic trends and service reform present healthcare providers with the challenge of developing appropriate resources to manage increasing numbers of sick and disabled older people. But these changes bring increased opportunities for nursing and the nursing role is crucial as health services strive to meet the changing needs of older people.

Ellis, Jim

Carer-driven dementia education for professionals.

Nursing older people. 20(2), March 2008, 35-40.

The pilot project described here took the form of action research, focusing on dementia awareness education for nurses on acute wards and in accident and emergency departments.

Hughes, Jane

Care staff working with people with dementia : training, knowledge and confidence.

Dementia. 7(2), May 2008, 227-238.

The complexity and diversity of the needs of older people in care homes presents challenges to those responsible for caring for residents, in particular nursing and care assistant staff providing the majority of direct care. This study examines the degree of knowledge and confidence of these staff in caring for people with dementia and seeks to identify factors which can contribute to greater confidence.

Moniz-Cook, Esme

Can training community mental health nurses to support family carers reduce behavioural problems in dementia? : an exploratory pragmatic randomised controlled trial.

International journal of geriatric psychiatry. 23(2), February 2008, 185-191.

Community mental health nurses (CMHNs) are the backbone of specialist mental health services in the UK. This study evaluated the effects of training CMHNs in a systematic psychosocial intervention to help family carers manage behavioural changes in their relative with dementia.

Morgan, Jennifer Craft

A mixed-method evaluation of a workforce development intervention for nursing assistants in nursing homes : the case of WIN A STEP UP.

The gerontologist. 48(1), July 2008, 71-79.

The purpose of this study was to evaluate WIN A STEP UP, a workforce development program for nursing assistants in nursing homes involving continuing education by onsite trainers, compensation for education modules, supervisory skills training of frontline supervisors and short-term retention contracts for bonuses and/or wage increases upon completion.

Tannazzo, Teresa

A dementia training program to benefit certified nurse assistant satisfaction and nursing home resident outcomes.

Alzheimer's care today. 9(4), October-December 2008, 221-229.

In the United States, healthcare industry professionals are looking to training/education programs to increase satisfaction and retain healthcare workers. Nurse assistants have extensive contact with patients with dementia, yet they know little about the disease and how it may manifest itself and behavioural disturbances. Through a training program designed to educate nurses on the illness, job satisfaction increased significantly.

Visser, S.M.

Managing behavioural symptoms of dementia : effectiveness of staff education and peer support.

Aging & mental health. 12(1), January 2008, 47-55.

This study was designed to investigate the impact of staff education on the behaviour and quality of life of residents with dementia and on staff members' attitudes about working with people with dementia and level of burnout.

Bhaduri, Reba

Implementing evidence-based training in dementia care for frontline workers in the social care workforce : reaching the horizon?.

Journal of care services management. 1(3), April-June 2007, 294-302.

This paper describes a study which assessed the effects of dementia care training on care assistants' performance while working with care home residents with dementia. Previous research identified an overwhelming demand for training from both care home managers and care staff, particularly in relation to understanding dementia and challenging behaviour. A training handbook on dementia, devised as a result of this research, formed the basis of the training materials.

Fine, Michael D.

Immigration and the aged care workforce in Australia : meeting the deficit.

Australasian journal on ageing. 26(4), December 2007, 157-161.

Population ageing and low fertility rates are placing the Australian workforce in the twenty-first century under pressure. Aged care is one of the key areas of the workforce in which labour shortages can be expected. This is likely to result in calls for these shortages to be increasingly addressed by the recruitment of more immigrant care workers, both skilled and unskilled. Using demographic projections and the limited data available on the current workforce, this paper examines the existing levels of migrant representation and considers the prospects for future increases in overseas-born workers.

Lally, Frank

Undergraduate training in geriatric medicine : getting it right.

Age and ageing. 36(4), July 2007, 366-368.

It is perhaps inevitable that every speciality within medicine believes that its fundamental principles should be included in the core undergraduate curriculum and should be accompanied by a compulsory placement. The General Medical Council's policy document 'Tomorrow's Doctors' stresses the importance of students learning about the special problems associated with older people's health.

