



University of
Nottingham

UK | CHINA | MALAYSIA



PrAISED: The Journey

Dr Jennie Hancox & Dr Martyn Harling

Nottingham University Hospitals 
NHS Trust

Nottinghamshire Healthcare 
NHS Trust

Derbyshire Healthcare 
NHS Foundation Trust



This presentation presents independent research funded by the National Institute for Health Research (NIHR) under its Programme Grants for Applied Research Programme (Reference Number RP-PG-0614-20007. The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.



Photographs funded by the Alzheimer's Society, UK (grant number 206) on behalf of the Healthcare Management Trust

What is PrAISED?

- Promoting Activity, Independence and Stability in Early Dementia (**PrAISED**) is a research study that will test the effectiveness of an activity and exercise programme for people with memory problems.
- An intervention has been developed over the past 4 years and has been tested on a few people.
- This research is now being undertaken to see if it is feasible to deliver this intervention and see how it may best work in practice.
- If all goes well then a larger trial will commence in 2018.

Who is involved?

Principle Investigator: Professor Rowan Harwood

Project managers:

- Dr Veronika van der Wardt
- Dr Sarah Goldberg

PrAISED management team (40+ people)



Background



One in three people
over 65 will develop
dementia

850,000 people live with dementia
in the UK



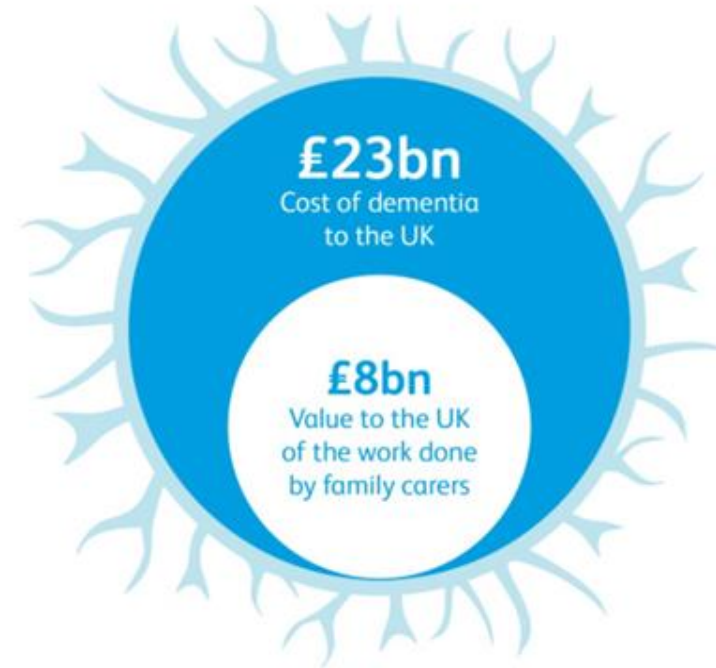
By 2021 > 1 Million people

Alzheimer's Society (2014)

Older adults with dementia are twice as likely to fall
than age-matched individuals

