

# Dementia

## **Covid-19**

[Coronavirus \(COVID-19\) testing for adult social care settings](#) Outlines the COVID-19 testing available for testing staff, residents and visitors for all adult social care settings.

[Shielding advice for the clinically extremely vulnerable to stop from April](#) More than 3.79 million clinically extremely vulnerable people in England will be informed they are no longer advised to shield from Thursday 1 April 2021.

[COVID-19 sees prescriptions increase for dementia drugs linked with serious side-effects](#) New research published in the Lancet finds that not only are dementia deaths up 79% compared to previous years but the prescription rates of antipsychotic drugs to people with dementia have also increased during COVID-19. Although the absolute number of antipsychotic prescriptions for people with dementia decreased, reductions in the overall number of diagnosed dementia patients meant that the proportion of those who have been prescribed antipsychotics substantially increased.

[Dementia in care homes and COVID-19](#) This is an updated quick guide for carers in care homes supporting residents living with dementia during the coronavirus (COVID-19) pandemic. It discusses four clinical situations that may help to illustrate some challenges. These include:

- Understanding signs of COVID-19
- Helping residents with confusion
- Managing behavioural challenges
- Supporting residents with end-of-life care

## **Cochrane Clinical Answers**

[For older adults with Alzheimer's dementia and sleep disturbances, what are the effects of orexin antagonists?](#) For older adults with Alzheimer's dementia and sleep disturbances, moderate-certainty evidence shows that an orexin antagonist probably improves nocturnal sleep; low-certainty evidence suggests a 4% increase in sleep efficiency with an orexin antagonist. Other assessed outcomes (mean duration of sleep bouts, ratio of nocturnal awakenings to total sleep time, sleep latency, change in Sleep Disorders Inventory score, change in Mini-Mental State Examination score, at least one adverse event) suggest little to no difference between groups or show imprecise results.

## **Evidence Summary**

[Dementia: attachment matters](#) This evidence summary explores the relevance of attachment to living with dementia and implications for practice.

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## Advice

[Caregiver Stress](#) Alzheimer's caregivers frequently report experiencing high levels of stress. It can be overwhelming to take care of a loved one with Alzheimer's or other dementia, but too much stress can be harmful to both of you. Read on to learn symptoms and ways to avoid burnout.

## Article

[The Wessex Dementia Friendly Pharmacy Framework](#) 355 pharmacies engaged with the initiative, of which 330 uploaded self-certifications met all essential criteria of the framework. Staff comments revealed that engaging with the framework had allowed them to be more aware of how better to support people with dementia.

## Systematic Review

[Comparative efficacy of interventions for reducing symptoms of depression in people with dementia: systematic review and network meta-analysis](#) Review finds that non-drug approaches were associated with a meaningful reduction in symptoms of depression in people with dementia and without a diagnosis of a major depressive disorder.

## Study

[Being overweight is linked with an increased risk of dementia in new research](#) People who carry excess weight in midlife have an increased risk of developing dementia, suggests new research from the long-running English Longitudinal Study of Ageing (ELSA). This study included people aged over 50 and followed them for an average of 11 years. Overall, those who were obese at the start of the study had a risk of dementia one-third higher (34% increase) than people with normal weight. Women who carried extra weight around their waistline were particularly vulnerable.

## Statistics

[Dementia the second leading cause of death in February](#) The Office for National Statistics has revealed that of the 55,489 recorded deaths in England in February 2021, the second-most common cause was dementia and Alzheimer's disease, with 4,841 people dying from the condition. The leading cause of death was COVID-19, with 11,421 people dying from the virus.

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## News

[Experimental Alzheimer's drug could slow cognitive decline in patients, early results suggest](#) Eli Lilly and Company's experimental intravenous drug donanemab could slow the cognitive decline of patients with Alzheimer's disease, according to early clinical trial results, published in The New England Journal of Medicine.

[Findings presented as national charity partnership launched to investigate hearing loss and dementia risk further](#) Researchers from UCL have shown that brain changes associated with perception and understanding of sounds occur in key regions affected by dementia and may flag early signs of disease. The work looks at the so-called 'cocktail party effect', a problem often seen in people with dementia.

[Could your smartphone hold clues to early Alzheimer's disease?](#) The development of a wearable to detect early Alzheimer's and other neurodegenerative diseases years before symptoms show has taken a step closer to reality, as UK charity Alzheimer's Research UK announces a partnership with Boston University that will see the first digital data flowing into its global Early Detection of Neurodegenerative diseases (EDoN) initiative.

[Head injuries worsen memory and thinking decades later](#) Alzheimer's Research UK fund research that finds link between head injuries and risk of memory and thinking decline decades later.

[Poorer heart health leads to increased risk of memory and thinking decline](#) Researchers have found that signs of poorer heart health, including high blood pressure during early life, are linked with greater late-life decline in memory and thinking skills.

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