Welcome

Welcome to the First edition of the EVIDEM-E newsletter. On these pages you will find an introduction to the trial, the people working on it, and some feedback from volunteers.

The Team

Dr James Warner  Chief Investigator  
*James is a clinical lead for organic psychiatry for CNWL NHS Trust*

Dr David Lowery  Trial Manager

Arlinda Cerga-Pashoja  Researcher

Dr Ingela Thune-Boyle  Researcher

James Lee  Exercise Therapist

Dr Alex Bailey  Randomisation Officer

The project team are supported by an Independent Steering Group of family carers, older people, clinicians, and representatives of volunteer organisations

What’s it like to be a recruiter?

The project team would like to invite members of clinical teams for lunch time discussions on recruitment to research.

- What are the challenges of being a recruiter?
- How much time have you had to spend on recruitment?
- How can researchers improve the way they recruit?

20th July—Bentley House 1pm-2pm
21st July—Redwood Mtg Rm, Nightingale House, St Charles Hospital.

LUNCH PROVIDED : LIMITED PLACES
RSVP TO ARLINDA (CONTACT BELOW)

Feedback from the Trial

“My husband and I are delighted with the trial.”
*Mrs F, our first trial participant*

“The general impression I get from speaking with carers of patients with dementia is that taking part in this study has been a very positive experience. People are really happy to help and hope that their participation will also help someone else who find themselves in a similar situation.”
*Dr Ingela Thune-Boyle*

For more information or to get involved in EVIDEM-E please contact:
Arlinda Cerga-Pashoja 020-3214-5886/acerga-pashoja@nhs.net

Medical Directorate, CNWL NHS Foundation Trust, Greater London House, Hampstead Rd, NW1 7QY
If you answered yes to any of these questions then the person might be experiencing Behavioural and Psychological Symptoms of Dementia (BPSD). These can be very distressing and managing them can be critical to living well with dementia.

TREATMENT
These symptoms can be treated with drugs, but they are short term measures and can sometime have a negative impact on the person taking them. Therefore, making use of alternative treatment could be crucial. Some previous research has shown that exercise might be a useful way of treating Behavioural and Psy-

THE RESEARCH
Our project is examining whether regular walking can be used to treat Behavioural and Psychological Symptoms of Dementia; whether it has any impact on medication use and quality of life for both the individuals with dementia and their carers.

YOUR INVOLVEMENT
People may be eligible to participate in the trial if they meet the following criteria
- Have a diagnosis of dementia or suspected of having dementia
- Have the presence of a professional, friend/family member, or carer—willing to take part in the trial.

Commitment required: Participants are put into one of two groups:
1. One group would carry on as normal with no change of treatment.
2. The second group receives a tailored and gentle exercise therapy programme. The therapist helps the person with dementia and his/her carer to establish a programme of walking outside their homes. This is at a pace and distance to suit both participants. The exercise therapist will visit participants on five occasions over 3 months.
A researcher will also visit the participant to monitor for key changes on four occasions.

SELECTED REPORTS FROM EVIDEM-E
Behavioural and Psychological Symptoms of Dementia (BPSD): the personal and practical costs of dementia Lowery D & Warner J (2009) Journal of Integrated Care 17 (2)

For more links, presentations and publications from EVIDEM-E, please visit: www.evidem.org.uk/reports/bpsd