

AJDC  

# Journal Club

DISCUSSION GUIDE 1

Vol 7 No 3 June/July 2018

## Welcome

Welcome to the **AJDC Journal Club**! The **Australian Journal of Dementia Care (AJDC) Journal Club** is – like the Journal itself – aimed at all staff working with people with dementia in your service, facility or centre.

The purpose of the **AJDC Journal Club** is to offer an opportunity to step back from the day-to-day pressures of work, reflect on practice and to consider whether any of the ideas shared in the AJDC could be useful in your service.

Every two months for the next 12 months we will send you a complimentary copy of the current issue of AJDC, along with a Journal Club discussion guide (in print and an emailed PDF). We'll select four articles from each issue that you can focus on in the Journal Club, and then suggest 4-5 questions relating to each article.

We hope that you find the AJDC a valuable resource and will use these questions to stimulate discussion on the needs of people with dementia and care practice at weekly or fortnightly team meetings within your service or organisation.

### Some tips for your AJDC Journal Club

Work out ahead of time who will take a lead in organising and facilitating the discussion and distributing copies of the articles to be discussed.

Discuss 1 article / set of questions per meeting (say, every fortnight).

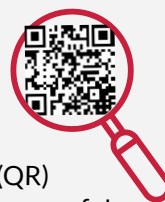
We have suggested 4-5 questions per article. If this seems too many (given time constraints), or some are not applicable to your service, pick 2 or 3 and focus on these.

Ideally all participants will have read each article before the group discussion. In practice, this may be unrealistic or impossible – so the questions have been written in such a way that people should still be able to contribute, even if they haven't read all the articles completely.

If possible, ask one of the participants to write brief notes during the discussion. These can be distributed to colleagues who attended as well as those unable to make it.

This **AJDC Journal Club** initiative is supported by Dementia Training Australia to reach and engage with people who work for aged care services in remote parts of Australia.

### Scan our QR Codes!



We have added Quick Response (QR) codes next to all our useful resources and additional readings. Scan the QR codes with your internet enabled device e.g. smartphone, to open the URL.

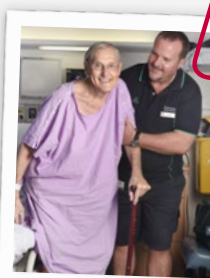
No scanner? Download a free App in your store e.g. QR Reader for iPhone

## ARTICLE 1

# Eat Walk Engage: a delirium prevention program for acute care

by Margaret Cahill, Karen Lee-Steere,  
Alison Mudge and Prue McRae

Australian Journal of Dementia Care,  
June/July 2018, Vol 7, No 3, pp 13-14



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## QUESTIONS

1. When do people with dementia get delirium? How do you recognise it?
2. A key part of the Eat Walk Engage program involves asking people with dementia for their views on barriers, enablers and program impact. What experience have you had of asking people with dementia for their views on care they receive? What methods did you find useful?
3. The Eat Walk Engage program has been running for five years. What are the special qualities needed to enable a program to last a long time?
4. The article talks about a number of practical changes to everyday practice, such as dining tables being introduced to four-bed bays. What practical ideas in this article do you think could be useful to you? What other ideas do you have to help stop people with dementia getting delirium?

## Useful resources and additional reading

### Delirium Clinical Care Standard

The Australian Commission on Safety and Quality in Health Care produced this Clinical Care Standard in 2016; visit their website to download the standard and multiple resources to support its implementation. [bit.ly/2spEjhd](http://bit.ly/2spEjhd)



### CHOPS

The NSW Agency for Clinical Innovation and the Cognitive Decline Partnership Centre developed the Care of Confused Hospitalised Older Persons (CHOPS) program to improve the experiences and outcomes of confused older people in hospital. The website has information on delirium and dementia and how to distinguish between them.

[aci.health.nsw.gov.au/chops.a](http://aci.health.nsw.gov.au/chops.a)

### Caring for Cognitive Impairment Campaign

This campaign runs from 2016-2018 and aims to promote better outcomes for people with cognitive impairment in hospitals, focusing on delirium and dementia. The website has a range of resources including videos and guidebooks.

