

Vol 6 no 4
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Communication is our featured topic this month

[Introduction](#)

[Web resources on Communication](#)

[Reading list on Communication](#)

Current Awareness

[News stories on Dementia](#)

[New on the DSDC library bookshelves](#)

[New articles in the DSDC library](#)

Forthcoming event

Dementia: A six part study course for healthcare assistants - information event
18th May, 11am-3pm

Healthcare assistants are on the front line when it comes to responding to the individual with dementia in ward settings and care homes. Our RCN-accredited study course is designed to help the health care assistant think about how they respond to the person with dementia.

This free event will provide people who are interested in this course with an overview of the programme and an opportunity to examine the materials.

This event is aimed at practice development managers in health, training managers in social care and ward managers.

For more information and to book, click here:
<http://www.dementia.stir.ac.uk/node/36>

In the headlines

Alan Johnson : End age discrimination in the NHS

Two thirds of people with dementia are never diagnosed, health secretary Alan Johnson said, as he announced a review into age discrimination in the NHS.

Telegraph.co.uk 7 April 2009

Elderly shoppers to get 'sat nav' gadget to find their way around supermarkets

Scientists are working on a device which works like a car navigation system to help elderly shoppers baffled by changing layouts in aisles.

Telegraph.co.uk 29 April 2009

Agatha Christie 'had Alzheimer's disease when she wrote final novels'

Agatha Christie could have been suffering from Alzheimer's when she wrote her last novels, scientists believe. An in-depth study of the author's use of language found that it declined markedly by the time she was in her Eighties, when she was still writing.

Telegraph.co.uk 4 April 2009

Communication Introduction

“I can look as though I’m taking in what people are saying, and I think I am, but then I maybe go to the toilet and when I come back I’ve lost it all. I use a notepad to write down trigger words that help me remember what we’ve been talking about” NHS Health Scotland (2008) Facing Dementia; How to live well with your diagnosis (p 39)

Communicating is something we may take for granted, which in reality is a complex process. It relies on our ability to listen (concentration), remember what we have heard (short term memory) then form a response based on our understanding (reasoning). Because of this, for someone with dementia, communication can become increasingly disrupted and impaired.

The idea that, because verbal communication may be impaired then all communication is lost, has to be challenged; meaningful communication can still occur. In reality over 80% of our communication is nonverbal. Our facial expression, gestures, body posture and whether we make eye contact or not, all communicate something to the person.

Our communication is also influenced by environmental factors. The time of day, and whether we feel tired or not will influence our willingness to get involved in communication. So too does the place in which the communication takes place and the number of distractions we experience. People with dementia are more sensitive to what is going on around them. For example, their communication is likely to be better in their own home surroundings than in a hospital or day centre. Too much stimulation and distractions usually make it more difficult to communicate, such as when the television and radio are on at the same time in a lounge area of a residential home.

Although the illness does create communication difficulties for the person it is important that we remain in contact with each individual for as long as possible. We need to become interpreters providing the cues and prompts so that the person does not feel abandoned and allowed to drift away.

We cannot lump people under the label of dementia and automatically provide a standard response to them. The support we provide the person with dementia needs to take account of their uniqueness. We need to be flexible in our approaches as well as tailoring our response to the situation of that person. Similarly what works for one individual may not necessarily work for others.

We all should believe that communication with the person is possible, so value any communication as a connection between two human beings. Active listening is the key. Listen to the emotion behind the words and behaviour – listen with our eyes to their behaviour, with our ears to what is being said and with our heart to the emotions behind the words and actions.

Alan Chapman
Associate Director of Education & Training

Communication Web Resources

SCIE research briefing 3: Aiding communication with people with dementia

Communication is a two-way process and can be defined as, "person-to-person transmission of ideas through... language or... non-verbal media". Communication "is a fundamental aspect of all human relationships" and is an essential element of good care. Effective communication can improve the quality of life for a person with dementia.

<http://www.scie.org.uk/publications/briefings/briefing03/index.asp>

Communication

This Help Sheet explains some of the changes in communication that occur as a result of dementia and suggests ways that families and carers can help.

<http://www.alzheimers.org.au/upload/HS2.1.pdf>

How to use non-verbal communication

Explains how non-verbal communication can be used as a useful alternative to verbal communication with people with dementia.

