

Vol 5 no 9
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Nutrition is our featured topic this month

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Forthcoming event

Nutrition and people with dementia 19 February 2009

Why do people with dementia lose weight and become malnourished? In answering this question this one day, person-centred workshop will help participants improve nutrition for those they care for by making food appetising and providing protected meal times for those in their care.

This workshop is aimed at managers of care homes and care home staff, charge nurses and staff nurses, home care supervisors and home care workers.

Cost: £120 per delegate

[Click here to download booking form](#)



In the headlines

Alzheimer's patients missing out on help because of NHS cutbacks

Thousands of Alzheimer's patients are suffering because of widespread NHS cutbacks in dementia services, campaigners have claimed. Almost one in three health trusts has reduced vital services such as district nurses and day centres while two in five trusts fail to provide any services at all, a survey by the Alzheimer's Society found.

[Telegraph 3 December 2008](#)

Drug offers new Alzheimer's hope

A drug commonly used to control epilepsy could soon have a new role as a treatment for Alzheimer's disease. Researchers have found that sodium valproate, marketed in Britain as Epilim, stimulates the body's natural defences against the disease.

[Guardian 7 December 2008](#)

Dementia risk not high in mild cognitive impairment

People with mild cognitive impairment appear to have a lower risk of future dementia than previously believed.

[Reuters 11 December 2008](#)



The Dementia Services
Development Centre



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Nutrition

Introduction

Nutrition and Dementia

Until recent times it was assumed that weight loss and malnourishment were symptoms of dementia. People with dementia are no different from people without; like most people they will retain their usual eating habits, tastes and preferences of a lifetime. However, dementia can greatly affect a person's relationship with food and eating.

As dementia progresses eating and drinking can become difficult for some people. Eating and drinking involve the co-ordination of complex physical and mental activities. These activities are often affected by the progressive impairment of memory, thinking, planning, perception, organisation, communication and skilled movement that are associated with dementia. Consequently, eating and drinking may also be affected by environmental issues, lack of person-centred care planning, physical problems, such as pain or swallowing difficulties, poor concentration, food refusal and side effects of medication.

The effective provision of a high quality of nutritional care is crucial for the well-being of people with dementia. Nutritional care and person-centred planning is important in any setting. However, it is particularly important in long-stay or continuing care settings where meal times assume significance in the person's daily routine, in opportunities for social interactions, and where food and how it is served are related to quality of life, quality of care and quality of environment.

People with dementia should receive nutritional care and advice appropriate to and consistent with their individual needs. Assessment of nutritional needs will ascertain a person's nutritional status. The use of a validated screening tool is an essential part of ensuring nutritional needs are met within care settings. Nutritional training for staff supporting people with dementia will aim to meet knowledge needs and will give advice and guidance about person-centred nutritional care pathways which, transferred to practice, will allow everyday dietary management.

It is important that the person with dementia that we are caring for has a healthy and balanced diet. Presentation of food, having choice that reflects individual tastes, receiving person-centred support and a stress-free mealtime environment are all important. The enjoyment of eating depends on the experience of eating.

Margaret Lang
Social Worker (Falkirk Council)
and
DSDC Associate Trainer

Nutrition Web Resources

Mayo Clinic

Alzheimer's: Making mealtimes easier

<http://www.mayoclinic.com/health/alzheimers/HQ00217>

US News

Alzheimer's disease : maintaining good nutrition

<http://health.usnews.com/usnews/health/brain/alzheimers/alz.manage.nutrition.htm>

EONS (online community for Boomers)

Nutrition and Alzheimer's disease

<http://www.eons.com/body/feature/nutrition/nutrition-and-alzheimers-disease/20246>

Alzheimer's Society

Factsheet on Eating

http://www.alzheimers.org.uk/site/scripts/documents_info.php?categoryID=200208&documentID=149

About.com

Enhancing Nutrition in Late-Stage Alzheimer's Disease

<http://alzheimers.about.com/od/caregiving/qt/latenutrition.htm>

WebMD

Why Fish Seems to Prevent Alzheimer's Damage

<http://www.webmd.com/alzheimers/news/20040901/why-fish-seems-to-prevent-alzheimers-damage?pagenumber=1>

AllBusiness

Nutrition for the dementia resident: how to handle common challenges.