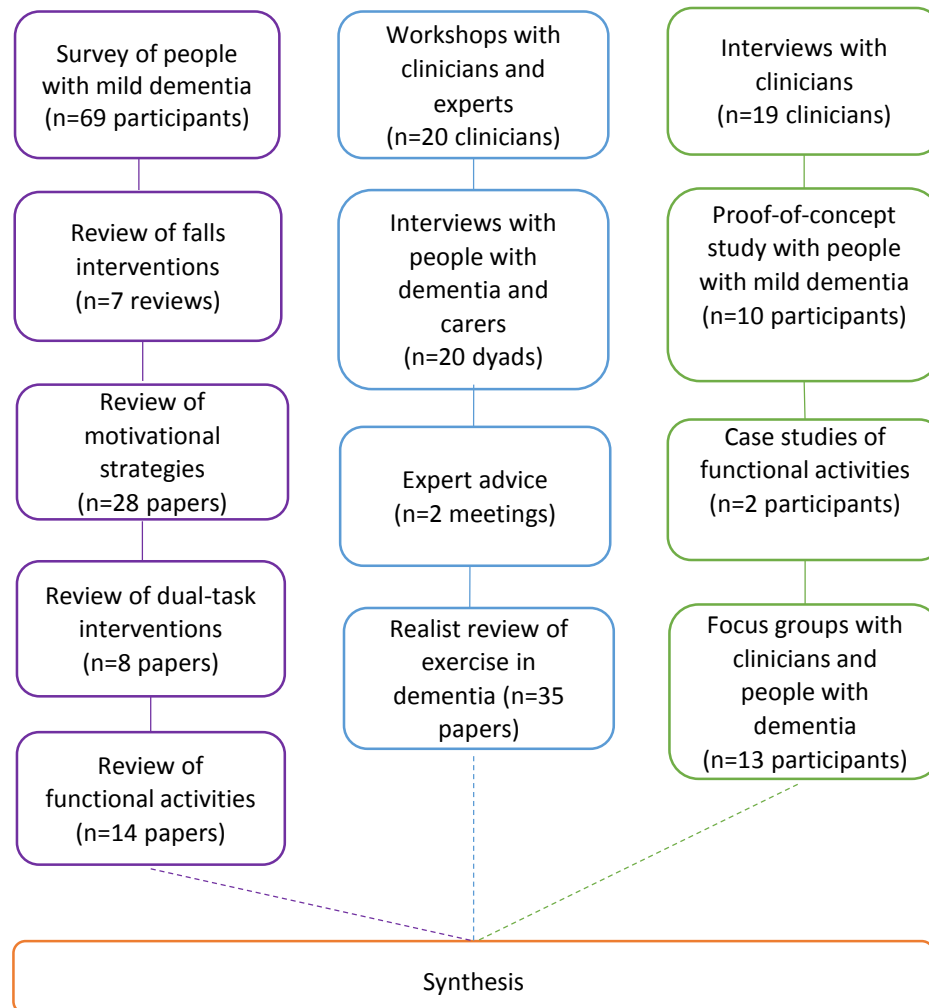
60-80% will fall within a year of diagnosis