<http://www.alzheimer-europe.org/?lm3=91D3FB3DAB42&sh=4FAFB1689162>

Using 'Talking mats' to help people with dementia to communicate

This project aimed to establish whether Talking Mats, a low-tech communication framework, help people with dementia to communicate, and to examine how effective they are for people at different stages of dementia.

<http://www.jrf.org.uk/sites/files/jrf/2159.pdf>

Communication: best ways to interact with the person with dementia

Alzheimer's disease can gradually diminish a person's ability to communicate. This booklet gives suggestions for communicating with people with dementia, as well as helping people with dementia to communicate.

http://www.alz.org/national/documents/brochure_communication.pdf

Dementia – communication issues

Losing the ability to communicate can be one of the most frustrating and difficult problems for people with dementia, their families and carers.

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Dementia_communication_issues?OpenDocument

Communication difficulties in hospitalized older adults with dementia: try these techniques to make communicating with patients easier and more effective

This article outlines questions nurses can use to assess the nature and severity of language deficits, which vary greatly from patient to patient and over the course of the disease. Best practice techniques for tailoring communication to each patient's abilities are also discussed.

<http://www.nursingcenter.com/pdf.asp?AID=775983>

Communication problems between dementia carers and general practitioners: effect on access to community support services

This study investigates the circumstances that led general practitioners to refer dementia sufferers and their carers to community support services.

http://www.mja.com.au/public/issues/177_04_190802/bru10091_fm.html

Communication Topic Reading List

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.

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.

McGuigan, D.

Communicating bad news to patients : a reflective approach.

Nursing standard. 23(31), April 8-14 2009, 51-56.

This article aims to encourage nurses to use reflection to develop their knowledge and skills in communicating bad news and engaging in difficult conversations with patients.

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.

Wylie, Kim

Beatrice : personhood restored through sensory experience.

The journal of dementia care. 17(1), January/February 2009, 28-30.

The author tells how regular, gentle sensory sessions with Beatrice, a care home resident with dementia, drew out vivid responses from a woman thought to be isolated and withdrawn.

Chetwynd, Jonathan

Communication with symbols : from the web to the internet and beyond.

Journal of assistive technologies. 2(3), September 2008, 32-36.

How are we to engage people with low literacy in the burgeoning development of the internet? It is well documented that a large minority of the population is functionally illiterate. How might they be encouraged to communicate, author and publish work as they develop skills in media literacy?

Cox, Sylvia

Communication and dementia : how effective is the Talking Mats approach?

The journal of dementia care. 16(3), May/June 2008, 35-38.

The authors report on a study to examine the effectiveness of the Talking Mats framework - a 'low-tech' communication aid - for people with dementia.

Hearden, M.

Coping with differences in culture and communication in health care.

Nursing standard. 23(11), November 19-25 2008, 49-57.

Internationally recruited nurses (IRNs) provide valuable resources to address existing and predicted nurse shortages. This article suggests strategies for IRNs, UK-educated nurses, managers and policy makers to improve the experience of IRNs and to ensure patients receive the best care possible.

Hobson, Pat

Understanding dementia : developing person-centred communication.

British journal of healthcare assistants. 2(4), April 2008, 162-164.

Dementia is a disorder that affects the person's ability to communicate with you and the world around them. A unique role of healthcare assistants is to maintain the quality of life for the person and enable the individual to maximize their potential. To enable you to meet the needs of the person with dementia, you must understand how the disorder affects the person's communication abilities. This article will focus on how we can adapt our ways in an attempt to communicate with the person through developing person-centred communication skills.

Schweitzer, Pam

Reminiscence, communication and conversation.

The journal of dementia care. 16(5), September/October 2008, 18-20.

Reminiscence activities can provide a focus and stimulation for continued conversation with people with dementia. In this article, based on their book, the authors describe the principles and some ideas for good practice.

Smith, Karin

Poor command of English language : a problem in care homes? If so, what can be done?

The journal of dementia care. 16(6), November/December 2008, 37-39.

Following an influx into local care homes of workers whose first language was not English, the Newcastle Challenging Behaviour Service asked community and care home staff about their experiences of the effects of these workforce changes on communication.

