

Improving Quality of Life for People Living with Dementia



Rachel Convery, Ken Mills, Sarah M McGhee, Bruce Elliot,
Helen McAskill, Anne Mills
Hospice Isle of Man, Douglas, Isle of Man, IM4 4RP



Background

- ❖ Dementia presents a major challenge for health care systems with aging populations. Over 46 million people live with dementia worldwide. This is estimated to increase to 131.5 million by 2050.¹
- ❖ Much of the care for the person with dementia (PWD), in the early stages, takes place at home, therefore, there is a growing need for an evidence-based approach to home support for PWD and their carers.²

Aim: This study will assess the impact of a new, personalised memory games application (App), on the quality of life (QoL) of PWD and their carer(s).

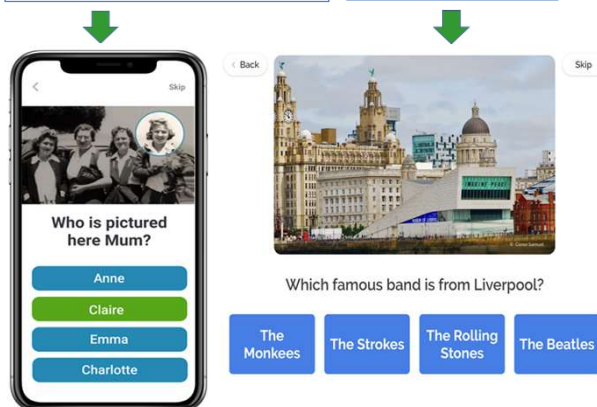
Study Design and Methods

STUDY DESIGN:

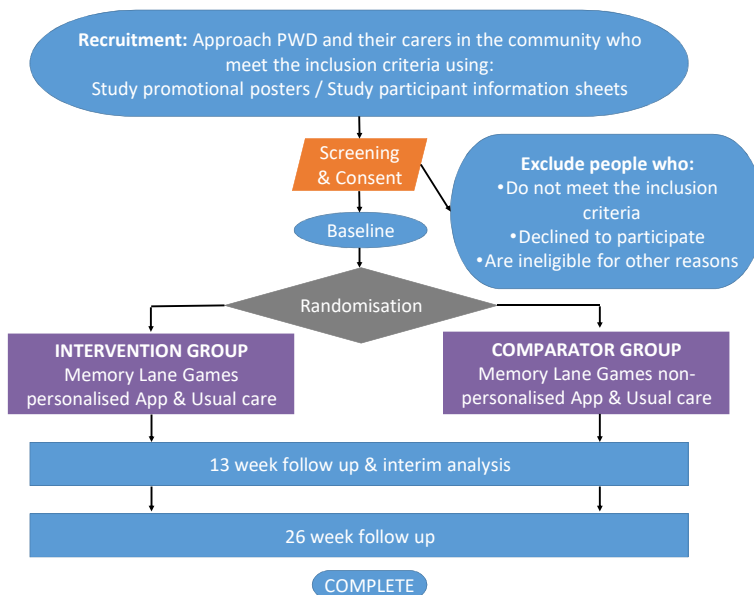
- ❖ Single site, randomised controlled study.
- ❖ 30 pairs: PWD and informal carer randomised to two groups with 2:1 intervention to control allocation ratio.

Intervention group (20 pairs):
App with 12 generic memory games plus option to construct 12 games with personalised content.

Comparator group (10 pairs):
App with 12 generic memory games only.



STUDY FLOW DIAGRAM



MAIN INCLUSION CRITERIA:

- ❖ Self-report of diagnosis of any type of dementia
- ❖ Age 65 or older (PWD)
- ❖ **Mild to moderate** dementia: Standardised Mini Mental State Examination³ (Score between 13-24)
- ❖ Does not suffer with possible severe depression: PHQ-2⁴ (Depression severity score: 0-2)
- ❖ Has capacity to provide written, informed consent

OUTCOME MEASURES:

Primary outcome:

- ❖ Quality of life of PWD and their carers: DEMQOL⁵ /C-DEMQOL⁶ scores compared to comparator group.

Secondary outcomes:

- ❖ Unanticipated effects of using the personalised App, compared to the non-personalised App.
- ❖ Feasibility and acceptability of study instruments (i.e. areas of quality of life, communication, and cognitive function): specific questions, interview findings and adherence.

Data Analysis

QUANTATATIVE DATA ANALYSYS

- ❖ Primary analyses: DEMQOL and C-DEMQOL.
- ❖ Secondary analysis: Content of, and adherence to, the intervention to explore the effect on the scores.

QUALITATIVE DATA ANALYSYS

- ❖ Thematic and narrative analysis of interview transcripts.
- ❖ Feasibility and acceptability assessed at week 13 and at the conclusion.

Anticipated Results

Engagement with the personalised content may lead to improvement in the QoL of the PWD and/or their carer by facilitating and improving communication.

References

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Contact: Rachel.Convery@hospice.org.im