Shaw et al 2003; Lord et al 2007; Delabere et al. 2012



Source: Alzheimer's Society, 2013
alzheimers.org.uk

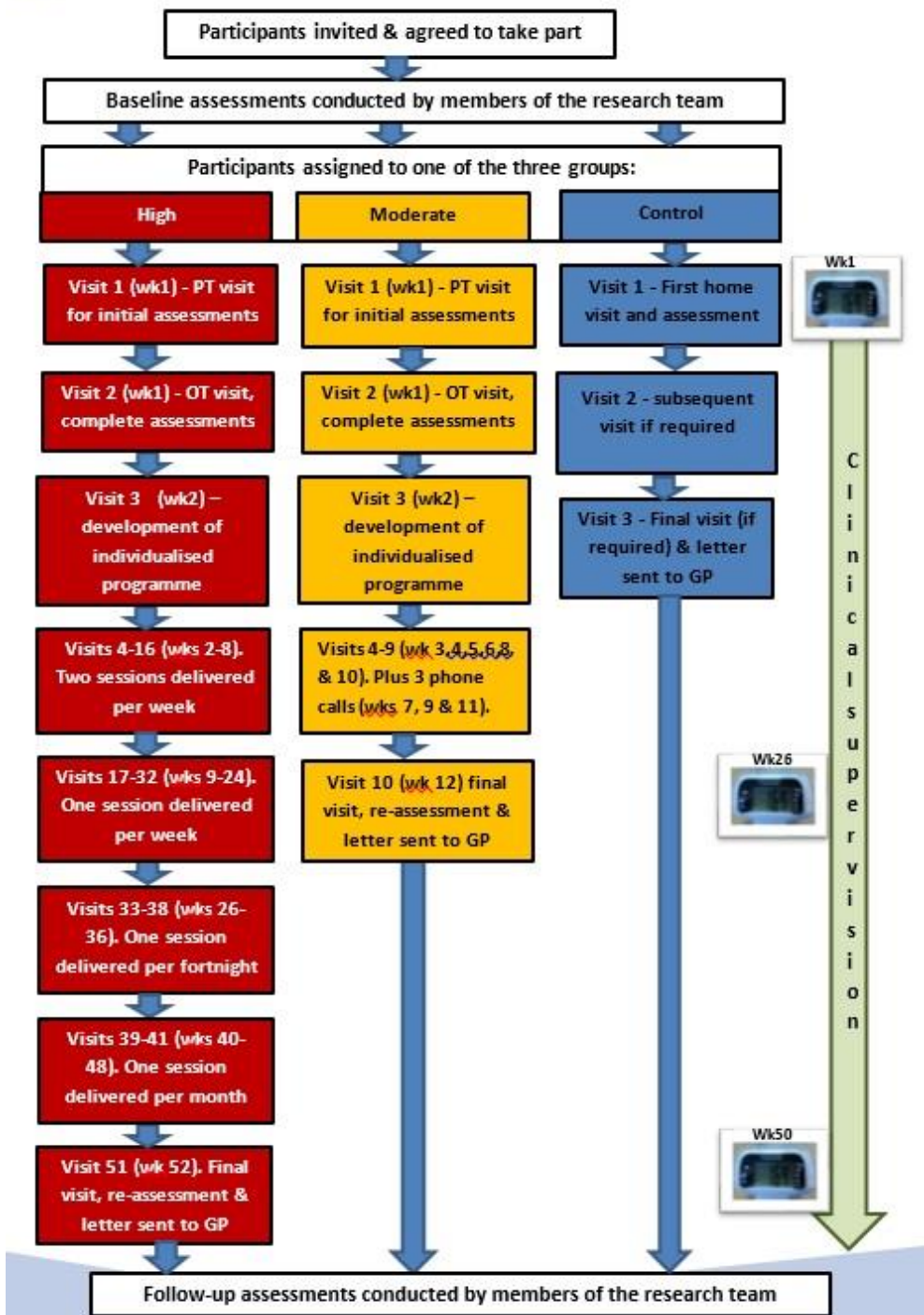
Intervention development



- NIHR Programme Development Grant - Balance and the Mind
- Purpose - to improve the quality of life of people with dementia, through reducing the rate of falls.
- Intervention development
 - Literature reviews
 - Focus groups
 - Interviews
 - Patient participant involvement

Intervention – what does it involve?





Timeline

Participants recruited.

Baseline assessments.

Randomly assigned to one of 3 groups.

Receive intervention.

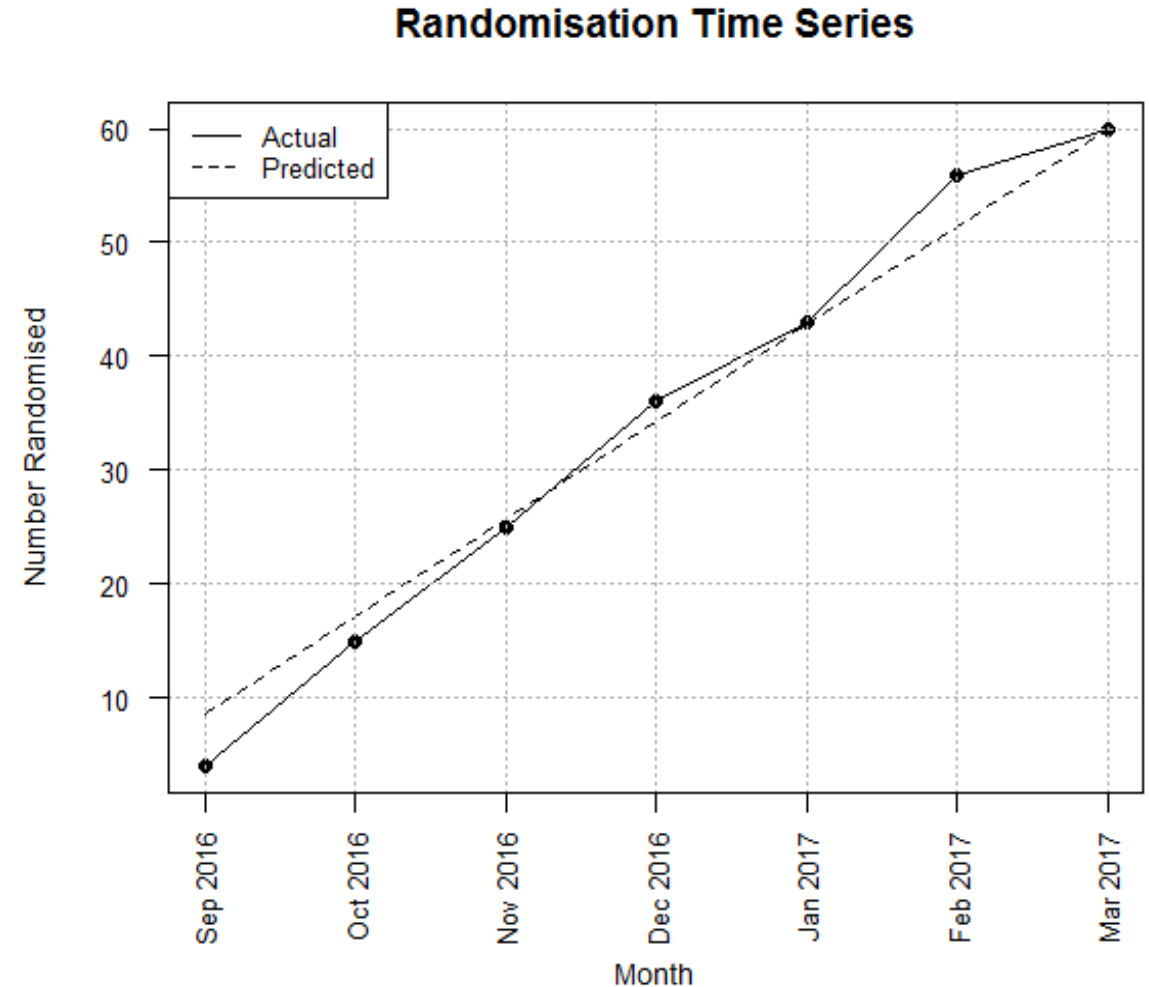
Data collection during intervention:

- Monthly falls and activity diary
- Monthly phone calls
- Participants wear pedometer wks 1, 26 & 50
- Interviews with high and low adherers
- Video-recordings of therapy sessions.

Follow-up assessments at 12 months.

Recruitment

- 60 participants recruited and randomised within 6 months.
- Research Assistants and CRN Clinical Study Officers
- 2.6 participants per week
- 24 Derby, 36 Nottingham
- 42 were recruited from memory clinics, 18 from the NIHR Join Dementia Research register.



Intervention delivery

- Delivered by Allied Health Professional departments within Nottinghamshire Healthcare NHS Foundation Trust and Derbyshire Healthcare NHS Foundation Trust.
- Physiotherapists, Occupational Therapists, Rehabilitation Support Workers.
- Clinician training: manual, 4 face-to-face training sessions, online forum.
- 81% of scheduled therapy sessions were delivered.



Case study 1

William, 74 years of age



- Lives with his wife, Jane, and two dogs. Daughter lives nearby.
- Early stages of Dementia. Depression. Arthritis in his left knee.
- Moderate group, received 14 contacts (6 OT, 5 PT face-to-face, 3 phone calls).
- Individually tailored physio exercises. Exercise bike.
- Practical strategies to help William to continue with activities of daily living (e.g., dog walking).
- Interviewed at 4 months. Does physio exercises daily for 30-45 mins. Exercise bike every evening for 30 minutes.
- Feels confident and enjoys doing exercises. Way of life and part of daily routine.
- Physical and psychological benefits: improved balance, no need for knee support or pain relief, improved mood, and lower levels of stress.
- His wife feels happier knowing that he's safer.

Case study 2

Carole, 71 years of age



- Lives with her husband, George. Son and daughter live nearby.
- Moderate group, received 14 contacts (6 OT, 5 PT face-to-face, 3 phone calls).
- Poor vision in one eye. Difficulty judging distances and walking in a straight line.
- Individually tailored exercises. Due to the participant's memory problems and fear of falling she is unable to perform the physio exercises independently.
- Trouble locating items within her house. Picture labels of the contents of each cupboard were put up in the house.
- Interviewed at 4 months. George feels unable to challenge and support his wife to the same level as the PT. No routine for doing the exercises.
- The picture labels have not helped much. Further visits with the participant would have enabled the OT to try out other memory support strategies.