<http://www.allbusiness.com/health-care-social-assistance/nursing/443604-1.html>

British Nutrition Foundation

Nutrition for older adults

<http://www.nutrition.org.uk/home.asp?siteId=43§ionId=399&parentSection=315&which=1>

WebMD

Nutrition and Alzheimer's disease

<http://www.webmd.com/alzheimers/guide/alzheimers-nutrition>

National Patient Safety Agency

Tools and resources providing guidance on good nutritional care in healthcare settings.

<http://www.npsa.nhs.uk/nrls/improvingpatientsafety/cleaning-and-nutrition/nutrition/>

Eating well for older people with dementia

1998 publication from VOICES (Voluntary Organisations Involved in Caring in the Elderly Sector)

<http://www.cwt.org.uk/pdfs/DementiaReport.pdf>

Nutrition

Topic Reading List

Freund-Levi, Yvonne

Omega-3 supplementation in mild to moderate Alzheimer's disease : effects on neuropsychiatric symptoms.

International journal of geriatric psychiatry. 23(2), February 2008, 161-169.

This study aimed to determine effects of dietary ω 3 supplementation to Alzheimer's disease patients with mild to moderate disease on psychiatric and behavioural symptoms, daily functions and a possible relation to APOE genotype.

Nazarko, Linda

Malnutrition : identification and treatment.

British journal of healthcare assistants. 2(6), June 2008, 279-282.

Many people who are admitted to hospital are malnourished. Illness can further increase the risks of malnutrition which increases the risk of infection and impedes recovery. Assessing a person can enable staff to identify those who are malnourished and those who are at risk of malnourishment. This enables the healthcare team to act to address problems and enable the person to recover.

Azam, Parveen

Managing under-nutrition in a nursing home setting.

Nursing older people. 19(3), April 2007, 33-37.

This article considers interventions and strategies used to manage the problems of an undernourished older adult residing in a nursing home. A brief introduction to the patient is followed by a discussion of the process of identifying care needs, and the planning and provision of care based on current evidence and outcome evaluation. The crucial role of nurses in meeting the nutritional needs of older people is also emphasised.

Calverley, David

The food fighters.

Nursing standard. 21(52), September 2007, 20-22.

As part of Nursing Standard's Nutrition Now campaign, Nursing Standard are showcasing good nutrition care across the UK. Here the author discovers three nursing teams that are going the extra mile.

Davis, C

Mealtime solutions.

Nursing standard 21(41), 20 June-26 June 2007, p.21-3.

Reports that the use of a simple red tray for meals has made a real difference to nutrition for vulnerable patients in hospitals around the country

Davis, Carol

Hungry to be heard.

Nursing older people. 19(4), May 2007, 8.

Treating patients with dignity and meeting their nutritional needs must be top priority in the annual health check.

Holmes, Susan

Eating for recovery.

Nursing standard. 21(43), July 2007, 18-21.

The cost of treating a malnourished patient is four times that of a 'normal' patient - so why are we not getting hospital nutrition right?

Mamhidir, Anna-Greta

Weight increase in patients with dementia, and alteration in meal environment after integrity promoting care.

Journal of clinical nursing. 15(6), May 2007, 987-996.

The study aimed to follow weight changes in patients with moderate and severe dementia and analyse how these changes related to biological and psychological parameters after staff education and support in integrity promoting care. A further aim was to describe meal environment and routines relative to the intervention.

Mental Welfare Commission for Scotland

Nutrition by artificial means. guidance for mental health practitioners.

Edinburgh : Mental Welfare Commission for Scotland, 2007.

The aim of this document is to provide general legal and ethical guidance that will be of use to practitioners when they are considering the provision of nutrition by artificial means to a person for a mental disorder and in the absence of consent.

Age Concern

Hungry to be heard : the scandal of malnourished older people in hospital.

London : Age Concern, 2006.

Four out of 10 older people admitted to hospital have malnutrition on arrival.¹ Patients over the age of 80 admitted to hospital have a five times higher prevalence of malnutrition than those under the age of 50.² Whether their condition goes unnoticed, or untreated, and worsens during their hospital stay is a lottery. Older people and their relatives are left worried and not knowing whether they will be given appropriate food or help with eating it.

Archibald, Carole

Meeting nutritional needs of patients with dementia in hospital.

Nursing standard. 20(45), July 2006, 41-45.

This article emphasises the importance of good nutritional intake for patients with dementia in hospital care.

Berg, Grethe

The importance of food and mealtimes in dementia care : the table is set

London ; Philadelphia : Jessica Kingsley Publishers, 2006.