[cognitivecare.gov.au](http://cognitivecare.gov.au)



### Learn About Delirium

This QUT School of Nursing website on delirium includes a section on 'Delirium and dementia: knowing how to tell the difference', and links to government guidelines and resources on delirium.

[delirium.health.qut.edu.au](http://delirium.health.qut.edu.au)

## ARTICLE 2

# Australia launches world's largest music therapy trial

by Felicity Baker

Australian Journal of Dementia Care,  
June/July 2018, Vol 7, No 3, pp 17-18



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## QUESTIONS

1. Have you noticed people with dementia getting depressed? Is there any particular time that it happens, immediately after admission for example, or is it just a gradual thing that happens? What do you think causes it?
2. In what ways do you think a person with dementia might benefit from being involved in a choir?
3. The author talks about including a cost-benefit analysis in the study. Do you think good dementia care costs more or less in the long run?
4. What has been your experience of music therapy with people with dementia? Do you think it works? Is it practical? Are there opportunities for you to use it?

## Useful resources and additional reading

### A Choir In Every Care Home

The website for this UK initiative is packed with free, useful resources to support music in care homes: toolkits for care homes and musicians, case studies, research review, starter guides, video tutorials and more.

[achoirineverycarehome.wordpress.com](http://achoirineverycarehome.wordpress.com)



### Singing Groups For People With Dementia

This book by Diana Kerr shares ideas and tips for starting and running singing groups for people with dementia. Available from HammondCare Media (\$32.95).

[bit.ly/2rahbTu](http://bit.ly/2rahbTu)

### Musical Memories

In this 3-minute interview Dr Jeanette Tamplin talks about developing eight choirs involving people with dementia in Victoria and Tasmania. Dr Tamplin works with Professor Felicity Baker on the MIDDEL study, described in the article.

[bit.ly/2GpplHt](http://bit.ly/2GpplHt)



### Depression and Dementia

An accessible review of current knowledge about depression in dementia, including key points for practice. [bit.ly/2sj7JgK](http://bit.ly/2sj7JgK)

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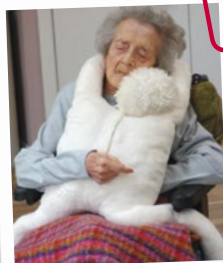


## ARTICLE 3

# LAUGH: co-design for people living with advanced dementia

by Gail Kenning

Australian Journal of Dementia Care, June/July 2018, Vol 7, No 3, pp 22-26



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## QUESTIONS

1. The article quotes Karn Nelson (from The Whiddon Group) saying that there are very few projects aimed specifically at people with advanced dementia. What projects for people with advanced dementia have you come across? Why are people with advanced dementia often excluded from projects?
2. Do you have access to any sensory resources to support your day-to-day work with people with dementia? If not, are there any that you would like to have?
3. Which one of the objects described in the article appeals to you the most? Do you think they look childish? Should we give people with dementia things that look childish?
4. The care staff in this study enjoyed seeing the responses of the residents to these objects. Can you share an example of a memorable time when you have seen a person with advanced dementia show deep contentment and joy?

## Useful resources and additional reading

### Elder Clowns

Watch a 5-minute film and read about The Humour Foundation's work in Australian care facilities, offering people with dementia the opportunity to engage with Elder Clowns. [humourfoundation.org.au](http://humourfoundation.org.au)



### How To Make A Sensory Room For People Living With Dementia: A Guide Book

This free 70-page guide sets out good practice and design advice for creating a sensory room and toolkit for people with more advanced dementia. It's based on findings from a UK study into Multi-Sensory Environments in Dementia Care (Dr Anke Jacob and Dr Lesley Collier). [bit.ly/2Haid1](http://bit.ly/2Haid1)

