

Studies

[Use of menopausal hormone therapy and risk of dementia: nested case-control studies using QResearch and CPRD databases](#)

This study gives estimates for risks of developing dementia and Alzheimer's disease in women exposed to different types of menopausal hormone therapy for different durations and has shown no increased risks of developing dementia overall. It has shown a slightly increased risk of developing Alzheimer's disease among long term users of oestrogen-progestogen therapies.

[Carers of people with dementia benefit from online help for anxiety and depression](#)

Online education can improve the mental health of people caring for those with dementia. A new study recommends that online education packages should be widely available for carers with anxiety or depression. Online cognitive behavioural therapy (CBT) combined with telephone support was equally effective, but used more resources.

[People with dementia need more involvement in decisions about their long-term care](#)

This research found that shared decision-making is possible but does not always happen. Problems typically arose when staff had not involved people with dementia and their families soon after admission. Multiple, skilled conversations were needed where there was disagreement. In effective decision making, the risk to a patient was carefully balanced against their preferences.

[Inequalities in accessing dementia care and support during COVID-19](#)

Review of a recent qualitative study on accessing post-diagnostic dementia care before and since COVID-19, which highlights the need to reduce inequalities in dementia care.

Reports

[Alzheimer's Society publishes increasing access to dementia diagnosis reports](#)

The Alzheimer's Society has published three reports seeking to increase the number of people living with dementia who get a diagnosis.

The three reports each set out an area of change:

- Reducing regional variations in diagnosis
- Supporting those from an ethnic minority community to access a diagnosis
- Increasing diagnosis for people living in a care home or hospital setting

elderly vascular geriatrics
Alzheimer's environment
cognition early onset lewy bodies support
fronto-temporal dementia
research memory old age



NHS
Mersey Care
NHS Foundation Trust

Community and Mental Health Services

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Guidance

[Coronavirus \(COVID-19\) testing in adult care homes](#)

Changes to policy when there is one case of COVID-19 in a care home. Change to LFT testing frequency. Change to policy when there are 2 or more cases of COVID-19 in a care home. Change to ending outbreak restrictions, when they can be lifted and ongoing testing after this period.

[COVID-19: guidance on protecting people defined on medical grounds as extremely vulnerable](#)

Added large-print and audio versions of the letter to patients on the end of the shielding programme. Added audio version of the guidance for people previously considered as clinically extremely vulnerable from COVID-19.

Cochrane Clinical Answers

[What are the effects of COVID-19 outbreak control measures in long-term care facilities \(LTCFs\)?](#)

Reviewers reported on four outbreak control measures for COVID-19 in LTCFs: separating infected and non-infected residents; separating staff caring for infected and non-infected residents; isolating cases; and generalized outbreak response testing. Low-certainty evidence suggests that separating staff caring for infected and non-infected residents may reduce the rate of outbreaks. Reviewers rated all other available evidence as very low certainty. Consequently, this question remains unanswered.

News

[Time to make the high street dementia friendly](#)

The new programme of work (Spending with Dementia), led by the International Longevity Centre – UK (ILC) and supported by the Standard Life Foundation, will involve talking to people with dementia and their carers about the problems they face when shopping. ILC will present the problems to retailers, high street managers and other companies and then work with designers, start-ups and policy experts to identify solutions to the problems raised.