This book considers the social significance of mealtimes and their role in maintaining patients' feelings of social attachment and well-being as well as the impact of the symptoms of dementia on food and mealtimes. It also explores different types of residential care and how they can make mealtimes a focus of activity for patients. Finally, the author discusses practical implementation strategies, considering variables such as building design, interdisciplinary collaboration, organisation of staff and residents, and staff participation and conduct at mealtimes.

Cornah, Deborah

Feeding minds : the impact of food on mental health.

London : Mental Health Foundation, 2006.

Mental health problems are believed to be the result of a combination of factors, including age, genetics and environmental factors. One of the most obvious, yet under-recognised factors in the development of major trends in mental health is the role of nutrition. The body of evidence linking diet and mental health is growing at a rapid pace. As well as its impact on short and long-term mental health, the evidence indicates that food plays an important contributing role in the development, management and prevention of specific mental health problems such as depression, schizophrenia, attention deficit hyperactivity disorder, and Alzheimer's disease.

Great Britain: Food Standards Agency

Food served to older people in residential care.

London : Food Standards Agency, 2006.

Guidelines on food and nutrition for older people in residential care. Available electronically at:

<http://www.food.gov.uk/multimedia/pdfs/residentialcare.pdf>

Kyle, G.

Assessment and treatment of older patients with constipation.

Nursing standard. 21(8), November 2006, 41-46.

This article examines the experiences of an older patient with constipation to illustrate the importance of thorough assessment. The interaction between another medical condition and constipation is discussed, and indications for laxative use are outlined. The current evidence base for bowel care is limited. Tools for risk assessment are required and further research is needed to improve patient care in this area.

Murray, Carla

Improving nutrition for older people.

Nursing older people. 18(6), July 2006, 18-22.

Protected mealtimes are periods on a hospital ward when all non-urgent clinical activity stops. During these times patients are able to eat without being interrupted and staff can offer assistance. This results in patients who are more relaxed and can eat more, leading to better nutrition and higher chance of recovery. This article describes the introduction of protected mealtimes within Bradford Teaching Hospitals Foundation Trust.

Perivolaris, Athina

An enhanced dining program for persons with dementia.

Alzheimer's care quarterly. 7(4), October/December 2006, 258-267.

The dining experience in long-term care facilities is often provided in a manner that fails to take into consideration individuals with dementia and their unique needs. To address these shortcomings, an Enhanced Dining Program, based on best practices in the physical mealtime environment, the preparation and presentation of food, and staff's abilities-focused interventions with residents, was implemented in 2 cognitive support units of a large long term care facility.

Eating for health in care homes. a practical nutritional handbook.

London : The Royal Institute of Public Health, 2006.

This book covers the basis of a balanced diet, and how this needs to be adapted for older people. It considers the problems posed by physical and mental disabilities and by certain medical conditions. It raises the specific needs which may arise with differing cultural, religious and ethnic backgrounds. The book emphasises the need for residents to have a say in their meals and for the home to provide pleasant and, where necessary, adapted dining facilities. It also includes advice on menu planning and budgeting.

Jones, Chris

Recipe for life : helping older people to eat well.

Edinburgh : The Royal Bank of Scotland Centre for the Older Person's Agenda, 2005.

The primary aim of this project is to identify action that can be taken to improve the physical and social well-being of older people who live alone and have difficulty leaving home, in relation to their nutritional and food-related needs, from the perspective of older people, family members, friends and social work staff.

Morris, Heather

Dysphagia in a general practice population.

Nursing older people. 17(8), November 2005, 20-23.

Dysphagia is common in older people but has been difficult to identify any studies examining the condition in typical primary care patients. This article describes a preliminary audit undertaken to determine the extent of dysphagia and management issues associated with it.

Perry, Patricia

Meals for older people : recipes with the health of the elderly in mind.

Charlbury : Jon Carpenter Publishing, 2005.

This book contains 76 recipes that can be prepared in the kitchens of hospitals, care homes and similar establishments. The recipes include meat, fish and vegetarian dishes, soups, salads and puddings.

Rosenvinge, Sally K

Improving care for patients with dysphagia.

Age and ageing. 34(6), November 2005, 587-593.

The object of this research was to determine compliance with swallowing recommendations in patients with dysphagia and to investigate the effectiveness of changes in practice in improving compliance.

Thompson, Amanda

PEG feeding : a difficult decision that must be shared.

The journal of dementia care. 13(2), March/April 2005, 28-31.

When it has become extremely difficult for a person with end stage dementia to eat and drink, a PEG feeding tube is often considered. This article sets out the pros and cons, and gives guidance for best practice.

