

DREAMS : START

Dementia RElAted Manual for Sleep : STrAtegies for RelaTives

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WELCOME TO OUR TRIAL E-NEWSLETTER

WHAT'S HAPPENING, WHAT'S COMING UP

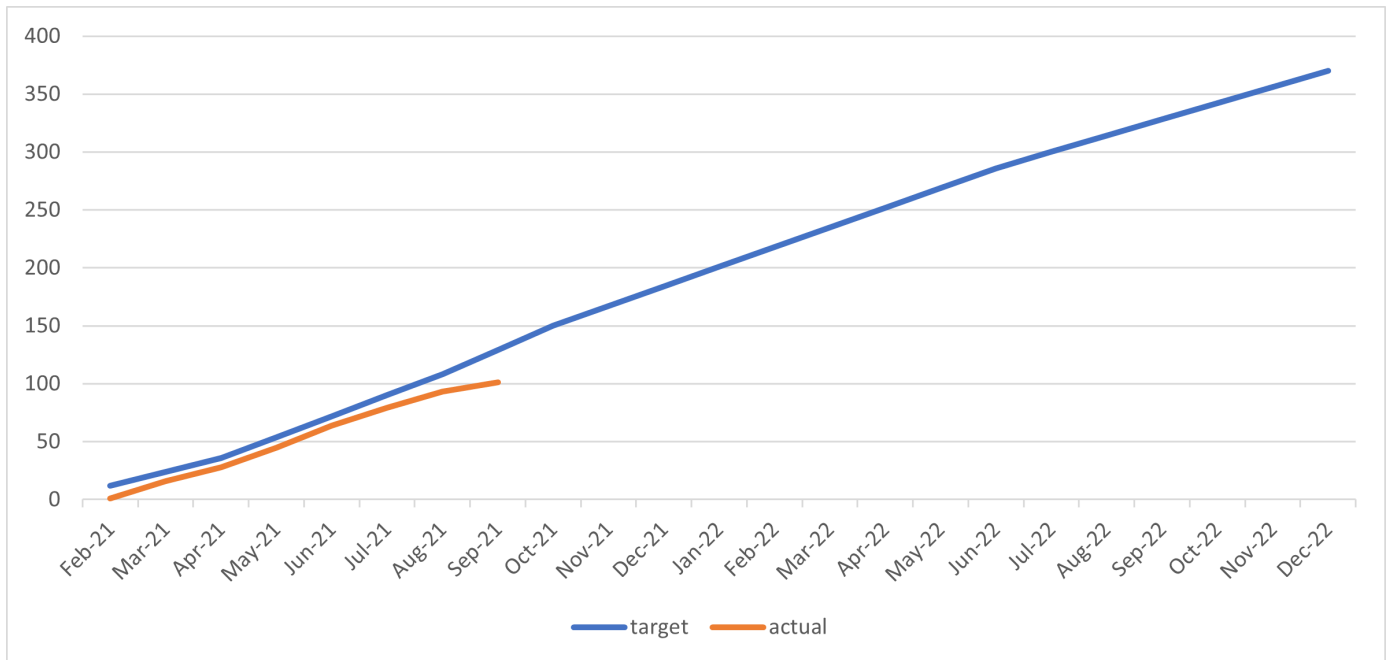
We are thrilled to have randomised our **101st participant dyad to the trial.**

Congratulations to everyone and to the recruiting team in Essex University Partnership University NHS Foundation Trust (local PI: Dr Zuzana Walker) especially, for getting us to this exciting milestone.

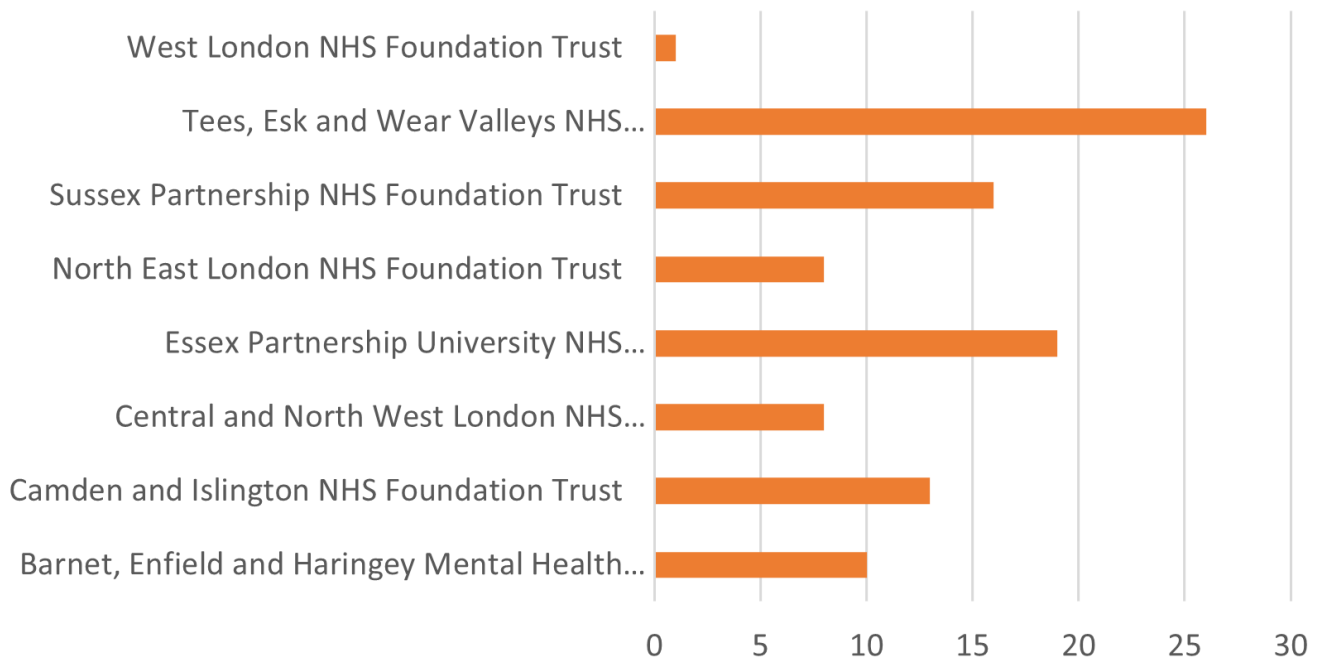
We also opened to recruitment at West London NHS Trust (local PI: Dr Oliver Hill) - please join us in extending a warm welcome to the entire team.