The, Anne-Mei

In death's waiting room : living and dying with dementia in a multicultural society

Amsterdam : Amsterdam University Press, 2008.

The number of those with dementia is increasing in Western countries and as a result this penetrating story about people with dementia concerns us all. It is based on two years of ethnographics research in a nursing home in the Netherlands and reveals what usually remains hidden: the decisions to terminate treatment, the poverty and voodoo rituals of the black Caribbean nursing staff, the communication problems, the tensions and the aggression; but also the funny and touching moments.

Ward, Richard

A different story : exploring patterns of communication in residential dementia care.

Ageing & society. 28(5), July 2008, 629-651.

This article reports findings from a three-year project on 'Communication patterns and their consequences for effective care' that explored communication in dementia-care settings.

Bourgeois, Michelle S.

Memory books and other graphic cuing systems : practical communication and memory aids for adults with dementia.

Baltimore, Md. : Health Professions Press, 2007.

Help people with memory impairments function more independently and effectively by using graphic cuing systems. This book contains information to help you successfully develop and use such memory tools with older adults.

Brink, Peter

Examination of the relationship among hearing impairment, linguistic communication, mood, and social engagement of residents in complex continuing-care facilities.

The gerontologist. 47(5), October 2007, 633-641.

The purpose of this study was to determine if functional hearing impairment in continuing-care residents is associated with mood and social engagement.

Goldfein, Susan

Supporting people with early stage Alzheimer's disease : communication considerations.
Alzheimer's care quarterly. 8(1), January/March 2007, 26-33.

A diagnosis of Alzheimer's disease profoundly changes a person's life. Improved diagnostic methods and people seeking help sooner have resulted in greater identification in the early stage. The past 15 years has seen an increase in programs for these individuals.

Hartmann, Marianne

Adapting to the emotions of persons with Alzheimer's disease through the music of the voice.
Les cahiers de la Fondation Mederic Alzheimer. (3), September 2007, 149-153.

In their communication, people with Alzheimer's disease gradually abandon the register of speech in favour of effects. The author, a music therapist, puts forward a method based on the music of the voice - this offering professional carers a means of "getting in tune" with the person who has the disease. She talks about the experience.

Hickson, Louise

The Active Communication Education (ACE) program.

Brackley : Speechmark, 2007.

A communication awareness and training programme for older people with acquired hearing loss. The program provides health professionals working in the community (audiologists, speech pathologists, nurses) with a step-by-step programme for running a group education programme for older people with hearing impairment and their significant others.

Hopper, Tammy

Table fellowship : mealtime as a context for conversation with individuals who have dementia.
Alzheimer's care quarterly. 8(1), January/March 2007, 34-42.

Communication impairments are common among individuals with dementia. These impairments interfere with the ability to meet basic needs and to interact socially. In this case study, investigators evaluated the effects of structured conversational prompts on the language of a person with dementia during lunchtime meals.

Kim, Esther S.

Communication in late-stage Alzheimer's disease : relation to functional markers of disease severity.

Alzheimer's care quarterly. 8(1), January/March 2007, 43-52.

Alzheimer's disease, the leading cause of dementia, is a neurodegenerative process that diminishes one's ability to communicate. Two widely used measure of quantifying dementia severity, the Global Deterioration Scale and the Functional Assessment Staging Scale, indicate that all verbal capacity is lost by the late stages of the disease. In this study the language skills of people with late-stage Alzheimer's disease were assessed using the Functional Linguistic Communication Inventory.

Murphy, Joan

Communication and dementia : how Talking Mats can help people with dementia to express themselves.

York : Joseph Rowntree Foundation, 2007.

This report examines the effectiveness of Talking Mats, a low-tech communication tool, in helping people at different stages of dementia to express their views.

Robinson, Julie

Partners in Caregiving in a Special Care Environment : cooperative communication between staff and families on dementia units.

The gerontologist. 47(4), August 2007, 504-515.

This article reports the results of a randomised, controlled evaluation of Partners in Caregiving in a Special Care Environment, an intervention designed to improve communication and cooperation between staff and families of residents in nursing home dementia programs.

Walker, Brenda

Communication : building up a toolkit of helpful responses.