Water UK

Water for healthy ageing : hydration best practice toolkit for care homes.

London : Water UK, 2005.

This toolkit has been created as part of a resource kit to assist care managers and other service providers to bring the benefits of improved water consumption to older people in care and to develop best practice.

Alzheimer's Society

Food for thought : practice guides for acute care, domiciliary care, care homes.

London : Alzheimer's Society, 2004.

These practice guides are aimed at healthcare professionals working in acute hospitals, domiciliary care workers and staff in care homes from ward level to caterers. It aims to raise awareness of the challenges experienced by people with dementia concerning food, eating and drinking.

Leclerc, Chantale M A

Feeding abilities assessment for persons with dementia.

Alzheimer's care quarterly. 5(2), April/June 2004, 123-133.

This article describes the reliability and validity of a Feeding Abilities Assessment that assesses abilities threatened by ideational apraxia in persons with dementia.

Biernacki, Claire

Food, eating and well-being in dementia care. 2003. The journal of dementia care. 11(1), Jan/Feb 2003, 18-19.

Second of two articles urging an individual approach to eating and nutrition, discussing common difficulties and the skill of feeding a person with dementia.

Marshall, Mary (ed.)

Food, glorious food : perspectives on food and dementia.

London : Hawker Publications, 2003.

Eating and mealtimes should be a positive experience for people with dementia and those who work with them. This book covers many aspects of food in dementia care and includes numerous recipes, stories and practical tips, with over 100 colour photographs..

Biernacki, Claire

Improving care through improving nutrition.

The journal of dementia care. 10(6), Nov/Dec 2002, 24-25.

Eating and nutrition can present various problems for people with dementia, but they can all be overcome by being sensitive to the different practical and cultural aspects of eating. First of two articles.

Current Awareness

Dementia in the News

Treating snoring 'could help Alzheimer's sufferers' memories'

Treating people with Alzheimer's for a sleep disorder that causes heavy snoring can boost their memory, a study shows.

[Telegraph 12 December 2008](#)

Sarcasm could uncover hidden dementia in young

It might be the lowest form of humour but sarcasm could be the key to diagnosing a common and debilitating form of dementia in young people. Researchers have found that people with frontotemporal dementia — the second most common form of dementia in people under 65 — cannot detect sarcasm and are more gullible than other people.

[The Age \(Australia\) 12 December 2008](#)

Ageing UK puts strain on workers

The ratio of workers to pensioners is expected to decline over the next 25 years putting employees under financial pressure, a population survey suggests.

[BBC News Online 9 December 2008](#)

Dementia often missed as cause of death

New research suggests that medical officials often fail to record severe dementia as a cause of death in patients with the condition.

[Washington Post.com 9 December 2008](#)

GPs are 'missing dementia'

GPs are failing to diagnose thousands of dementia patients in the UK, according to new research by the Daily Mail. The newspaper claims that 29 per cent of GPs have not had enough training to diagnose and manage the treatment of conditions like Alzheimer's.

[Craegmoor Healthcare 9 December 2008](#)

Cold sores "an Alzheimer's risk"

Catching a cold sore puts you at risk of Alzheimer's disease, mounting evidence suggests. Scientists have shown that the herpes virus behind cold sores is a major cause of the protein plaques that accumulate in the brains of people with Alzheimer's.

[BBC News Online 8 December 2008](#)

Care home places for people with Alzheimer's disease fall by 11,000 as cases rise

The number of nursing homes for elderly people with dementia has fallen by 9 per cent in four years despite growing need.

[Telegraph 5 December 2008](#)

Joint effort to improve dementia services

NHS Fife, Stirling University's Dementia Services Development Centre and Fife Council social work service have joined forces. Together they are to develop working practices, information and research on dementia care.

[Fife Today 2 December 2008](#)

Current Awareness New Library Stock

Activities

Agar, Kenneth

How to make your care home fun : simple activities for people of all abilities
London ; Philadelphia : Jessica Kingsley Publishers, 2009.

This book examines the need for activities for elderly people in care and offers a practical programme of entertaining activities that can be used in nursing and residential homes, day centres, rehabilitation centres and hospices.

Acute care

Conroy, Simon

Emergency room geriatric assessment : urgent, important or both?

Age and ageing 37(6), November 2008 ,612-613

Most Western health services are seeking to reduce reliance on secondary health services where appropriate, whilst expanding primary care services. Much of the focus has been on the care of older people as this population tend to have greater health needs than younger populations.