Levenson, Ros

Better prepared to care : the training needs of non-specialist staff working with older people with mental ill health.

London : Mental Health Foundation, 2007.

The aims of this project were to understand more about the training needs of non specialist health and social care staff working with older people who have mental ill health.

Loveday, Buz

Training inspectors to assess dementia care.

The journal of dementia care. 15(4), July/August 2007, 19-21.

Over 550 inspectors from the Commission for Social Care Inspection have now attended a specialist dementia training course. What did they learn and could it make a difference?

McCabe, M.P.

Effectiveness of staff training programs for behavioural problems among older people with dementia.

Ageing & mental health. 11(5), September 2007, 505-519.

This paper reviewed studies on staff training programs to address the behavioural problems associated with dementia among older people in residential care.

Phillips, Mike

Investing in staff through training.

The journal of dementia care. 15(2), March/April 2007, 14-15.

The author speaks up for the many benefits of ongoing staff training.

Smith, Sarah

Raising the profile of older people's care in hospital through training.

Nursing older people. 19(3), April 2007, 27-31.

Two-thirds of patients requiring inpatient acute hospital care are aged over 65. Older people also have a greater need for the use of health and social care. It is therefore no surprise that the majority of patients cared for by nurses in general wards are older people. It is vital that health professionals caring for patients, in all ward settings, have the knowledge and skills to care for the complex needs of older people. This article describes a project carried out at East and North Hertfordshire NHS Trust, to address aspects of general hospital care for older people.

Thompson, Rachel

Involving people with dementia and carers in professional education.

The journal of dementia care. 15(4), July/August 2007, 26-28.

The authors report on a study that sought to establish whether people with dementia and their carers are involved in educating professionals who work in dementia care.

Wilkinson, Carole

A competent, confident workforce.

Journal of care services management. 2(1), October-December 2007, 6-10.

This comment is based on a presentation given to the Annual Seminar of the Social Care Association held in Scotland in March 2007. The theme of the conference was 'Care to innovate'. The presentations set out the policy and key objectives of the UK Sector Skill's Council's Skills for Care and Development.

Day, Malcolm

Caring for the older person : the skills for care common induction training standards for newly appointed care workers.

Brighton : Pavilion, 2006.

The Care Standards Act (2002) requires that managers of nursing and residential care homes and organisations that deliver home care demonstrate that newly appointed care workers have undergone a period of induction during their first six weeks of employment. This training manual is designed to take the newly appointed care worker, and his or her manager, through the induction process using the current standards laid down by Skills for Care.

Clelland, Jeanette

An analysis of allied health professional training in care homes for older people in Glasgow.

Quality in ageing. 6(3), November 2005, 24-36.

The training of care staff in care homes for older people is important to ensure the maintenance of evidence-based and effective care. Training can assist in changing attitudes and promoting improved quality care for residents. This study sought to elicit service user views and opinions about the tea's current provision to assist in informing prospective developments and enhancing future performance.

## Current Awareness

# Dementia in the News

### **Somerset dementia patients trial global tracking technology**

Somerset dementia patients are amongst the first in country to benefit from a new personal tracking device which makes use of up-to-the-minute Global Positioning System (GPS) technology to avoid people with dementia wandering or becoming lost.

[Medical News Today 26 March 2009](#)

### **Alzheimer's drugs 'ready in five years'**

New drugs that can halt or slow the progress of Alzheimer's disease could be available for the first time in the next five years.

Up to 11 medicines are in late stage clinical trials and should be reporting results in 12 months to three years.

[Herald\(Glasgow\) 26 March 2009](#)

### **Scientists create 'artificial brain' to help fight Alzheimer's**

Researchers at Aston University in Birmingham took cells from a cancerous tumour and "reprogrammed" them to create those identical to the human nervous system. Scientists say that the development could mean that a breakthrough in conditions such as dementia and Parkinson's Disease has been brought closer

[Telegraph.co.uk 25 March 2009](#)

### **Cause celeb: Broadbent tackles Alzheimer's**

Video clip in which Jim Broadbent remembers how he coped upon learning his mum had Alzheimer's

[BBC News Online 20 March 2009](#)

### **Alzheimer's link to epilepsy found**

Scottish scientists have discovered what could be causing Alzheimer's disease sufferers to go on to develop epilepsy.

