Healthcare Library
Current Awareness Bulletin – Dementia
March 2015

This monthly Current Awareness Bulletin is produced by the Healthcare Library to provide staff with a range of dementia-related resources to support practice. It includes recently published guidelines and research articles, news and policy items, and details of forthcoming events and conferences.

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### Guidelines

**National Institute for Health and Care Excellence (NICE)**

**Excess winter deaths and morbidity and the health risks associated with cold homes**
NICE guideline (NG6) Published date: March 2015

### New and updated Cochrane Systematic Reviews

**New Reviews – March 2015**

- Informant Questionnaire on Cognitive Decline in the Elderly (IQCODE) for the diagnosis of dementia within a secondary care setting
- Mini-Mental State Examination (MMSE) for the detection of Alzheimer’s disease and other dementias in people with mild cognitive impairment (MCI)

**Updated Reviews – March 2015**

- Cholinesterase inhibitors for rarer dementias associated with neurological conditions

### New from UpToDate

**What’s New**

- Problem-solving therapy for older adults with depression and cognitive impairment (February 2015)
- Dementia related topics in Geriatrics – Neurological Disease
Please click on the blue link at the end of the abstract (where available) to access the full text article. You may need an Open Athens username and password. To register for an Open Athens account please click here.

If you have any difficulty accessing the full text article, or if you would like us to obtain any of the articles for you, please contact the Healthcare Library.

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Journal Articles:
1. Acupressure in insomnia and other sleep disorders in elderly institutionalized patients suffering from Alzheimer's disease.

Citation: Aging Clinical & Experimental Research, 01 February 2015, vol./is. 27/1(37-42), 15940667

Author(s): Simoncini, Mara, Gatti, Antonia, Quirico, Piero, Balla, Silvia, Capellero, Barbara, Obialero, Rossella, D'Agostino, Sabrina, Sandri, Nicolas, Pernigotti, Luigi

Language: English

Abstract: Background: Sleep disorders are very common in elderly institutionalized people with dementia and acupressure recently has been associated with conventional medicine in their treatment. Aims: Exploring the effectiveness of acupressure for the treatment of insomnia and other sleep disturbances and we want to show that the acupressure treatment is feasible also in elderly resident patients. Methods: We enrolled institutionalized patients suffering from Alzheimer's disease with mild cognitive impairment and insomnia. A daily acupressure on HT7 point (H7 Insomnia Control) was performed for a 8-week period. We administered the following scales: the mini mental state examination, the global deterioration scale, the neuropsychiatric inventory, the state-trait-anxiety inventory, the activity daily living and the instrumental activity daily living, the
global health quality of life, and the Pittsburgh sleep quality index. Results: After receiving the acupressure treatment, patients saw a significant decrease of sleep disorders. The number of hours of effective sleep was perceived as increased. Furthermore, the time necessary to fall asleep decreased significantly and also the quality of sleep increased. Additionally, also the quality of life was bettered. Sedative drugs have been reduced in all patients involved in the study. Conclusions: Acupressure can be recommended as a complementary, effective, and non-intrusive method to reduce sleep disturbances in old resident patients affected by cognitive disorders. A limitation of the study is the small sample size. More studies are needed to further validate the results of our study.

**Publication type:** journal article

**Source:** CINAHL

2. **Bathing Disability and Bathing Persons with Dementia.**

**Citation:** MEDSURG Nursing, 01 January 2015, vol./is. 24/1(9-22), 10920811

**Author(s):** Wolf, Zane Robinson, Czekanski, Kathleen E.

**Language:** English

**Publication type:** journal article

**Source:** CINAHL

**Full text:** Available EBSCOhost at Medsurg Nursing

3. **Competence in advanced older people nursing: development of 'Nursing older people - Competence evaluation tool'.**