The journal of dementia care. 15(1), January/February 2007, 28-30.

How can we respond in a helpful and respectful way when a person with dementia seems to be occupying a different reality from our own? Brenda Walker offers some options based on her experience.

Bryan, Karen

Communication with people with dementia : how effective is training?.

The journal of dementia care. 14(6), November/December 2006, 35-38.

What can research tell us about the effectiveness of training to support and enhance communication with people who have dementia?

Graff, Maud J.L.

How can occupational therapy improve the daily performance and communication of an older patient with dementia and his primary caregiver? a case study.

Dementia. 5(4), November 2006, 503-532.

This case study provides information on how occupational therapy can improve the daily performance, communication, sense of competence and quality of life of an older patient with dementia and his or her primary caregiver. A combination of education, setting feasible goals, using adaptations in physical environment, training compensatory skills, training supervision skills, and changing dysfunctional cognitions on patient behaviour and caregiver role seemed to be successful. A randomized controlled trial must provide information on the effects of OT at home for older patients with dementia and their primary caregivers.

Haak, Nancy Jeanne

Communication : the heart of caregiving.

Alzheimer's care quarterly. 7(2), April/June 2006, 77-83.

To understand our loved ones with Alzheimer's disease and to be understood by them requires caregivers to be experts in communicating. Messages carry both verbal and non verbal communications. This article focuses on the non verbal, emotional content of messages sent and received by caregivers.

Herzberg, Joe

Can a clinical audit improve communication?

The journal of dementia care. 14(5), September/October 2006, 17-18.

The authors explain how a series of clinical audits were used as the basis for training staff on a continuing care ward about good communication with people with dementia.

Hutchison, Anita E

Creative communication with the elderly people and people with dementia.

Tayport : Anita E Hutchison, 2006.

This is the documentation of a research project studying whether it is possible to design a package which incorporates textiles as a primary element in the communicative experience of people who are elderly or have dementia.

Weinrich, Barbara

Pilot study of brief communication counselling for caregivers of individuals with Alzheimer's disease.

Alzheimer's care quarterly. 7(2), April/June 2006, 122-132.

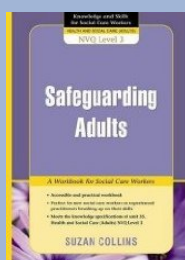
This research study provided support for the use of caregiver communication counselling as an effective means of increasing caregiver knowledge of communication problems associated with Alzheimer's disease and strategies for their management.

New on the library bookshelves



Researching social change / Julie McLeod, Rachel Thomson.
Thousand Oaks, CA : Sage, 2009.

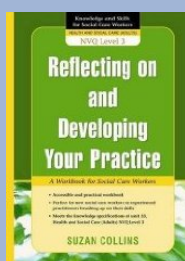
This book provides a guide to qualitative methodologies that investigate processes of personal, generational and historical change.



Safeguarding adults : a workbook for social care workers / Suzan Collins.

London : Jessica Kingsley, 2009.

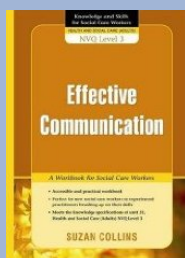
This workbook aims to provide staff and relatives with the ability to make sensible choices concerning prevention of abuse and protection, as well as responding to and reporting concerns.



Reflecting on and developing your practice : a workbook for social care workers / Suzan Collins.

London : Jessica Kingsley, 2009.

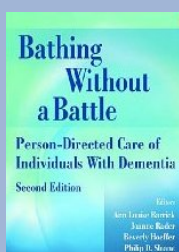
This workbook aims to provide social care workers with guidance on how to improve their knowledge through training and development.



Effective communication : a workbook for social care workers / Suzan Collins.

London : Jessica Kingsley, 2009.

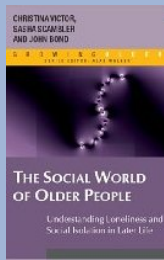
This workbook has been devised to help the reader learn to communicate effectively, using a variety of methods and trying different tools to communicate with people.



Bathing without a battle : person-directed care of individuals with dementia / Ann Louise Barrick ... [et al.], editors.

New York : Springer Pub., c2008.