Almost a third of Alzheimer's patients are thought to suffer from some degree of epilepsy. But until now a link has never been established.

[Scotsman.com 19 March 2009](#)

### **Care homes warned over dementia**

Care homes must improve their approach to people with dementia, according to a report by a firm of health and social care analysts. Laing and Buisson found training was "fragmented and ad-hoc" with a third of homes failing to provide staff with specialist instruction.

[BBC News Online 17 March 2009](#)

### **'Person-centred' care works better for dementia**

More individualised care by residential or nursing homes can reduce agitation in people with dementia, a new study shows.

[Guardian Online 12 March 2009](#)

### **Two glasses of milk a day could help protect against Alzheimer's**

Scientists at Oxford University have discovered milk is one of the best sources of vitamin B12, which is thought to reduce neurological damage to the brain.

[Telegraph.co.uk 1 March 2009](#)

# Current Awareness New Library Stock

## Activities

Suttie, Alisdair

Console yourselves.

Community care. 1760, 5 March 2009, 30-31.

Care home residents in Scotland are back playing the sports of their youth - courtesy of Nintendo Wii.

Tay, Sharon.

The carer's cosmetic handbook : simple health and beauty tips for older persons

London ; Philadelphia : Jessica Kingsley Publishers, 2009.

As people age, the need for maintaining a healthy appearance and good hygiene do not diminish, but the body becomes more sensitive and deserves to be treated in a different way

## Art

Bate, Helen

Art, dignity and dementia.

Living with dementia. March 2009, 16-17.

Helen Bate is the founder of Pictures to Share Community Interest Company. Here, she writes about helping people with dementia to get the most out of art.

## Carers

Aakhus, Eivind

Single session educational programme for caregivers of psychogeriatric in-patients : results from a randomised controlled pilot study.

International journal of geriatric psychiatry. 24(3), March 2009, 269-274.

The aim of this study was to investigate the effect of a single-session educational intervention of relatives with psychogeriatric in-patients.

Brazil, Kevin

Gender differences among Canadian spousal caregivers at the end of life.

Health and social care in the community. 17(2), March 2009, 159-166.

The purpose of this study was to examine gender differences in spousal caregiving at the end of life. The primary research question was to determine gender differences in caregiver strain among spousal caregivers.

Gray, Ben

An emotive subject : insights from social, voluntary and healthcare professionals into the feelings of family carers for people with mental health problems.

Health and social care in the community. 17(2), March 2009, 125-132.

This paper explores the emotions of family carers from the perspectives of social, voluntary and healthcare professionals.

Hurtley, Rosemary

Support for relatives : a partnership approach.

The journal of dementia care. 17(2), March/April 2009, 22-24.

The authors describe how they started a relatives group in a care home and how their understanding and practice has developed this important aspect of their roles.

Yilmaz, Aysegul

Predictors of burnout in the family caregivers of Alzheimer's disease : evidence from Turkey.

Australasian journal on ageing. 28(1), March 2009, 16-21.

The aim of this study was to investigate the factors related to burnout in the family caregivers of Alzheimer's disease.

## Communication

Hobbs, Lesley

Communication and dementia : how can we help families?

The journal of dementia care. 17(2), March/April 2009, 20-21.

Helping families and friends to come to terms with a person's dementia and learn to see all behaviour as a form of communication should be a priority for all care staff. The author gives practical guidance that can be shared with relatives, friends and staff teams.

Sharp, Mary

Never underestimate the possibilities.

The journal of dementia care. 17(2), March/April 2009, 16-17.

The tiniest signs of successful communication and increased well-being are important outcomes of interactions with people with dementia, yet, the authors believe, these are often underestimated.

## Complementary therapies

Minshall, Kimberley

The impact of doll therapy on well-being of people with dementia.

The journal of dementia care. 17(2), March/April 2009, 35-38.

Interest in doll therapy is growing but it remains controversial. The author describes how she introduced doll therapy to a dementia assessment ward in Edinburgh.

