Mersey Care NHS Foundation Trust

21 January 2025

Studies

[Effects of aerobic exercise on cognitive function and quality of life in patients with Alzheimer's disease: a systematic review and meta-analysis]

The study revealed that aerobic exercise was conducive to the improvement of cognitive function and quality of life among patients with AD, yet it did not exert a significant impact on the amelioration of depressive symptoms. Nevertheless, given the high level of heterogeneity and the variations in the quality of the included studies, the conclusions require further verification through more scientifically objective RCTs.

[A qualitative interview study of care home managers' experiences of medicines optimisation for residents with dementia during the COVID-19 pandemic]

This study has highlighted the challenges and initial impact of the COVID-19 pandemic on medicines optimisation for care home residents with dementia, which was characterised by isolation. Further research is needed to determine the extent of the long-term impact of the COVID-19 pandemic on this resident population. In future public health crises, better communication is needed between healthcare professionals and care homes.

[Association between choroidal microvasculature in the eye and Alzheimer's disease risk in cognitively healthy mid-life adults: A pilot study]

Choroidal vasculature was progressively larger between ordinal risk groups, and significantly associated with risk group prediction. APOE ε4 carriers had thicker choroids and larger vascularity compared to non-carriers. Similar trends were observed for those with a FH.

[A longitudinal study of functional brain complexity in progressive Alzheimer's disease]

The LME models revealed complexity of the higher frequency in the CNtoMCI group (those converted from cognitively normal [CN] to mild cognitive impairment [MCI]) decayed faster over time versus CN in the prefrontal and lateral occipital cortex; complexity of the lower frequency decayed faster in AD versus CN in various frontal and temporal regions ($p < 0.05$ & Benjamini–Hochberg corrected with $q < 0.05$).

[Hospitalization outcomes among older adults living undiagnosed or unaware of dementia]

Persons with undiagnosed dementia had longer length of stay and were more likely to be discharged to a facility (44.8% vs. 19.3%) compared to no dementia; differences persisted in multivariable models. Persons undiagnosed or unaware experienced outcomes similar to persons aware and diagnosed except for more 30-day readmissions in the undiagnosed (adjusted odds ratio [95% confidence interval] 2.05 [1.01, 4.16]).

Campaign

[We live with dementia]

This is the message behind our latest campaign: that it doesn't just affect the person with the diagnosis, everyone around them is also affected. And with one in two of us impacted by dementia in our lifetime – whether by caring for someone with the condition, developing it ourselves, or both – it's a message that's as vital as ever.

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Podcast

[Remember to listen]

Join TV actress Tanya Franks and comedian Bennett Arron for a fresh and entertaining chat around both the sad and more lighthearted side of living with someone who has dementia, good brain health through lifestyle choices, and mental health. Celebrity guests and experts join, plus discussions around prevention.

E-Learning

[Foundation Programme Update January – The Mental Capacity Act]

The Mental Capacity Act (MCA) and Deprivation of Liberty (DoLs) are central to inpatient care. The MCA protects the rights of vulnerable people and this group of sessions cover topics such as assessing capacity, consent, patient autonomy and safeguarding. Available in the elearning for healthcare Foundation Programme (2021 curriculum) – these sessions cover areas in your curriculum on; FPC 1: Clinical Assessment, FPC 2: Clinical Prioritisation, FPC 3: Holistic Planning, FPC 4: Communication and Care, FPC 5: Continuity of Care, FPC 6: Sharing the Vision and FPC 11: Ethics and Law.

News

[Breakthrough drugs herald 'new era' in battle against dementia, experts predict]

Pills that prevent Alzheimer's disease or blunt its effects are on the horizon, as the fight against dementia enters a "new era", experts have said. Scientific advances were on the cusp of producing medicines that could be used even in the most remote and under-resourced parts of the world, thereby "democratising" care, said Jeff Cummings, professor of brain science and health at the University of Nevada.

[Genetic changes in brain cells link ageing and Alzheimer's]

Genetic differences that contribute to how long a person will live and their risk of Alzheimer's disease have been identified in a new study led by Dr Dervis Salih (UK DRI at UCL), in collaboration with Prof Valentina Escott-Price (UK DRI at Cardiff) and Prof Sir John Hardy (UK DRI at UCL). The research, [published in the journal Brain], highlights potential new targets for treating Alzheimer's and provides a deeper understanding of how our brains age.

[Air pollution and brain damage: what the science says]

Epidemiological studies have linked dirty air to dementia and other brain disorders. Now researchers are trying to determine how pollutants do their damage, and how much harm they cause.