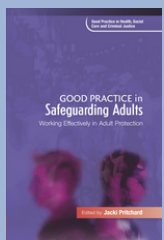
This book presents an individualised, problem-solving approach to bathing and personal care of people with dementia.



The social world of older people / Christina Victor, Sasha Scambler and John Bond.

Maidenhead : Open University Press, 2009.

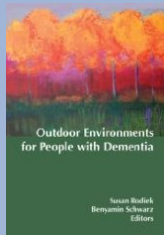
This book gives an account of loneliness and isolation as experienced by older people living in Britain.



Good practice in safeguarding adults : working effectively in adult protection / edited by Jacki Pritchard.

London ; Philadelphia, PA : Jessica Kingsley Publishers, c2008.

Aims to broaden thinking about adult abuse, assesses models of practice and covers groups who may be overlooked, such as people with brain injuries and adults within black and minority ethnic communities.



Outdoor environments for people with dementia / Susan Rodiek, Benjamin Schwarz, editors.

Binghamton, NY : The Haworth Press, c2007.

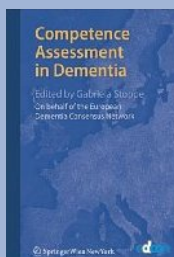
Explores how fulfilling the fundamental genetically based need of human relationships with nature can improve the health and well-being of people with dementia.



Find the right care home : a step-by-step companion / written by Rosemary Hurtley and Julia Burton Jones.

London: Age Concern, 2008

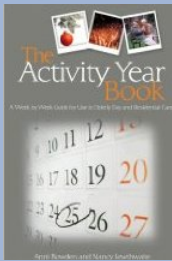
Provides a step-by-step guide through the process of finding the right care home for a loved one and explains everything you need to know to make the best possible decisions.



Competence assessment in dementia / edited by Gabriela Stoppe on behalf of the European Dementia Consensus Network.

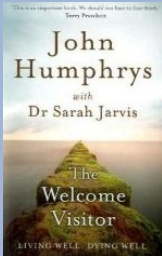
Wien ; New York : Springer, c2008.

The European Dementia Consensus Network regards competence assessment as an important topic of debate. This book contains a summarised consensus and chapters on the state of medical and psychological knowledge and how it relates to the areas of competence and chapters which deal with ethical and legal perspectives.



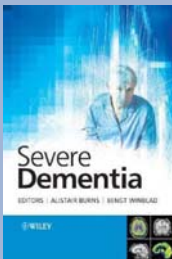
The activity year book : a week by week guide for use in elderly day and residential care / Anni Bowden and Nancy Lewthwaite.
London ; Philadelphia : Jessica Kingsley Publishers, 2009.

This book features week by week themed activities for the whole year for use in day and residential care.



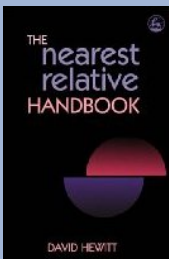
The welcome visitor : living well, dying well / John Humphrys with Dr Sarah Jarvis.
London : Hodder & Stoughton, 2009.

This book looks at how our attitudes to death have changes as doctors have learned how to prolong life beyond anything that could previously have been imagined.



Severe dementia / editors, Alistair Burns, Bengt Winblad.
Chichester; Hoboken, NJ : John Wiley & Sons, c2006

This book addresses the special challenges faced by clinicians managing the late stage of this illness.



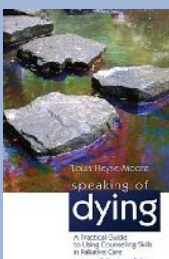
The nearest relative handbook / David Hewitt. 2nd ed.
London ; Philadelphia : Jessica Kingsley Publishers, 2009.

When a person is subject to the Mental Health Act 2007, they lose many of their principal rights. It is the function of the nearest relative to compensate for that loss. This book offers an expert legal analysis of the role, the powers it carries and the limits of those powers.



Nurse to nurse. Palliative care / Margaret L. Campbell
New York : McGraw-Hill, Medical, c2009.

This book aims to equip nurses with the knowledge they need to provide the best possible care to patients at the end of life and their families



Speaking of dying : a practical guide to using counselling skills in palliative care / Louis Heyse-Moore ; foreword by Colin Murray Parkes.
London ; Philadelphia : Jessica Kingsley Publishers, 2009.