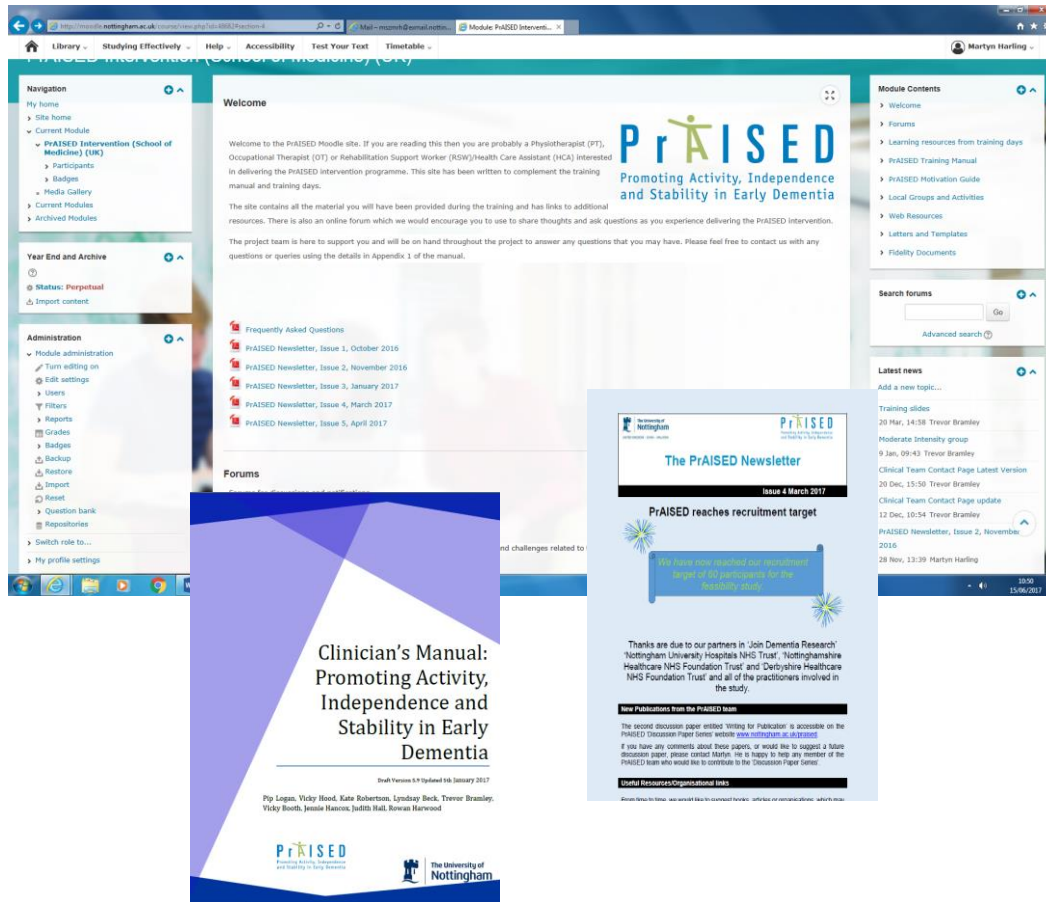
Dissemination & implementation strategy

The objective, from the start of PrAISED, was to undertake knowledge transfer activities to prepare for implementation of the findings for maximum patient benefit and impact.

Professor John Gladman and Professor Tahir Masud – Dissemination and implementation work package leads

Dr Martyn Harling - Knowledge transfer fellow.

‘Community of Practice’




In order to foster a ‘Community of Practice’ amongst the practitioners involved in PrAISED, a module has been established on Moodle containing material relating to the PrAISED intervention, discussion forums, training material and newsletters.

All practitioners have been allocated a password protected associate account by the University and can access this resource.

Webpages

www.nottingham.ac.uk/praised



University of
Nottingham
UK | CHINA | MALAYSIA

UK
China
Malaysia

StudyResearchBusinessGlobalAboutA-Z

keyword(s)

University of Nottingham > PrAISED


PrAISED Discussion Paper Series

ISSN 2399-3502

Home

Project output

A discussion paper series for the Promoting Activity, Independence and Stability in Early Dementia (PrAISED) research programme designed to help people with mild cognitive impairment or early stage dementia to remain healthier and more independent for longer.



Discussion Paper Series ISSN 2399-3502

Latest discussion papers

PrAISED Discussion Paper Series: Writing for Publication, Issue 2, January 2017.

PrAISED Discussion Paper Series: Dissemination and Implementation, Issue 1, November 2016.

About the PrAISED programme

Project output

University of Nottingham > PrAISED > Project output > Journal articles

PrAISED Discussion Paper Series

ISSN 2399-3502

Home

Project output

Abstracts

Impact capture

Journal articles

Other indicators of research

Journal articles

van der Werf, V., Hoozemans, J., Grooten, D., Loges, P., de Nijl, R., Pollock, K., and Harwood, R. (2017). Adherence support strategies for exercise interventions in people with mild cognitive impairment and dementia: A systematic review. *Preventive Medicine Reports*, 7, pp.30-45.

Frucht, T., Pollock, K., van der Werf, V., de Nijl, R., Loges, P., and Harwood, R. (2017). Attitudes of older people with mild dementia and mild cognitive impairment and their relatives about falls risk and prevention: A qualitative study. *PLoS ONE* 12(5).

Bailey, K., Hoad, V., and Harwood, R. (2016). Interventions incorporating physical and cognitive elements to reduce falls risk in cognitively impaired older adults: A systematic review. *BMJ Database of systematic reviews and Implementation Reports*, 2016, 16-17.