Rio, Robin.

Connecting through music with people with dementia : a guide for caregivers

London ; Philadelphia : Jessica Kingsley Publishers, 2009.

The use of music to enhance interaction with a person with dementia can be learned over time. This book explains techniques to develop ability in singing and "sounding" in the caregiver which may then be shared with the person with dementia.

## Continence

Drennan, Vari

Promoting continence and managing incontinence with people with dementia living at home : one more challenge for integration.

Journal of integrated care. 17(1), February 2009, 15-25.

This article sets out some of the challenges facing planners and commissioners in developing integrated services for older adults, by using the case study of people with dementia and incontinence problems.

## Depression

Dening, Tom

Depression and mental health in care homes for older people.

Quality in ageing. 10(1), March 2009, 40-46.

Depression and dementia are prevalent mental health conditions in care homes. Little is known about the potential role of psychosocial interventions in enhancing mental health and quality of life.

Iliffe, Steve

Recognition and response : approaches to late-life depression and mental health problems in primary care.

Quality in ageing. 10(1), March 2009, 9-15.

The boundaries between what is a healthy response to stress and anxiety and what is abnormal are often difficult to determine. This paper considers depression in late life as an example of this tension.

Manthorpe, Jill

Working with older people from black and minority ethnic groups who have depression : from margin to mainstream.

Quality in ageing. 10(1), March 2009, 24-31.

This article discusses policy and legislative encouragements to think about equality of access and diversity issues in mental health services and wider mental health promotion activities.

Loder, Bronwen

Depression in later life : a personal account.

Quality in ageing. 10(1), March 2009, 47-48.

The author gives an account of their experience of depression after retirement.

## Driving

Frittelli, Cristina

Effects of Alzheimer's disease and mild cognitive impairment on driving ability : a controlled clinical study by simulated driving test.

International journal of geriatric psychiatry. 24(3), March 2009, 232-238.

This study aimed to assess the effects of Alzheimer's disease and Mild Cognitive Impairment on driving ability.

Ingley, Sanjay

A community based survey of cognitive functioning, highway-code performance and traffic accidents in a cohort of older drivers.

International journal of geriatric psychiatry. 24(3), March 2009, 247-253.

Some studies have suggested that cognitive testing has utility in the assessment of driving capacity in elderly drivers. One study raises the possibility of using a highway-code questionnaire as an adjunct to these tests.

## Elder abuse

Elvidge, Felicity

The 'Quality in Care' model of quality assurance and safeguarding for older people in institutional care.

The journal of adult protection. 11(1), February 2009, 28-37.

This paper profiles the Maidstone 'Quality in Care' project and makes suggestions for how it could be developed and implemented across residential and nursing care for older people and for social care more widely.

Safeguarding vulnerable adults : using the rules.

Community care. 1762, 19 March 2009, 32-33.

The Social Care Institute for Excellence reviews current legislation on the topic of safeguarding vulnerable adults.

## End of life care

ACH Group

Planning for palliative dementia care : resource guide.

Adelaide : ACH Group, 2009.

This resource guide will help those working in dementia care to direct the planning for palliative care for people with dementia and their families.

Henderson, Jenny

Beyond barriers : learning together.

The journal of dementia care. 17(2), March/April 2009, 30-32.

The author reports on an innovative project that brought together care home staff and relatives to learn more about palliative care and dying with dementia.

Thomas, Keri

Delivering a gold standard of care at the end of life.

Journal of care services management. 3(2), January-March 2009, 155-163.

The Gold Standards Framework in Care Homes (GSFCH) is a coordinated programme to improve the quality of care and the communication between homes and health professionals.

This paper outlines how GSFCH works and the benefits it provides for patients, their relatives, staff and home managers and owners.

## Exercise

Wright, Alan

Physical activity and the management of depression.

Working with older people. 13(1), March 2009, 15-18.

The authors report on the findings of their study into hospital-based exercise groups to help patients overcome depression.

## Hospital care

Ashton, Sally

Partnership in practice : mental health working with general hospital wards.

Working with older people. 13(1), March 2009, 32-24.