Duffin, Christian

Early discharge fuels A&E visits.

Nursing older people 20(10), December 2008, 8-10

Despite concerns that older people are being discharged too soon from hospital to meet waiting time targets, a government report claims there is no evidence to support this.

Approaches to care

Zetteler, Jessica

Effectiveness of simulated presence therapy for individuals with dementia : a systematic review and meta-analysis.

Aging & mental health 12(6), November 2008, 779-785

This study aimed to formally assess the strength of evidence for the efficacy of simulated presence therapy for challenging behaviours in dementia using meta-analytic techniques.

Alzheimer's disease

Sullivan, Karen

A survey of community awareness of Alzheimer's disease : what are the common misconceptions?

International journal of geriatric psychiatry 23(12), December 2008, 1320-1322

This study involved an evaluation of the nature and extent of Alzheimer's disease (AD) knowledge in a community sample, with the secondary aim of determining the influence (if any) of demographics on AD knowledge.

Hebert, Liesi E.

Change in direct measures of physical performance among persons with Alzheimer's disease.

Aging & mental health 12(6), November 2008, 729-734

Measures of physical performance were used in intact and community populations. The authors examined upper and lower extremity physical performance tests among people with Alzheimer's disease.

Werner, Perla

Discriminatory behaviour towards a person with Alzheimer's disease : examining the effects of being in a nursing home.

Aging & mental health 12(6), November 2008, 786-794

This study examined determinants of discriminatory behaviour towards a person with Alzheimer's disease using an attribution model. More specifically, the effects of residing in a nursing home compared to the community were examined.

Assessment/diagnosis

Robinson, Andrew L. [et al.]

Multiple views reveal the complexity of dementia diagnosis.

Australasian journal on ageing 27(4), December 2008, 183-188

This study aimed to reveal views about dementia diagnosis derived from a larger study of information needs of carers of people with dementia in Tasmania, Australia.

Gray, Len and Wootton, Richard

Comprehensive geriatric assessment 'online'.

Australasian journal on ageing 27(4), December 2008, 205-208

This paper describes a system designed to enable comprehensive geriatric assessment to be performed at distant locations.

Behaviour

Lowery, David Peter [et al.]

Quantifying the association between computerised measures of attention and confusion assessment method defined delirium : a prospective study of older orthopaedic surgical patients, free of dementia.

International journal of geriatric psychiatry 23(12), December 2008, 1253-1260

This study aimed to determine whether additional impairments are reliable neuropsychological markers of dementia.

Care of people with dementia – health/welfare

Adams, Trevor

A whole-systems approach for dementia care.

Nursing older people 20(10), December 2008, 24-26

Drawing on his experience as a nurse, the author has written a book on dementia care nursing. Here, he refers to its contents to explain why nurses should look beyond person- and relationship-centred care to consider wider social, psychological and biological systems that help construct a more rounded picture of the needs of people with dementia.

Care of people with dementia - planning

O'Neill, Ann Marie

In a time of change.

Nursing standard 23(13), 3-9 December 2008, 16-17

Health care in Northern Ireland is in a state of flux - and with new structures comes a threat to nurses' jobs

Carers - stress

Quinn, Catherine [et al.]

The experience of providing care in the early stages of dementia : an interpretative phenomenological analysis.

Aging & mental health 12(6), November 2008, 769-778

This study explores the subjective, psychological experiences of spouses or partners of people with early-stage dementia.

Communication

Caine, Kelly E. [et al.]

Steps to effective communication with your health care provider.

Signpost 13(2), October 2008, 18-19

This article explains the importance of effective communication between health care providers and patients and gives suggestions to improve communication between health care providers and older people.

Complementary therapies

Sale, Anabel Unity

How to keep residents active.

Community care 1750, 4 December 2008, 30-31

Ashley House provides a wide range of activities for residents from golf to building an artificial beach for a day's entertainment.

Day hospital

Young, John and Forster, Anne

The geriatric day hospital : past, present and future

Age and ageing 37(6), November 2008 613-615

The day hospital concept was initially developed for psychiatric services and was modified in the UK as a key service for geriatric medicine. In 1991/92, a national survey provided an estimate of over 400 day hospitals in the UK. Just over a decade later the major UK report on community health services contained no reference to the geriatric day hospital. What caused this apparent collapse in the identity of a core service for older people?

Depression

Cullum, Sarah [et al.]

Does depression predict adverse outcomes for older medical inpatients? : a prospective cohort study of individuals screened for a trial.