We are fast approaching the **end of our 9-month pilot phase** (February 2021-October 2021). Our recruitment target for this period is 150 dyads. Monthly targets come down after this, but until then team members across sites are working especially hard to bring in as many participants as possible. Thank you to everyone for your continued support and referrals.

RECRUITMENT UPDATE



Randomised (target: N=370)



Meet the team

Elise Armsby (Sussex Partnership NHS Foundation Trust)

Role at the Trust : I have recently changed roles to Clinical Research Coordinator in my Trust, and this has involved taking on the coordination of several studies, alongside the facilitator role on DREAMS.

Role on DREAMS: I am working as a facilitator, and so deliver the DREAMS intervention once someone has been assigned to me.

Biggest challenge so far: Keeping to time! Especially when seeing a family once a week and building a wonderful rapport. It's something I'm still working on.

How are participants responding so far? So far, I have experienced one family who realised mid-intervention that it was too much to take on currently which is disappointing. But other families I have delivered to have seemed to really enjoy being visited at home, have engaged with the manuals and tasks set and have adopted changes that are manageable for them in their own way. Information has appeared easy to take on for families, and have provided insight and discussion around feelings and ideas that have been overlooked before.

How has COVID impacted your work on DREAMS? The impact has been minimal at our site. Families have invited us into their homes, choosing face-to-face over remote sessions given the choice, and have been respectful in terms of PPE and following our protocol and guidelines.

What do you most enjoy about your role? I have really enjoyed getting to know the families the most, and having the opportunity to introduce small improvements in their lives. The intervention covers many areas, and finding what resonates with them is a rewarding experience.

"I have really enjoyed getting to know the families the most (...) the intervention covers many areas, finding what resonates with them is a rewarding experience"



In the press

DREAMS START in the Alzheimer's Society "Dementia Together" Magazine

The DREAMS START trial is prominently featured in the current Aug/Sep 2021 issue of the Alzheimer's Society magazine "Dementia Together". The feature entitled *Better sleep- Supporting rest* includes contributions about the study from two of our Patient and Public Involvement members, Jane Ward and Rossana Horsley as well as our co-chief investigator Penny Rapaport, and details about how to get involved. Please turn to page 28 of the attached magazine or go to

<https://www.alzheimers.org.uk/get-support/publications-and-factsheets/dementia-together/aug-sept-2021/research-support-carers-dementia-disturbed-sleep>

KEY DATES

21-SEPTEMBER-2021

PROGRAMME
MANAGEMENT
GROUP MEETING

30-SEPTEMBER-2021

DATA MONITORING
AND ETHICS
COMMITTEE
MEETING

08-OCTOBER-2021

EAST LONDON NHS
FOUNDATION TRUST
- SITE INITIATION
VISIT

19-OCTOBER-2021

TRIAL STEERING
COMMITTEE
MEETING

FREQUENTLY ASKED QUESTIONS

INTERVENTION

Q. Can the trial cover the cost of replacement care for the person living with dementia, whilst the carer is receiving DREAMS START sessions? Yes. Please contact Sarah Amador for further details about how this can be done

Q. How is the intervention delivered? Facilitators deliver the intervention in person either at the carers' home or another place of their choosing (in which case carers' can claim transportation costs/mileage). The intervention can also be delivered remotely either by video or phone.



RECURRING MEETINGS

Weekly team meeting for researchers supporting recruitment and data collection

Every Monday at 9AM we meet on MS Teams to update on recruitment, celebrate successes and share learning across sites - please contact the trial manager if you would like to join us

Fortnightly clinical supervision for facilitators

Facilitators currently delivering the DREAMS START attend clinical supervision once a fortnight - group sessions run twice weekly on MS Teams for London Sussex sites and by arrangement in TEWV - please contact Dr Penny Rapaport or Dr Chris Clarke for further information

KEY CONTACTS

DREAMS : START

FOR FURTHER INFORMATION OR IF THERE IS ANYTHING YOU WOULD LIKE TO SEE IN THE NEXT NEWSLETTER PLEASE CONTACT THE TRIAL MANAGER

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FUNDED BY

NIHR | National Institute
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