Older people occupy a significant proportion of hospital beds, many have depression, delirium, anxiety and other conditions. The mainstreaming of mental health liaison teams within general hospitals is therefore to be welcomed.

Becker, Marion

The association of individual and facility characteristics with psychiatric hospitalisation among nursing home residents.

International journal of geriatric psychiatry. 24(3), March 2009, 261-268.

This study aimed to examine resident and facility characteristics associated with psychiatric hospitalisations for Medicaid enrolled nursing home patients.

Graty, Caroline

Home from home.

Living with dementia. March 2009, 8-9.

A specialist care unit in Ireland is providing a model for residential hospital care for people with dementia.

Zekry, Dina

Does dementia predict adverse hospitalisation outcomes? : a prospective study in aged inpatients. International journal of geriatric psychiatry. 24(3), March 2009, 283-291.

This study aimed to assess the relative value of dementia for predicting hospitalisation outcomes, taking into account comorbidity, functional and nutritional status in inpatients from the acute and rehabilitation geriatric hospitals of Geneva.

Gould, Dinah

Infection control : hand hygiene.

British journal of healthcare assistants. 3(3), March 2009, 110-113.

Hand hygiene is the single most effective way of preventing and controlling the spread of infection.

## Legal aspects

Rendina, Nicola

Substitute consent for nursing home residents prescribed psychotropic medication.

International journal of geriatric psychiatry. 24(3), March 2009, 226-231.

This study aimed to survey current practice in complying with legislation and regulations in prescribing psychotropic medications for nursing home residents.

Wearing, John

Legal and regulatory review : implications of the Mental Capacity Act 2005 for adult health and social care service providers.

Journal of care services management. 3(2), January-March 2009, 196-203.

This paper assesses the impact that the Mental Capacity Act 2005 has had on service providers, the level of understanding of the act in practice, and changes to the regulatory framework.

Rowlett, Nick

Simplifying direct payments : how Lincolnshire County Council utilised risk management to deliver genuine improvement.

Journal of care services management. 3(2), January-March 2009, 131-143.

This paper describes how a project within Lincolnshire County Council used risk management as a tool to support the development of a simplified and flexible approach to direct payments.

## **Medication**

Thompson, Amanda

Medicines and people with dementia : 4. use of antidepressants in dementia.

The journal of dementia care. 17(2), March/April 2009, 18-19.

Depression can accompany dementia and can easily be missed. Continuing their series on medication, the authors discuss how depression can be identified and the range of options for treatment.

## **Memory clinics**

Duffin, Christian

The one-stop shop memory service.

Nursing older people. 21(2), March 2009, 14-15.

Run by a generic team, the Croydon Memory Service is a forerunner of a new type of memory clinic in England.

## **Minority Ethnic Groups**

Tribe, Rachel

Working towards promoting positive mental health and well-being for older people from BME communities.

Working with older people. 13(1), March 2009, 35-40.

This article identifies some of the key issues that need to be considered when trying to promote positive mental health and well-being for older people from black and minority ethnic communities.

## **Nutrition**

MacDonell, Janet

The role of the dietician in improving mental wellbeing.

Mental health practice. 12(6), March 2009, 20-22.

Nutrition is an area that tends to be overlooked in mental health care. The author suggests that comparatively small changes to clients' food and fluid intake can result in significant improvement in wellbeing.

Nazarko, Linda

Nutrition part 3 : malnutrition.

British journal of healthcare assistants. 3(3), March 2009, 133-138.

Adults who are old and those who have long-term conditions are especially vulnerable to malnutrition. This article aims to enable you to understand why people become malnourished and how to identify those at risk of malnutrition.

Pountney, David

Report urges more co-operation to fight malnutrition in the UK.

Nursing older people. 21(2), March 2009, 7-8.

According to recent findings, a campaign to raise awareness of the effects of malnutrition in the UK should be a priority.

Trueland, Jennifer

Dishing up good practice.

Nursing older people. 21(2), March 2009, 18-20.

A nutrition champions programme is going down well with nursing home residents in Scotland. Group manager Kay Simpson tells the author about spreading the 'Jamie Oliver' effect.