This study aimed to examine the relationship between depressive symptoms and hospital outcomes in an unselected consecutive sample of older medical inpatients.

O Luanaigh, Conor and Lawlor, Brian A.

Loneliness and the health of older people.

International journal of geriatric psychiatry 23(12), December 2008, 1213-1221

The purpose of this review is to raise awareness among physicians and psychiatrists of the medical impact and biological effects of loneliness as well as making the argument that loneliness should be a legitimate therapeutic target.

Heo, Moonseong [et al.]

Population projection of US adults with lifetime experience of depressive disorder by age and sex from year 2005 to 2050.

International journal of geriatric psychiatry 23(12), December 2008, 1266-1270

This study aimed to estimate the projected population of US adults aged 18 years or older with lifetime experience of doctor-diagnosed depressive disorder from 2005-2050.

Diet/nutrition

Gaskill, Deanne [et al.]

Malnutrition prevalence and nutrition issues in residential aged care facilities.

Australasian journal on ageing 27(4), December 2008, 189-194

This study aimed to examine the prevalence of malnutrition and investigate nutritional issues in a sample of older people living in residential aged care facilities.

McCormick, Siobhan Erin [et al.]

The efficacy of pre-thickened fluids on total fluid and nutrient consumption among extended care residents requiring thickened fluids due to risk of aspiration.

Age and ageing 37(6), November 2008, 714-715

The authors conducted a small study to assess whether the use of pre-thickened, standardised consistency fluids resulted in an increase in fluid and nutrient intake, reduced constipation rates and improved hydration status in dysphagic patients.

Drug therapy

Alanen, Haana-Mari, Finne-Soveri, Harriet and Leinonen, Esa

Factors associated with non-use of antipsychotics among older residents with schizophrenia in long-term institutional care.

International journal of geriatric psychiatry 23(12), December 2008, 1261-1265

This study aimed to investigate factors associated with non-use of antipsychotics among older schizophrenia residents in long-term institutional care.

Elder abuse

Aylett, Jay

Learning the lessons in training from abuse enquiries : findings and recommendations.

The journal of adult protection 10(4), November 2008, 7-11

This short paper provides a summary of the recommendations featured in the Cornwall (CSCI & HCC, 2006) and Sutton and Merton (HCC, 2007) reports and is provided as an accessible resource for safeguarding co-ordinators.

Pinkney, Lisa [et al.]

Voices from the frontline : social work practitioners' perceptions of multi-agency working in adult protection in England and Wales.

The journal of adult protection 10(4), November 2008, 12-24

This article explores social workers' reported experiences of partnership or multi-agency working and how this, along with overarching regulatory frameworks, affected their practice within and across agencies.

End of life care

Taylor, V. and Ashelford, S.

Understanding depression in palliative and end-of-life care.

Nursing standard 23(12), November 26 - December 2 2008, 48-57

Depression in patients receiving palliative and end-of-life care is difficult to distinguish from grief and sadness. This article examines the nature of depression and describes the stress vulnerability model of depression, linking it to recent developments in the neurobiology of depression.

Agnew, Thelma

The right place to die.

Nursing older people 20(10), December 2008, 10-11

Tenants of extra care housing were being denied the right to die at home because of staff ignorance. But a project set up to improve the end-of-life care of older people in such settings is enabling them to die with dignity.

Sturdy, Deborah

One chance to get it right.

Nursing older people 20(10), December 2008, 14

The management of a death is one of the most skilled acts of caring a nurse does.

Incontinence

McNulty, Cliodna [et al.]

Exploring reasons for variation in urinary catheterisation prevalence in care homes : a qualitative study.

Age and ageing 37(6), November 2008, 706-710

This study use qualitative research methods to explore whether different approaches to toileting and catheter care, and a home's culture of care, are responsible for the variation in the prevalence of catheterisation.

Longstay care

Harboun, Marc [et al.]

Impact of hip fracture, heart failure and weight loss on the risk of institutionalisation of community-dwelling patients with dementia.

International journal of geriatric psychiatry 23(12), December 2008, 1245-1252

This study sought to identify the influence of medical symptoms and diseases on the risk of nursing home placement in a prospective cohort of newly diagnosed community-dwelling patients with dementia.

Longstay care - hospital

Ellis, Jim

Hospitals and dementia care : carers' experiences

Signpost 13(2), October 2008, 5-7

This article reports on interviews with carers of people with dementia carried out to explore their experiences when their spouses were admitted to hospital.