**Citation:** International Journal of Older People Nursing, 01 March 2015, vol./is. 10/1(59-72), 17483735

**Author(s):** Bing-Jonsson, Pia Cecilie, Bjørk, Ida Torunn, Hofoss, Dag, Kirkevold, Marit, Foss, Christina

**Language:** English

**Publication type:** journal article

**Source:** CINAHL

4. **Impact of the Geriatric Medication Game® on nursing students' empathy and attitudes toward older adults.**

**Citation:** Nurse Education Today, 01 January 2015, vol./is. 35/1(38-43), 02606917

**Author(s):** Chen, Aleda M.H., Kiersma, Mary E., Yehle, Karen S., Plake, Kimberly S.

**Language:** English

**Abstract:** Summary Background Nurses should be well-prepared to improve and address health-related needs of older adults, but students may have difficulty understanding and empathizing, as they may not yet have personally experienced aging-related challenges. Simulation games can be used to help students understand the experiences of others, but limited information is available on the impact of simulation experiences on student empathy. Objective The objective of this study was to examine the impact of participation in an aging simulation game on nursing students' empathy and attitudes toward older adults as well as their understanding of patients' experiences in the healthcare system. Design This study used a quasi-experimental, pretest-posttest design. Setting A school of nursing in the Midwestern United States. Participants The convenience sample included 58 sophomore-level baccalaureate nursing students. Methods Students played the role of an older adult during a 3-hour laboratory aging simulation game, the Geriatric Medication Game® (GMG). Students completed the (1) Kiersma–Chen Empathy Scale (KCES, 15 items, 7-point Likert-type), (2) Jefferson Scale of Empathy—Health Professions Students (JSE-HPS, 20 items, 7-point Likert-type), and (3) Aging Simulation Experience Survey (13 items, 7-point Likert-type) pre- and post-game to assess study objectives. Descriptive statistics and paired t-tests were performed in SPSS v.21.0, as the data were normally distributed. Results Students' empathy ( N = 58) toward older adults significantly improved overall (KCES p = 0.015, JSE-HPS p < 0.001). Improvements also were seen on seven out of 13 questions related to attitudes and healthcare understanding ( p < 0.05). In the post-test, students agreed that they experienced frustration and impatience during the GMG. Conclusions Students may not be aware of older adults' feelings and experiences prior to experiencing aging-related changes themselves. Simulation activities, such as the GMG, can be a useful mechanism for addressing empathy and caring during student education.

**Publication type:** journal article
5. Improving student nurses' aged care understandings through a supported placement.

**Citation:** International Nursing Review, 01 March 2015, vol./is. 62/1(28-35), 00208132

**Author(s):** Lea, E., Marlow, A., Bramble, M., Andrews, S., Eccleston, C., McInerney, F., Robinson, A.

**Language:** English

**Abstract:**
Aim The study aimed to identify the potential for aged care placements to deliver benefits for second year nursing students when conducted within a supportive framework with debriefing and critical reflection opportunities. Background Given the ageing population and complex care needs of aged care facility residents, exacerbated by the high prevalence of dementia, the healthcare workforce's ability to meet older people's care needs is paramount. Yet research shows that nursing students are disengaged from aged care. Methods Using a quasi-experimental mixed method design within an action research framework, 40 students were allocated a 3-week supported placement in 2011-2012 at one of the two intervention residential aged care facilities in Tasmania, Australia. Staff formed mentor action research groups in each facility and participated in a pre-placement capacity-building programme. Thirty-nine students were placed across 14 control facilities. Data were collected via meetings with students and pre-post placement questionnaires on placement experiences, attitudes and dementia knowledge. Results The intervention facility placement programme led to mentors and students being well prepared for the placement and to students experiencing enhanced teaching and learning derived from high levels of mentor support and increased autonomy. Students' knowledge, understanding and attitudes around aged care and dementia improved. Discussion Mentors working together within an action research framework can provide a supported residential aged care placement for nursing students that improves students' aged care attitudes and understandings. Conclusion and Implications for Nursing and Health Policy Provision of quality, supported aged care student placements is vital to prepare a new generation of nurses who will have to deal with the complex chronic healthcare needs associated with an ageing population.