## **Older people - health/welfare**

Dennis, Michael S.

Suicide and self-harm in older people.

Quality in ageing. 10(1), March 2009, 16-23.

This article considers the spectrum of suicidal behaviour in old age.

Hammer, J. Lauren

Sitting position affects participative interaction of immobile aged care residents : a pilot study.

Australasian journal on ageing. 28(1), March 2009, 12-15.

This study aimed to determine the effect of sitting position (reclined versus upright) on the levels of participative interaction and spontaneous communication of immobile and totally dependent aged care residents.

Jenkins, Pamela

Promoting good health in people aged over 75 in the community.

Nursing older people. 21(2), March 2009, 34-39.

This article examines a project set up in 2004 to promote the health and wellbeing of people aged over 75 living in Caerphilly, south Wales.

Kathchild, June

The Ransackers project : educational adventures for older learners.

Working with older people. 13(1), March 2009, 23-26.

The author explains about the Ransackers project, which has created a growing range of opportunities for older people to study, giving the students a renewed zest for life.

Mapes, Neil

Volunteer advocacy with older people who lack mental capacity.

Working with older people. 13(1), March 2009, 27-31.

The Mental Capacity Advocacy Project with older people is a three-year pilot project. The author highlights voices from the project, discusses emerging issues with the Mental Capacity Act (2005), and highlights the resources and key messages from the work to date.

Neyens, Jacques C.L.

A multifactorial intervention for the prevention of falls in psychogeriatric nursing home patients, a randomised controlled trial.

Age and ageing. 38(2), March 2009, 194-199.

This study aimed to evaluate the effectiveness of a multifactorial intervention on incidence of falls in psychogeriatric nursing home patients.

Williamson, Toby

Grouchy old men?

Working with older people. 13(1), March 2009, 19-22.

As numbers of older men increase with the aging population, it is important to get a better understanding of their health and social care needs and to challenge the perceptions of who they are and how they relate to the world.

## **People with dementia – health/welfare**

Donaldson, Meghan G.

Analysis of recurrent events : a systematic review of randomised controlled trials of interventions to prevent falls.

Age and ageing. 38(2), March 2009, 151-155.

The authors conducted a systematic review of randomised controlled trials of interventions to prevent falls in community-dwelling older persons.

## **Person-centred care**

Sale, Anabel Unity

'We now understand what dignity means'.

Community care. 1761, 24-25.

Dignity in care is no longer just a mantra - progress on the campaign is kicking in, and a project in Leeds shows how best practice can be achieved.

## **Planning – health and social care**

Lewis, Geraint

Developing a model to predict the use of social care.

Journal of care services management. 3(2), January-March 2009, 164-175.

This paper describes the growing interest in predictive models in the healthcare sector, and explores some of the practical challenges in applying these techniques to social care.

Stubbings, Jan

Planning for and meeting the needs of an ageing population : Gloucestershire's experience.

Journal of care services management. 3(2), January-March 2009, 119-124.

This paper highlights the work being undertaken in Gloucestershire to support planning for an ageing population.

Taylor, Amy

Dementia strategy is only the start.

Community care. 1758, 19 February 2009, 28.

National Dementia Strategy lead Sube Banerjee says the five-year programme will only provide the foundations to tackle the effects of this long-neglected condition.

## **Reminiscence**

Schweitzer, Pam

A memorable journey.

The journal of dementia care. 17(2), March/April 2009, 14.

The author writes in appreciation of the work of Faith Gibson in dementia care.

## **Research**

Choo, Il Han

The prevalence of cognitive impairment with no dementia in older people : the Seoul study.

International journal of geriatric psychiatry. 24(3), March 2009, 306-312.

This study aimed to investigate prevalence of cognitive impairment with no dementia in older people.

Davenhill, Rachael

Psychodynamic observation and emotional mapping a tool for continuing professional development and research in services for older people

Quality in ageing. 10(1), March 2009, 32-39.

This paper is about how psychoanalytic and systems theory can be applied to understand the pressures for individual practitioners and for organisations working with older people.