Longstay care – residential

Donald, Ian P. [et al.]

Care home medicine in the UK : in from the cold.

Age and ageing 37(6), November 2008, 618-620

The quality of care within care homes comes under frequent media scrutiny, and is underpinned by the medical support to the staff. A range of innovative models of medical care are emerging across the UK which have the potential to improve the standard of care in homes. These models are described, and the need for them to be subjected to evaluation.

Te Boekhorst, Selma [et al.]

Group living homes for older people with dementia : the effects on psychological distress of informal caregivers.

Aging & mental health 12(6), November 2008, 761-768

The aim of this study was to investigate the effects of group living care for older people with dementia on the psychological distress of informal carers, compared with regular nursing home care.

Medical screening

Perry, M. [et al.]

An in-home geriatric programme for vulnerable community-dwelling older people improves the detection of dementia in primary care.

International journal of geriatric psychiatry 23(12), December 2008, 1213-1219

This study investigated whether an in-home geriatric assessment and management programme could improve the identification of patients with dementia in primary care.

Needs assessment

Worden, A. [et al.]

Identifying need in care homes for people with dementia : the relationship between two standard assessment tools.

The paper compares two well-known assessment tools used in care homes, the CANE and the Minimum Data Set/Resident Assessment Instrument. There was poor agreement between the tools in terms of domains of need covered.

Older people

Fiori, Katherine, Consedine, Nathan and Magai, Carol.

The adaptive and maladaptive faces of dependency in later life : links to physical and psychological health outcomes.

Aging & mental health 12(6), November 2008, 700-712

The purpose of this study was to replicate and extend a three-factor model of interpersonal dependency in a sample of older adults and to examine the physical and psychological health correlates of this multifaceted construct.

Shrira, Amit and Shmotkin, Dov

Can the past keep life pleasant even for old-old trauma survivors?

Aging & mental health 12(6), November 2008, 807-819

This study examined the relative effect of positive and negative autobiographical aspects in later life as a function of the traumatic experience of the Holocaust and age.

Older people – health/welfare

Llewellyn, David J. [et al.]

Cognitive function and psychological well-being : findings from a population-based cohort.

Age and ageing 37(6), November 2008, 685-689

This study aimed to investigate whether psychological well-being is associated with levels of cognitive function.

Marziali, Elsa, McDonald, Lynn and Donahue, Peter

The role of coping humour in the physical and mental health of older adults.

Aging & mental health 12(6), November 2008, 713-718

This study examined the associations among coping humour, other personal/social factors and the health status of community-dwelling older adults.

Pain

Gnjidic, Danijela, Murnon, Bridin P. and Hilmer, Sarah N.

Age and opioid analgesia in an acute hospital population.

Age and ageing 37(6), November 2008, 699-702

The aim of this cross-sectional study was to assess the association of age with the utilisation, efficacy and safety of opioid analgesia in a teaching hospital in Sydney, Australia.

Lopez-Lopez, Almudena [et al.]

The role of psychological variables in explaining depression in older people with chronic pain.

Aging & mental health 12(6), November 2008, 735-745

This study aimed to analyse how cognitive-behavioural and perceptual variables help to explain the presence or absence of depression in older people with chronic pain caused by osteoarthritis.

Person-centred care

Championing dignity.

Nursing older people 20(10), December 2008, 16-18

Launched in November 2006, the Department of Health's Dignity in Care Campaign aimed to recruit 1000 'dignity champions'. To date it has 2300, all of whom spread best practice and give advice to other health and social care workers. Here are some of their stories.

Pet therapy

Perkins, Jacqueline [et al.]

Dog-assisted therapy for older people with dementia : a review.

Australasian journal on ageing 27(4), December 2008, 177-182

This review summarises and critiques the published literature regarding dog therapy for older people with dementia living in residential aged care facilities.

Planning – health and social care

Petch, Alison

Overview of health and social care services for older people.

Community care 1748, 20 November 2008, 36-37

The author reviews the findings of a study designed to inform that National Service Framework for Older People.

Rating scales

Fleming, Richard

The reliability and validity of the Care Planning Assessment Tool.

Australasian journal on ageing 27(4), December 2008, 209-211

This article details the development of a simple, comprehensive, valid and reliable tool to assist aged care services staff in developing and monitoring care tools.

Mesbah, M., Grass-Kapanke, B. and Ihl, R.

Treatment Target Test Dementia (3TD).

International journal of geriatric psychiatry 23(12), December 2008, 1239-1244

This study aimed to develop a test that uncovers a profile of capacities in patients with dementia.