This book is a practical guide to using counselling skills for all clinical disciplines working in palliative care.

Current Awareness

Dementia in the News

Daughter considers legal action after social services force mother into care home

A woman is planning to take legal action after her vulnerable mother was taken away from her home in a dramatic raid by council staff and police.

Telegraph.co.uk 24 April 2009

Lower dementia drug dose boosts brain function, cuts side effects

Researchers have found that lower doses of a drug to treat Alzheimer's disease delivered via skin patches improve cognition with fewer serious side effects than higher doses.

Medical News Today 24 April 2009

Painkiller 'no Alzheimer's block'

A study has found that painkillers such as ibuprofen cannot prevent Alzheimer's disease, but does not rule out that they may delay its onset.

BBC News Online 22 April 2009

No benefit from tube feeding in advanced dementia

Despite the fact that up to one third of patients with severe dementia are tube fed, there is no evidence that this practice prolongs survival or improves quality of life, according to a new report.

Reuters 15 April 2009

Drug offers hope on Alzheimer's

Scientists have developed a new drug which shows promise as a treatment for Alzheimer's disease. The drug, CPHPC, removes a protein thought to play a key role in Alzheimer's from the blood.

BBC News Online 14 April 2009

Low blood sugar a dementia risk for diabetics

Older diabetics whose blood sugar drops to dangerously low levels have a higher risk of developing dementia, researchers have found.

Reuters 14 April 2009

Dementia patients fitted with satellite trackers

Patients with dementia are being tracked with global positioning system (GPS) technology as part of a new trial. The latest trial follows others around England looking at ways to keep patients with dementia safe

The Herald 9 April 2009

Early warning clue for dementia

Heightened activity in an area of the brain that deals with memory may give a subtle early warning of dementia decades later, research suggests.

BBC News Online 6 April 2009

Current Awareness New Library Stock

Alzheimer's disease

Snitz, Beth E.

Identifying mild cognitive impairment at baseline in the Ginkgo Evaluation of Memory (GEM) study.
Aging & mental health 13(2), March 2009, 171-182
This study aims to identify, characterise and compare the frequency of mild cognitive impairment subtypes at baseline in a large, late-life cohort recruited into a dementia prevention trial.

Lechowski, L.

Persistent apathy in Alzheimer's disease as an independent factor of rapid functional decline : the REAL longitudinal cohort study.
International journal of geriatric psychiatry 24(4), April 2009, 341-346
This study aimed to determine the role of persistent apathy in rapid loss of autonomy in Instrumental Activities of Daily Living in women with Alzheimer's disease, taking into account the grade of cognitive decline.

Blennow, K [et al.]

Evolution of A β 42 and A β 40 levels and A β 42/A40 ratio in plasma during progression of Alzheimer's disease : a multicentre assessment.
The journal of nutrition, health & aging 13(3), 2009, 205-208
This study aimed to better understand the seemingly contradictory plasma β -amyloid (A β) results in Alzheimer's disease patients by using a newly developed plasma A β assay, the INNO-BIA plasma A β forms, in a multicentre study.

Care of people with dementia

Andrews, June

How to make change happen.
Nursing older people 21(3), April 2009, 10
When it came to making change happen in dementia care, the author says she had to learn the hard way. Here, she shares the benefits of her experience.

Learner, Sue

When the memories fade.
Nursing older people 23(32), April 15-21, 19-20
A network of memory clinics, and key roles for specialist nurses, are central to the government's dementia strategy.

Carers

Fortinsky, Richard H. [et al.]

Dementia care consultation for family caregivers : collaborative model linking an Alzheimer's association chapter with primary care physicians.
Aging & mental health 13(2), March 2009, 162-170
This article reports on the efficacy of an individualised dementia care consultation intervention for family caregivers of patients with diagnosed dementia living in the community.

Gavrilova, Svetlana I. [et al.]

Helping carers to care : the 10/66 Dementia Research Group's randomised control trial of a caregiver intervention in Russia.
International journal of geriatric psychiatry 24(4), April 2009, 347-354
This study tests the effectiveness of the 10/66 caregiver intervention among people with dementia and their carers.

Machnicki, Gerardo [et al.]

