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➤ **Dementia bathing: How to keep a bath from becoming a battle**

Those with dementia often find bathing and hygiene tasks disturbing and frightening. Many may come from the generation that had a demure view of nudity and it may be a massive stress to be naked in front of someone else. Dementia may have “time-shifted” their minds to a much younger age, thus misconstruing the process as sexual. This combination along with bad experiences may escalate stress to volatile levels. This article provides strategies for a positive bathing experience. They include: using warm water and heated towels as warmth is innately soothing; finding a seat that allows the resident’s feet to fully touch the bottom surface; having the right amount of light; not having all-white bathrooms as it may affect the persons sense of security; removing mirrors from the bathroom; having a consistent caregiver assigned to residents; choosing fragrances that are familiar and soothing to the particular resident; and watching the pressure of the shower head.

Tabar, P. Dementia bathing: How to keep a bath from becoming a battle. Long-Term Living Magazine.

Full text article can be accessed here:

<http://www.ltllmagazine.com/article/dementia-bathing-how-keep-bath-becoming-battle>

➤ **Inside the push to get doctors to prescribe video games**

Several companies, led by two Boston start-ups, are trying to secure permission from federal regulators to market their video games as medical therapies that can be prescribed by physicians for conditions ranging from depression to autism to Alzheimer’s disease. The games offer the same immersive and interactive experience as any video games but developers say that they will provide a genuine relief for people when prescribed as standalone treatments, alongside traditional drugs or as an alternative to conventional medicine. The patients’ video game performance could be monitored remotely in real time by physicians and they could adjust treatment as needed.

Robbins, R. Inside the push to get doctors to prescribe video games. STAT.

Full text article can be accessed here:

<http://www.statnews.com/2015/11/05/video-game-developers-covet-new-market-patients/>

➤ **Prime Minister's challenge on Dementia 2020: Implementation plan**

This implementation plan sets out more than 50 specific commitments to make England the world-leader in dementia care, research and awareness by 2020. It sets out priority actions and the organisations responsible across four themes: risk reduction, health and care, awareness and social action. According to the plan, people with dementia and their families will have greater transparency in comparing the quality of dementia care in their local area; the standards of dementia care will ensure safer services for people with dementia seven days a week; and every person with dementia will receive a personalised care plan. The NHS Health Checks, a new pilot scheme, will include awareness raising, education and discussion of risk reduction for dementia for people aged 40 or older.

Prime Minister's challenge on Dementia 2020: Implementation plan. Department of Health, UK.

Full text article can be accessed here:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/505787/PM_Dementia_Acc.pdf

➤ **Could trashing junk proteins quash Alzheimer's, Parkinson's, ALS and Huntington's?**

The plaques and tangles that clog up the brain's neuro pathways leading to dementia are clumps of 'junk proteins' that the body's cells should be clearing away. While the body recycles damaged or misformed proteins, the process slows down as we age. The proteins that were initially tasked to remove cellular junk may form in a misshaped way, thereby increasing the waste management problem. They may also trigger normal proteins to perform unhealthy actions such as the creation of too many beta-amyloids, another hallmark of Alzheimer's disease. Major research for the treatment of dementia investigates ways to assist the cellular clean-up, including ways to open the clogged pathways and ways to keep the clean-up crew from falling behind.

Landhuis, E. Could trashing junk proteins quash Alzheimer's, Parkinson's, ALS and Huntington's? Scientific American.

Full text article can be accessed here:

<http://www.scientificamerican.com/article/could-trashing-junk-proteins-quash-alzheimer-s-parkinson-s-als-and-huntington-s/>

➤ **Community long-term care and the Alzheimer's disease patient navigator**

Non-traditional long-term care team members such as patient navigators can help avoid or delay nursing home placements and provide cost effective care. There are many benefits of patient navigation in Alzheimer's disease (AD), such as starting the conversation when someone develops AD symptoms; ensuring that the initial conversations are successful; ensuring a timely diagnosis; coming to terms with a diagnosis; accessing information and resources; setting and managing treatment and expectations; identifying the right option for care; and caring for the caregiver.

Stefanacci, R., Freeman, H., Gay, R., Michael, M. & Digby, D. Community long-term care and the Alzheimer's disease patient navigator. Annals of Long-Term Care: Clinical Care and Aging.

Full text article can be accessed here:

<http://www.managedhealthcareconnect.com/article/community-long-term-care-and-alzheimer-s-disease-patient-navigator>

➤ **Behavioural changes could help diagnose dementia early, new research shows**

Canadian researcher, Dr. Zahinoor Ismail of the Hotchkiss Brain Institute at the University of Calgary, proposes using changes in behaviour such as anxiety and mood changes often perceived as normal ageing behaviours to diagnose dementia. A 34-question checklist was developed to look for sustained and unusual changes in an older person's behaviour such as a loss of interest in family and friends, becoming more anxious or argumentative, passing crude or rude comments and talking to strangers as if they are familiar. The families and caregivers of older people help fill this checklist and capture any symptoms that they thought were unusual. While this checklist is being used in Calgary, more research and tests on mid behavioural impairment needs to be done before integrating it into more clinics.

Behavioural changes could help diagnose dementia early, new research shows. CTV News.

Full text article can be accessed here:

<http://www.ctvnews.ca/health/behavioural-changes-could-help-diagnose-dementia-early-new-research-shows-1.3000308>

➤ **Smell and eye tests one step closer for detection of memory decline and dementia**

Researchers at Moorfields eye hospital and UCL Institute of Ophthalmology who tested more than 33,000 participants on memory, reaction time and reasoning and eye scans, found a link between poor cognitive ability (a warning sign of the early stages of Alzheimer's) and the thickness of people's retinal nerves. They presented their findings at the Alzheimer's Association International Conference in Toronto, Canada. Other studies presented suggested that smell tests could help predict cognitive decline and detect early-stage Alzheimer's disease. Incorporating eye tests and smell tests into regular check-ups of the elderly would be a simple and cost-effective way to identify those at risk of memory decline.

Smell and eye tests one step closer for detection of memory decline and dementia. *Alzheimer's Association*.

Full text article can be accessed here:

<http://www.multivu.com/players/English/7865353-aaic-2016-smell-eye-tests/docs/press-release-1431686133.pdf>