**Publication type:** journal article

**Source:** CINAHL

6. Inadequate supply of vitamins and DHA in the elderly: Implications for brain aging and Alzheimer-type dementia.

**Citation:** Nutrition, 01 February 2015, vol./is. 31/2(261-275), 08999007

**Author(s):** Mohajeri, M. Hasan, Troesch, Barbara, Weber, Peter

**Language:** English

**Abstract:**
Alzheimer's disease (AD) is the most prevalent, severe, and disabling cause of dementia worldwide. To date, AD therapy is primarily targeted toward palliative treatment of symptoms rather than prevention of disease progression. So far, no pharmacologic interventions have changed the onset or progression of AD and their use is accompanied by side effects. The major obstacle in managing AD and designing therapeutic strategies is the difficulty in retarding neuronal loss in the diseased brain once the pathologic events leading to neuronal death have started. Therefore, a promising alternative strategy is to maintain a healthy neuronal population in the aging brain for as long as possible. One factor evidently important for neuronal health and function is the optimal supply of nutrients necessary for maintaining normal functioning of the brain. Mechanistic studies, epidemiologic analyses, and randomized controlled intervention trials provide insight to the positive effects of docosahexaenoic acid (DHA) and micronutrients such as the vitamin B family, and vitamins E, C, and D, in helping neurons to cope with aging. These nutrients are inexpensive in use, have virtually no side effects when used at recommended doses, are essential for life, have established modes of action, and are broadly accepted by the general public. This review provides some evidence that the use of vitamins and DHA for the aging population in general, and for individuals at risk in particular, is a viable alternative approach to delaying brain aging and for protecting against the onset of AD pathology.

**Publication type:** journal article

**Source:** CINAHL


**Citation:** Nursing & Residential Care, 01 February 2015, vol./is. 17/2(67-67), 14659301

**Author(s):** Nazarko, Linda

**Language:** English

**Publication type:** journal article
8. Orally positioning persons with dementia in assessment meetings.

Citation: Ageing & Society, February 2015, vol./is. 35/2(367-388), 0144-686X;1469-1779 (Feb 2015)

Author(s): Osterholm, Johannes H, Samuelsson, Christina

Language: English

Abstract: In this paper we study if and how persons with dementia are orally positioned by others, and how they position themselves while participating in assessment meetings held in order to discuss access to supportive services. We analysed five assessment meetings where two older persons (one diagnosed with dementia and one without a dementia diagnosis) participated to investigate whether the person with dementia is positioned differently than the other old person. Interactional phenomena used to position the person with dementia were identified by interactional analysis. We identified six phenomena that positioned the person with dementia as an individual with less interactional competence than the other participants: ignoring the person with dementia; voicing the feelings, capacity or opinion of the person with dementia; posing questions implying lack of competence; others' use of diagnosis; self-(re) positioning; and elderspeak. Persons with dementia are often orally positioned as less competent, indicating that they suffer further from discrimination than other older persons. We suggest that this has an impact on the participation of people with dementia in negotiations regarding their future care. The results indicate that social workers should be made aware that negative positioning exists and how it may affect the ability of people with dementia to contribute to discussions about their everyday life. Social workers should be encouraged to find strategies to reduce negative positioning in interaction. (PsycINFO Database Record (c) 2015 APA, all rights reserved) (journal abstract)

Publication type: Journal, Peer Reviewed Journal

Source: PsycINFO


Citation: International Journal of Older People Nursing, 01 March 2015, vol./is. 10/1(3-13), 17483735

Author(s): Cowdell, Fiona, Steventon, Katerina

Language: English

Publication type: journal article

Source: CINAHL

10. Teaching skills to resolve conflicts with acute confusional syndrome patients in nursing using the Case Method (CM).

Citation: Nurse Education Today, 01 January 2015, vol./is. 35/1(159-164), 02606917

