Dementia Friendly Hospitals

Professor June Andrews
FRCN  OBE
“You know you must be doing something right if old people like you”
Dave Chapelle
Basics; what is the problem in dementia?

• Impairment of memory
• Impairment of reasoning
• Impairment of learning
• Increase of stress
• The normal changes of ageing but at the same time as a reduced capacity to deal with them
• Frailty
Symptoms vary at a different rate from underlying pathology

<table>
<thead>
<tr>
<th>EXAMPLES OF SYMPTOMS</th>
<th>EXAMPLES OF DISEASES</th>
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<tbody>
<tr>
<td>Agitation and anxiety</td>
<td>Alzheimer’s disease</td>
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<td>Unintended weight loss</td>
<td>Vascular disease</td>
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<td>Memory difficulties</td>
<td>Lewy body disease</td>
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<td>Repetitive vocalisation</td>
<td>Pick’s disease</td>
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<td>Getting lost</td>
<td>Fronto temporal</td>
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<td>etc</td>
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What makes a difference to the symptoms (even if the pathology is unaffected?)

- Exercise
- Fluids and food
- Sleep
- Light and sound
- Other environmental factors
- Management of underlying clinical conditions
- Social contact
- Keeping up what you enjoyed
- Anything else that reduces stress
The “leaf model” – what keeps people with dementia above the line?
Don’t forget delirium and depression

• Reversible
• Older people and people with dementia are vulnerable
• If dismissed or ignored as “dementia” can cause massive problems and expense to health care systems while also being fatal for the patient
Role of the family care giver in hospital

• “Guerilla” visiting
• 24 hour visiting
• Design of the environment
• Eating and drinking
• Medication
• Who’s advising who?
Design features to assist patients with dementia in general hospitals and emergency departments
Behavioural problems of greatest concern to carers

- Agitation and anxiety
- Aggression
- Depression
- Hallucination
- Sleeplessness
- Wandering

*Ten Helpful Hints for Carers (Andrews and House, 2015)*
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How can we provide that in hospital?

• The environment in which care is given
• The knowledge, skills and attitudes of the workforce
• The ability to identify and assess cognitive impairment
• The ability to support people with dementia to be discharged back home
• The use of a person centered care planning which involves families and carers
Dementia Action Alliance Claims

By making improvements in these areas we are able to reduce readmission rates, prevent over 6000 falls across the country, reducing the mortality rate of people with dementia in acute care, as well as improving the sense of pride and well being in staff who care for people with dementia in acute hospitals.
How do you audit care?

• A survey of carer experience of quality of care

• A case note audit of people with dementia, focusing on key elements of assessment, monitoring, referral and discharge

• An organisational checklist and analysis of routine data collected on delayed discharge, complaints and staff training

• A staff questionnaire examining support available to staff and the effectiveness of training and learning opportunities
Virtual Dementia Friendly Hospital Design
Funded by Robert Bosch Foundation
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• Wandering

*Ten Helpful Hints for Carers* (Andrews and House, 2015)
• Resources to help you
  All the resources below can also be found at www.dementiaaction.org.uk/DKITresources
• Kings Fund EHE Assessment tool
  http://www.kingsfund.org.uk/projects/enhancing-healing-environment/ehe-design-dementia
• RCN Commitment to care: How to Guide (pages 26-28)
• SCIE Dementia Gateway
• The South – West Dementia Partnership Competency Framework: (Standard 4 page 26 - 44)
• Stirling University – Dementia Design Audit Tool
  http://dementia.stir.ac.uk/node/1918
• The wander some patient – case study
  http://www.dementiaaction.org.uk/assets/0000/0804/BTH_The_Wander_Some_Patient_-_Case_Study.pdf
• Yorkshire Outdoors (RCN PowerPoint presentations)
  www.dementiaaction.org.uk/assets/0000/0805/BTH_Yorkshire_Outdoors_-_RCN_Presentation.pdf
DEMENTIA: WHAT YOU NEED TO KNOW

Practical advice for families, professionals, and people living with dementia and Alzheimer's disease around the world

JUNE ANDREWS

Foreword by Dame Judi Dench

With clear and sensible information about recognizing symptoms, getting help, managing financially, staying at home, treatment, being a carer and staying positive, this guide will help those with dementia and their families to make sure that they can stay well and happy as long as possible.

‘Brings together science, practice and lived experience of dementia into an invaluable resource ... in a very accessible, down-to-earth and human style’

Psychologist

£19.99

ISBN: 978-1-78556-070-1

International Edition
Thank you!

Contact me at www.juneandrews.net

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