Gray, David E.(David Edward)1952-  
Doing research in the real world  
Thousand Oaks, CA : Sage, 2009.

This book is designed to introduce the reader to some of the essential methodologies, approaches and tools of research.

Warburton, Jeni

Involving older people in community-based research : developing a guiding framework for researchers and community organisations.

Australasian journal on ageing. 28(1), March 2009, 41-45.

The purpose of this paper is to outline the development of a guiding framework of both researchers and community organisations seeking to involve older people in research.

## **Residential care**

Burgess, June

Sowing seeds : introducing the Eden Alternative.

The journal of dementia care. 17(2), March/April 2009, 27-30.

The Eden Alternative is making progress in spreading its message about enlivening care homes for the benefit of residents and staff. The author explains how this approach is being used in a growing number of care homes around the UK and Ireland.

Richardson, Bev

The impact of ageing-in-place policies on structural change in residential aged care.

Australasian journal on ageing. 28(1), March 2009, 28-31.

This paper reports findings from a study to investigate the impact of ageing-in-place policies on resident dependency levels and to explore the relationship between structural variables and outcome ratings.

Tilley, Roger

Expanding nursing homes for high dependency residents : the planning consent issues.

Journal of care services management. 3(2), January-March 2009, 125-130.

Navigating the planning system can be problematic at any time. However, when seeking planning permission for care developments problems can multiply. This paper explores some of those problems and suggests ways of tackling them.

Wilson, Christine Brown

Developing community in care homes through a relationship-centred approach.

Health and social care in the community. 17(2), March 2009, 177-186.

## **Services**

Robinson, Andrew

Information issues for providers of services to people with dementia living in the community in Australia : breaking the cycle of frustration.

Health and social care in the community. 17(2), March 2009, 141-150.

This qualitative study scoped information issues for key service providers for people with dementia living in the community in southern Tasmania, Australia, including information needs, availability and transfer.

Tolvanen, Mia

Day services in Cardiff : debates and decisions.

The journal of dementia care. 17(2), March/April 2009, 24-26.

The authors consider the arguments surrounding day services for people with dementia and outline the approach that Cardiff is now embarking on.

## **Social Work**

Training for older people's development.

Community care. 1758, 19 February 2009, 32-33.

The social care agenda for older people is characterised by policies promoting inclusion, respect and choice. There is a shortage of qualified social workers who work with older people.

## **Types of dementia**

Banninagh, Liesbeth Joosten-Weyn

Mild cognitive impairment : coping with an uncertain label.

International journal of geriatric psychiatry. 23(2), February 2008, 148-154.

This study aimed to investigate how patients fulfilling MCI criteria experience and cope with their cognitive decline with the secondary aim to derive key themes for a prospective MCI support-group programme.

Randall, William L.

The anthropology of dementia : a narrative perspective.

International journal of geriatric psychiatry. 24(3), March 2009, 322-324.

This article draws on thinking in the field of narrative gerontology to lend support to Mahnaz Hashmi's "anthropological perspective" on dementia. From a narrative perspective, the relational component of human life - and thus of dementia - is underscored.

Rozzini, Luca

Anxiety symptoms in mild cognitive impairment.

International journal of geriatric psychiatry. 24(3), March 2009, 300-305.

This study aimed to evaluate the Italian version of the Geriatric Anxiety Instrument and assess whether mild cognitive impairment (MCI) subjects with anxiety symptoms show different neuropsychological profiles to those with MCI without anxiety symptoms.

## **Visual Impairment**

Rowe, Fiona

Visual impairment following stroke : do stroke patients require vision assessment?

Age and ageing. 38(2), March 2009, 188-193.

The purpose of this paper is to present a 1-year data set and identify the types of visual impairment occurring following stroke and their prevalence.

## **Volunteers**

Peel, Nancye M.

Using senior volunteers as peer educators : what is the evidence of effectiveness in falls prevention? Australasian journal on ageing. 28(1), March 2009, 7-11.

This paper explores the theoretical basis for using senior volunteers as peer educators, discusses advantages and disadvantages of this model of service delivery for health promotion of older people and reviews the evidence for effectiveness in relation to fall prevention.

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