Author(s): Arrue, Marta, Caballero, Silvia

Language: English

Abstract: Summary Objective This study sets out to design and implement a teaching sequence that offers students the opportunity to acquire the necessary knowledge, skills, attitudes and values to deal with a confrontational patient. When designing the teaching methodology, we chose an active teaching strategy, commonly entitled the Case Method. Method The case was developed during the 2011–2012 academic year and implemented across the curriculum in the 2012–2013 academic year, in the “Relations and Communications in Nursing Care” and “Geriatric Nursing” subject modules, in the second year undergraduate nursing course at the University of the Basque Country. Results Implementation results indicate that the Case Method is a satisfactory tool to facilitate acquisition of the chosen skills, as well as being a learning method that is well received by students. At the end of the process, 72.8% of them shared the opinion that “this methodology has helped me more or much more than traditional ‘chalk and talk’ expository methodology”. Moreover, 93% of the students successfully achieved at least the minimum learning results required. Nevertheless, students said that they felt overwhelmed on more than one occasion. Implications The study has provided evidence that the Case Method contributes to acquiring skills that every nurse will need during their career. This should spur us on to continue extending the range of possibilities offered by active methodologies.

Publication type: journal article

Source: CINAHL
Department of Health

**PM launches next phase of Britain’s fight against dementia**
Saturday 21st February 2015
Britain will expand its efforts to combat dementia over the next 5 years, the Prime Minister David Cameron said today as he set out a new, long-term strategy focused on boosting research, improving care and raising public awareness about the condition.

**Prime Minister’s challenge on dementia 2020**
Saturday 21st February 2015
(....) our vision is to create a society by 2020 where every person with dementia, and their carers and families, from all backgrounds, walks of life and in all parts of the country – people of different ages, gender, sexual orientation, ability or ethnicity for example, receive high quality, compassionate care from diagnosis through to end of life care. This applies to all care settings, whether home, hospital or care home. This document sets out the areas where the government believes it will be necessary for society to take sustained action in order to deliver this vision and to truly transform dementia care, support and research by 2020.

**NHS England**

**The ABC of Dementia – Alistair Burns**
Thursday 19th February 2015
Professor Alistair Burns is NHS England’s National Clinical Director for Dementia. Here he explores the challenges and opportunities doctors can face in caring for patients with dementia.

**NHS Choices**

**People with gout have lower risk of Alzheimer’s disease**
Thursday 5th March 2015
"Gout could help prevent Alzheimer’s, research shows,” The Independent reports. Researchers think that uric acid, which causes gout, may have a protective effect against Alzheimer’s disease.

**Media overstates dementia benefits of Mediterranean diet**
Monday 23rd February 2015
“New diet to fight dementia,” claims the Sunday Express, while The Independent reports: “Mediterranean diet could help beat dementia”. Despite the media focus on the Mediterranean diet, this was only a small part of a review which aimed to discover whether some modifiable risk factors (such as high cholesterol or high blood pressure) were linked to the risk of developing dementia in people with existing mild cognitive problems.

**Molecule could protect against Alzheimer’s disease**
Tuesday 17th February 2015
"Alzheimer’s breakthrough: scientists home in on molecule which halts development of disease," The Daily Telegraph reports. The so-called "chaperone molecule", known as "Brichos", helps prevent the clumping of proteins, which can lead to the death of brain cells.(...) News of a molecule that could stop some of this damage is encouraging, but declaring a “breakthrough” is premature. We don’t know if this molecule has an effect on humans, because the experiments were all carried out on mice.

Training & Networking Opportunities, Conferences, Events

**Mental Health Foundation**

Dementia related projects:
Dementia Engagement and Empowerment Project (DEEP)

Dementia and truth-telling

Mapping dementia friendly communities across Europe

Dementia Self Help Group Evaluation Report

Social Care Institute for Excellence

Support and advice for care staff, managers and family carers to improve care for people with dementia, through guides, tools, elearning, films and research.

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