Bailey, V., Mead, T., Hoad, V., Harwood, R., and Loges, P. (2016). Understanding the theoretical underpinning of the exercise component in a falls prevention programme for older adults with mild dementia: A realist review protocol. *Systematic Reviews*, 5(1), 19.

Bailey, V., Loges, P., Harwood, R., and Hoad, V. (2016). Falls prevention interventions in older adults with cognitive impairment: A systematic review of reviews. *International Journal of Therapy and Rehabilitation*, 2016, 289-296.

Grooten, D., Frucht, T., Pollock, K., de Nijl, R., and Harwood, R. (2016). The effects of cognitive and exercise interventions for people with mild cognitive impairment and dementia on carers: A systematic review. *European Geriatric Medicine*, 2(2), 127.

Frucht, T., Pollock, K., Harwood, R., van der Werf, V., and Mead, T. (2016). A qualitative study into the attitudes of people with mild cognitive impairment and early stages of dementia, and their carers, about falls interventions and risk. *European Geriatric Medicine*, 2(2), 105.

Van der Werf, V., Frucht, T., Grooten, D., Pollock, K., Loges, P., de Nijl, R., and Harwood, R. (2016). Systematic review into motivational strategies that support adherence to exercise for people with mild cognitive impairment. *BMJ or dementia European Geriatric Medicine*, 2(2), 106.

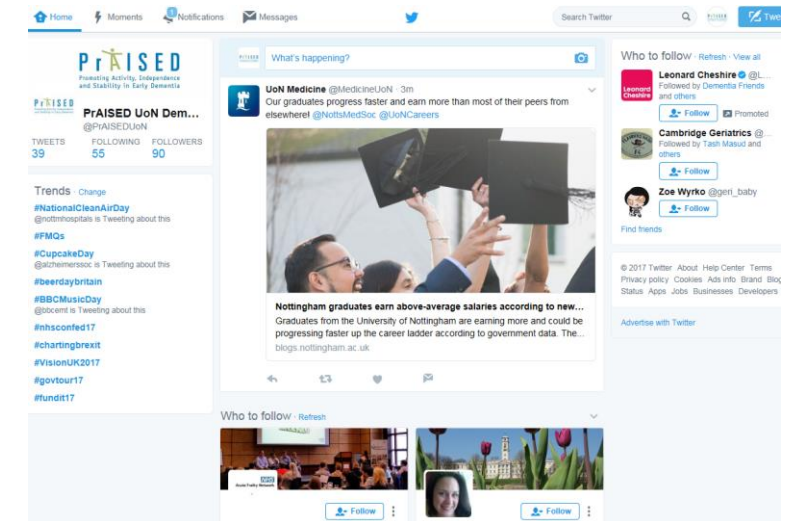
A main PrAISED webpage;
www.nottingham.ac.uk/research/groups/healthofolderpeople/projects/praised, which outlines the study and lists the staff involved in PrAISED, has been released.

A ‘PrAISED journal’ page;
www.nottingham.ac.uk/praised, which highlights the achievements of the team, has also been released.

Both sites are hyperlinked to each other to facilitate ease of navigation.

The news media and social media

- Professor Harwood featured on the BBC Radio Nottingham, Verity Cowley show 25.04.17.
- It is anticipated that a second press release, building on the first press release of January 2016 which highlighted successfully gaining funding for PrAISED, will be published shortly. This will emphasise the Patient and Public Involvement (PPI) in PrAISED.
- A PrAISED twitter account (@PrAISEDuon) has been set up and tweets have been issued to emphasise key milestones for PrAISED (such as achieving the recruitment target for the feasibility study).
- A page on Researchgate has been created to enable further dissemination to an academic audience.
- A blog is currently being agreed for release on the British Geriatrics Society website.



Some other dissemination activity

- Presentations and posters have been delivered at a range of events such as The Alzheimer's Society Research Conference (June/July 2016), the Physiotherapy Research Society Conference (April 2017) and the East Midlands and Trent Falls Symposium (June 2017). Current plans to raise the profile of PrAISED include high impact international events such as delivering a workshop at the first European conference on Falls, Frailty & Fractures (Dublin, 9th and 10th November, 2017).
- After the study, different versions of the treatment manuals and training materials, including [video podcasts](#), will be produced. These will be directed at health professionals, people with dementia and their carers and may be made freely available.
- Future dissemination approaches will include approaches such as CLAHRC BITEs (Brokering Innovation Through Evidence), allowing findings to be broken down into accessible, bite-sized pieces which encourage practitioners and commissioners to access more in-depth information about the PrAISED intervention.



Any questions



& thanks for listening