Cognitive, functional and behavioural factors associated with the burden of caring for geriatric patients with cognitive impairment or depression : evidence from a South American sample.
International journal of geriatric psychiatry 24(4), April 2009, 382-389
This study aimed to examine behavioural, cognitive and functional factors associated with psychosocial burden in caregivers of geriatric patients.

Quinn, Catherine, Clare, Linda and Woods, Bob.

The impact of the quality of relationship on the experiences and wellbeing of caregivers of people with dementia : a systematic review.

Aging & mental health 13(2), March 2009, 143-154

This review aims to examine the impact of caregiving on the quality of the relationship between caregiver and care-recipient (CR) and the impact of the quality of the relationship between caregiver and CR on the caregiver's and CR's wellbeing.

Henz, Ursula

Couples' provision of informal care for parents and parents-in-law : far from sharing equally?

Aging & society 29(3), April 2009, 369-395

This study examined whether and how couples share the provision of informal care for their parents.

Communication

McGuigan, D.

Communicating bad news to patients : a reflective approach.

Nursing standard 23(31), April 8-14 2009, 51-56

This article aims to encourage nurses to use reflection to develop their knowledge and skills in communicating bad news and engaging in difficult conversations with patients.

Complementary/Non-pharmacological therapies

Yancheva, S. [et al.]

Ginkgo biloba extract EGb 761, donepezil or both combined in the treatment of Alzheimer's disease with neuropsychiatric features : a randomised, double-blind, exploratory trial.

Aging & mental health 13(2), March 2009, 183-190

This randomised, double-blind exploratory trial was undertaken to compare treatment effects and tolerability of EGb 761, donepezil and combined treatment in patients with Alzheimer's disease and neuropsychiatric features.

Leone, E. [et al.]

Methodological issues in the non pharmacological treatment of BPSD in nursing home : the TNM study.

The journal of nutrition, health & aging 13(3), 2009, 260-263

The aim of this article is to describe the major methodological problems in non-pharmacological treatments studies and to present the design of the TNM study, a randomised controlled trial conducted in 16 French nursing homes.

Depression

Konnert, Candace

The prevention of depression in nursing home residents : a randomised clinical trial of cognitive-behavioural therapy.

Aging & mental health 13(2), March 2009, 288-299

This study presents the results of a randomised clinical trial aimed at the prevention of depression in nursing home residents.

Barca, Maria Lage [et al.]

Factors associated with depression in Norwegian nursing homes.

International journal of geriatric psychiatry 24(4), April 2009, 417-425

This study aimed to confirm or reject the hypothesis that depression in nursing homes is associated with worse medical health, cognitive and functional impairment.

Theison, Anna-Katharina

Agitation in the morning : symptom of depression in dementia?

International journal of geriatric psychiatry 24(4), April 2009, 335-340

This study aimed to investigate the possible correlations between depression in dementia and agitation in the morning by a prospective naturalistic study.

Design

Royal National Institute for the Blind .
Make the most of your sight : improve the lighting in your home / RNIB and Thomas Pocklington Trust.
London : Thomas Pocklington Trust, 2009.
This booklet demonstrates good lighting practice by giving ideas, hints and tips on how to light your home more effectively with the different types of household and task lighting that are available and their benefits.

Allen, Daniel
Designed for a better life.
Nursing older people 21(3), April 2009, 28-29
A well-designed care home is not only uplifting, it makes life easier for residents and staff. An audit tool assesses how dementia-friendly care homes and other settings really are.

Diagnosis

Wilcock, Jane [et al.]
Concordance with clinical practice guidelines for dementia in general practice.
Aging & mental health 13(2), March 2009, 155-161
This study aimed to determine general practitioners' concordance with clinical guidelines on the diagnosis and management of patients with dementia.

Diet/Nutrition

Dangour, A.D.
Fish consumption and cognitive function among older people in the UK : baseline data from the OPAL study.
The journal of nutrition, health & aging 13(3), 2009, 198-202
This paper presents data on baseline fish consumption and cognitive function in cognitively healthy older people randomised onto the Older people and n-3 Long-chain polyunsaturated fatty acid (OPAL) study.