Rehabilitation

Crotty, Maria [et al.]

Home versus day rehabilitation : a randomised controlled trial.

Age and ageing 37(6), November 2008, 628-633

This study aimed to assess the effect of home versus day rehabilitation on patient outcomes.

Research

Mitzner, Tracy L. and Adams, Anne E.

Ageing and reading.

Signpost 13(2), October 2008, 15-17

The authors review the literature about age-related changes in language processing and the underlying causes.

Bartlett, Helen and Peach, Linda C.

'I went in feeling like a student and came out feeling like a researcher' : an evaluation of the first Australian Masterclass for Emerging Researchers in Ageing.

Australasian journal on ageing 27(4), December 2008, 195-199

This study aimed to assess how well the 2008 Masterclass for Emerging Researchers in Ageing increased capacity for building careers in ageing research in Australia.

Harris, Tess J. [et al.]

Optimising recruitment into a study of physical activity in older people : a randomised controlled trial of different approaches.

Age and ageing 37(6), November 2008, 659-665

This study aimed to test the effects of different strategies for recruitment into a study of physical activity in older people.

Shah, Ajit and Chatterjee, Santanu

Is there a relationship between elderly suicide rates and educational attainment? : a cross-national study.

Aging & mental health 12(6), November 2008, 795-799

Suicides are associated with both high and low levels of intelligence and educational attainment in both individual-level studies, but this has been rarely studied in the elderly.

McCarney, Rob [et al.]

Ginkgo biloba for mild to moderate dementia in a community setting : a pragmatic, randomised, parallel-group, double-blind, placebo-controlled trial.

International journal of geriatric psychiatry 23(12), December 2008, 1222-1230

The authors aimed to determine the effectiveness and the safety profile of Ginkgo biloba for treating early stage dementia in a community setting.

Risk assessment

Russell, Melissa A.

The reliability and predictive accuracy of the falls risk for older people in the community assessment (FROP-Com) tool.

Age and ageing 37(6), November 2008, 634-639

The Falls Risk for Older People in the Community assessment (FROP-Com) tool was designed for use in targeted multi-factorial falls prevention programmes. The aim of this study was to determine the reliability and predictive accuracy of the FROP-Com.

Webster, Joan [et al.]

Should elderly patients be screened for their 'falls risk'? Validity of the STRATIFY falls screening tool and predictors of falls in a large acute hospital.

Age and ageing 37(6), November 2008, 702-706

This study aimed to test the validity of the STRATIFY falls screening tool with a view to introducing it as standard practice.

Moore, Delilah S. and Ellis, Rebecca

Measurement of fall-related psychological constructs among independent-living older adults : a review of the research literature.

Aging & mental health 12(6), November 2008, 684-699

The purpose of this paper was to review the published literature on the measurement of fall-related psychological constructs among independent-living older adults.

Sensory impairment

Lee, Lily [et al.]

Self-management education programs for age-related macular degeneration : a systematic review.

Australasian journal on ageing 27(4), December 2008, 170-176

This study aimed to review the effectiveness of education programs to improve emotional status, daily living and self-efficacy in adults older than 60 years with age-related macular degeneration.

Spirituality

Mortimer, Patricia McCann, Ward, Lynn and Winefield, Helen.

Successful ageing by whose definition? : views of older, spirituality affiliated women.

Australasian journal on ageing 27(4), December 2008, 200-204

Researchers have pointed to significant omissions in Rowe and Kahn's model of successful ageing and their lack of consultation with older people. This study examined late mid-life and older women's views of successful ageing.

Technology

McCartney, Vanessa

How the latest products and services using assistive technology can empower the person with dementia.

Signpost 13(2), October 2008, 9-11

This article outlines various ways assistive technology can be used with people with dementia and the ethics surrounding this.

Fausset, Cara Bailey [et al.]

Older people's attitudes towards technology in the home and health domains.

Signpost 13(2), October 2008, 21-23

Technology is one way to positively influence older people's lives by providing support for daily activities in the home and for health-related purposes. When considering the benefits that technology can provide, we first need to understand what types of behaviours and activities these technologies can support.

Vascular/multi-infarct dementia

Dhoat, Sasha [et al.]

Vascular compliance is reduced in vascular dementia and not in Alzheimer's disease.

Age and ageing 37(6), November 2008, 653-659

This study aimed to determine whether functional changes in the vasculature differ between Alzheimer's disease and vascular dementia.

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