**Playfulness And Dementia: A Practice Guide**  
This book by John Killick looks at many ways in which playfulness can enrich the lives of people with dementia, with descriptions of specific approaches and ideas for practice. Available in Australia via Footprint Books (\$33.99). [bit.ly/2JkAIRI](http://bit.ly/2JkAIRI)



### Advanced Dementia Practice Model

In 2017, the Scottish Government committed to testing Alzheimer Scotland's Advanced Dementia Practice Model – an integrated, comprehensive approach to supporting people with advanced dementia. Find out more in this 2-page summary: [bit.ly/2KtSLfs](http://bit.ly/2KtSLfs)

## ARTICLE 4

# Balancing compliance and care in dementia practice

by Simon Biggs and Ashley Carr

Australian Journal of Dementia Care, June/July 2018, Vol 7, No 3, pp 27-30



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## QUESTIONS

1. What are some examples of frustrating, time-consuming or seemingly nonsensical regulation in your day-to-day work?
2. What has been the practical impact of the 2016 Clinical Practice Guidelines for Dementia in your service? (See right in Useful Resources). Do you ever refer to them in practice? Do you think you should refer to them?
3. Is there more flexibility and less supervision in how people with dementia are supported in their own homes compared with a residential care facility? If there is more flexibility, is this a good thing or are there some dangers?
4. What sort of awareness do you think the general public has about the 2017 Carnell/Paterson review (see right in Useful Resources), and the events at Oakden in South Australia? Can you see any impact on your service from these developments? How do you think we can ensure that the events in Oakden don't happen again?
5. The authors introduce the ideas of the 'puzzle approach' and 'misattention'. What do you think about the 'puzzle approach'? Can you give some more examples of 'misattention'?

## Useful resources and additional reading

**Clinical Practice Guidelines And Principles Of Care For People With Dementia In Australia**  
The 2016 Guidelines come in three formats: full guidelines; recommendations; and consumer guide. Each is vital for any dementia-specific service to have to hand. [bit.ly/2dtJh90](http://bit.ly/2dtJh90)



### Misattention and Problem Solving

This information sheet written by the article authors explains the ideas of 'misattention' and 'puzzle' solving referred to in the article in more detail. [bit.ly/2rNdnll](http://bit.ly/2rNdnll)



### The Carnell/Paterson report

In 2017, the Federal Government asked Kate Carnell and Professor Ron Paterson to review Australia's aged care quality regulatory processes, in response to failures at South Australia's Oakden Older Persons' Mental Health Service. [bit.ly/2HN8xoY](http://bit.ly/2HN8xoY)



### Oakden nursing home inquiry findings

A 2018 news report summarising the findings of the independent inquiry. [bit.ly/2GWJdaC](http://bit.ly/2GWJdaC)

### My Life, My Care Home

This 2017 publication reports on the approach taken by the Care Inspectorate in Scotland to involve people with dementia in the inspection of care homes, and the resulting changes. [bit.ly/2k0YVbE](http://bit.ly/2k0YVbE)



## Australian Journal of DementiaCare

### The Australian Journal of Dementia Care (AJDC)

The Australian Journal of Dementia Care is a subscription-only multidisciplinary journal for all professional staff working with people with dementia, in aged care homes, hospitals, day units and the community. The journal is committed to improving the quality of care provided for people with dementia, by keeping readers abreast of news and views, research, developments, practice and training issues. The Australian Journal of Dementia Care is grounded firmly in practice and provides a lively forum for ideas and opinions. We also welcome submissions of articles and letters to the editor from people involved in the dementia care sector.

[journalofdementiacare.com](http://journalofdementiacare.com)



### Dementia Training Australia (DTA)

DTA is funded by the Federal Government to provide high-quality dementia education, training and services to aged and health care staff, managers and other professionals across Australia. It combines the dementia expertise of five universities and Dementia Australia to deliver a coordinated national approach to dementia training for individuals and organisations. The consortium members are: the University of Wollongong, Dementia Australia, La Trobe University, Queensland University of Technology, the University of Western Australia, and the Wicking Dementia Research and Education Centre (University of Tasmania).

[dta.com.au](http://dta.com.au)