Nazarko, Linda
Nutrition part 4 : anorexia of ageing.
British journal of healthcare assistants 3(4), April 2009, 162-165
This article explains how ageing, medication, depression and illness can lead to poor nutrition. The article outlines strategies which can be used to enable older people to regain weight and health and enjoy an improved quality of life.

Winterburn, Susan
Residents' choice of and control over food in care homes.
Nursing older people 21(3), April 2009, 34-37
Residents in care homes are dependent on others for food and this can increase nutritional risk. The author discusses the findings of a small study that assessed the choice and control residents had over food.

End of life care

Scottish Commission for the Regulation of Care .
Better care every step of the way : report on the quality of palliative and end of life care in care homes for adults and older people.
Dundee : Scottish Commission for the Regulation of Care, 2009.
This report aims to raise awareness of the need for good palliative and end of life care in all care homes.

Ethics

Sowmini, C.V.
A cross cultural review of the ethical issues in dementia care in Kerala, India and the Netherlands.
International journal of geriatric psychiatry 24(4), April 2009, 329-334
The paper explores the diverse ethical issues in the care of persons with dementia, in the Netherlands and Kerala, India.

Ethnic minorities

Ramsey, Victoria [et al.]

Using the Barnes Language Assessment with older ethnic minority groups.

International journal of geriatric psychiatry 24(4), April 2009, 426-431

This study tested the hypothesis that people whose first language is not English would score less well than those with English as a first language on the sub-tests of the Barnes Language Assessment, elucidate the reasons for any such differences and discuss the implications.

Learning disabilities

Gibson, Tim

People with learning disabilities in mental health settings.

Mental health practice 12(7), April 2009, 30-33

This article considers a range of issues pertaining to people with learning disabilities who have mental health needs, including prevalence, service provision and staff skills.

Jenkins, Robert

Nurses' views about services for older people with learning disabilities.

Nursing older people 21(3), April 2009, 23-27

This study aimed to explore nurses' views of the strengths and weaknesses of current patterns of service provision for older people with learning disabilities in relation to three service models and parent/carer needs.

Life story work

Andrews, June

Life story books.

Scottish primary care 82, March 2009, 14

The author outlines a new initiative which aims to help both carers and people with dementia by helping them to construct life story books.

Memory clinics

Meeuwssen, E.J.

Cost-effectiveness of post-diagnosis treatment in dementia coordinated by multidisciplinary memory clinics in comparison to treatment coordinated by general practitioners : an example of a pragmatic trial.

The journal of nutrition, health & aging 13(3), 2009, 242-248

This article describes the design of a study to determine memory clinics' effectiveness and cost effectiveness in post-diagnosis treatment and care coordination of dementia patients and their caregivers compared to post-diagnosis treatment and care coordination by general practitioners.

Person-centred care

Davis, Carol

Hugs not drugs for dementia.

Nursing standard 23(32), April 15-21 2009, 22-23

Care homes are reporting success with a more holistic approach to dementia care.

Quality of Life

Berwig, M., Leicht, H. and Gertz, H.J.

Critical evaluation of self-rated quality of life in mild cognitive impairment and Alzheimer's disease : further evidence for the impact of anosognosia and global cognitive impairment.

The journal of nutrition, health & aging 13(3), 2009, 226-230

This study investigates the effect of anosognosia (impaired insight for an illness) and cognitive deficits on the reliability and validity of self-rated quality of life in mild cognitive impairment and Alzheimer's disease.

Risk assessment

Smithies, Nigel

Fire risk management in residential care homes / Nigel Smithies.

Moreton in Marsh : Fire Protection Association, 2008.

This book aims to bring managers and 'responsible persons' in the residential care sector up-to-date with the requirements placed upon them by the Regulatory Reform (Fire Safety) Order 2005 and related UK legislation. Includes legal requirements for fire exits and escape routes.

Sleep

Gillam, Tony

Understanding primary insomnia in older people.

Nursing older people 21(3), April 2009, 30-33

The author considers the evidence for the treatment of insomnia and the advice nurses can offer to patients to improve their quality of life.

Staffing

Duffin, Christian

Who do you think you are?

Nursing older people 21(3), April 2009, 18-21

A survey of readers of RCN Publishing's specialist journals has found that older people are being cared for by an ageing population of nurses.

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