

An Optimized Person Centred Intervention to Improve Mental Health and Reduce Antipsychotics amongst People with Dementia in Care Homes

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Title of project or programme

An Optimized Person Centred Intervention to Improve Mental Health and Reduce Antipsychotics amongst People with Dementia in Care Homes

Principal Investigators of project/programme grant

Title	Forname	Surname	Institution	Country
Professor	Clive	Ballard	Oxfordshire and Buckinghamshire Mental Health NHS Foundation Trust	UK

Address of institution of lead PI

Institution Oxfordshire and Buckinghamshire Mental Health NHS Foundation Trust

Street Address 4000 John Smith Drive Oxford Business Park

City South Oxford

Postcode OX4 2GX

Country

United Kingdom

Source of funding information

Department of Health (DH)

Total sum awarded (Euro)

2321709

Start date of award

01/01/2010

Total duration of award in months

48

The project/programme is most relevant to

- Alzheimer's disease and other dementias

Keywords

Research abstract in English

250,000 people with dementia in the UK live in care homes. These individuals have complex mental health problems, disabilities and social needs, compounded by widespread prescription of sedative drugs. The inconsistent quality of care, the poor management of mental health problems and the widespread overuse of sedative drugs are matters for serious concern. The launch of the National Dementia Strategy (2009) and a parallel Department of Health report (2009) regarding the use of sedative drugs provides an opportunity to move forward on a national basis to provide a better trained workforce that can improve the mental health of people with dementia living in care homes and reduce the use of sedative drugs. Our optimized programme (WHELD) will determine the most effective elements of existing approaches to develop a comprehensive but practical intervention. This will be achieved by training care staff to provide care that is focused on an understanding of the individual and their needs; and by using additional components such as exercise, activities and social interaction to improve mental health, reduce the use of sedative drugs and improve quality of life (QOL). The value of these specific components will be established in a 9 month factorial study in 16 care homes. Each care home will receive Person Centred Care training either alone or in combination with the specific additional elements described above. This will enable us to optimize the intervention and develop it further for a large randomised controlled trial (RCT) against usual care. In parallel, we will complete a qualitative study to identify and overcome the potential barriers to enable effective implementation of the intervention. The overarching goal is to provide an effective, simple and practical intervention, which improves the mental health of, and reduces sedative drug use in, people with dementia in care homes; which can be rolled out nationally.

Lay summary