

AJDC Journal Club

DISCUSSION GUIDE 8

Vol 9 No 4 Oct/Nov/Dec 2020

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.

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, fortnightly or monthly team meetings within your service or organisation.

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



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.

dta.com.au

Download the **Journal Club Discussion Guides** at dta.com.au/journalclub

ARTICLE 1

The Nightingale Program: excellence in palliative care

by Jayne Littlelike and Alison Davis

Australian Journal of Dementia Care
Oct/Nov/Dec 2020, Vol 9, Vol 4, pp 30-33



Pages 30-33

QUESTIONS

1. What palliative care services are available in your area for people living with dementia? How can your service develop and promote links with palliative care services?
2. When a person with dementia is supported with proper pain management, what sorts of changes can this lead to in their overall situation and presentation?
3. How can family carers be better supported to understand, respond to and manage pain in a person living with dementia?
4. The authors say they “model best practice care interventions which upskill and empower families and carers”. Can you think of an example of when you did this recently in your practice? How did the family respond?
5. The authors suggest ways in which other services can apply the Nightingale Program’s principles (see the final paragraph). Which, if any, of these points are particularly relevant to your service?

Useful resources and additional reading

Asking Questions About Dementia Can Help

This booklet suggests questions that a person with dementia or their family members may want to ask of health professionals about the advanced stages of dementia, for example about palliative care and pain, as a way of planning for future care.

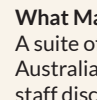
<http://bit.ly/asking-questions-JC>



Dying Well: Improving Palliative Care and End Of Life Care For People With Dementia

Dementia Australia’s 2019 discussion paper reports on the current state of palliative care for people with dementia in Australia.

<http://bit.ly/dying-well-JC>



What Matters Most For Older Australians

A suite of resources from Palliative Care Australia aimed at helping health and care staff discuss end-of-life care with older people, including people with dementia. The resources include discussion starters and a facilitator’s guide.

<http://bit.ly/what-matters-JC>



Dementia and Pain

HammondCare’s Dementia Centre’s Intervene project produced three films on pain management for frontline staff, endorsed by Pain Australia: Dementia and Pain, Assessment and Monitoring Of Pain, and Reassessment and Monitoring Of Pain.

<http://bit.ly/intervene-pain-JC>

ARTICLE 2

Speech pathology and reablement

by Erin Conway

Australian Journal of Dementia Care
Oct/Nov/Dec 2020, Vol 9, Vol 4, pp 33-36



Pages 33-36

QUESTIONS

1. When a person with dementia experiences changes in their ability to communicate clearly, what sort of impact does this have on their day-to-day life?
2. The author says speech pathologists should play a “central role” in supporting people with dementia with communication. Can you share any examples of seeing a speech pathologist in action, helping a person with dementia with their communication?
3. If you had to list three top tips for family carers on effective communication skills with people with dementia, what would these be?
4. The author says that a common finding across multiple research studies was about the importance of conversation for people even into advanced dementia. How can your service support people with advanced dementia to keep up basic conversation on a regular basis?

Useful resources and additional reading

Communication Matters This Dementia Training Australia online module shares two films introducing the MESSAGE approach and asks some questions to check understanding afterwards. A Certificate of Completion is available at conclusion of the 30-minute course for CPD credit. <http://bit.ly/communication-matters-JC>



Better Health For People Living With Dementia: A Guide On The Role Of Allied Health Professionals

See p25 of this NSW Agency for Clinical Innovation and Alzheimer’s Australia 2016 guide for a case study on speech pathologists, and the ways in which they can help people with dementia.

<http://bit.ly/better-health-JC>



Supporting Independence and Function In People Living With Dementia

This 2019 HammondCare handbook includes a section on ‘Supporting communication through a communication program’ (pp70-75) which details how care workers can deliver three programs to support communication in a person living with dementia.

<http://bit.ly/reablement-guides-JC>



Communication and Engagement

This Alzheimer’s WA booklet explores the impact of dementia on communication, suggests some helpful hints for listening and practical ways to stay connected, and what not to do when it comes to communication.

<http://bit.ly/WA-communicating-JC>

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ARTICLE 3

Medication management: care teams take action

by Melissa Morley and Bronwen Wright

Australian Journal of Dementia Care
Oct/Nov/Dec 2020, Vol 9, Vol 4, pp 16-18



Pages 16-18

QUESTIONS

1. Why is it important to involve a range of staff in an organisational change process, such as the one described in this article?
2. What changes have you noticed within your organisation with respect to medication management for people with dementia over the past few years, if any?
3. The authors provide a long list of benefits observed by staff when residents' antipsychotic medication doses were reduced and/or ceased. Can you share a good example of when you too have observed this in a person with dementia?
4. One of the facilities described in the article recorded an increased use of antipsychotics – due to an influx of new residents who were already prescribed antipsychotic medication. How can new residents and families be supported to learn about medication management within your service?

Useful resources and additional reading

Reducing The Use Of Sedatives

This short film, one of a range of resources on this topic from the Aged Care Quality and Safety Commission, focuses on people living with dementia in residential aged care.
<http://bit.ly/better-use-JC>



Medicines and Dementia: A Resource For People With Dementia And Their Carers

This NPS MedicineWise and Dementia Australia booklet is designed as a guide for conversations about medication, responding to distressed behaviour, and advanced care planning.
<http://bit.ly/medicines-nps-JC>



Better Use Of Medications In Aged Care

This accessible 12-page rapid review by Health Outcomes International reports on what is being done at present on this issue in Australia, how interventions are having an impact, what supports the effectiveness of interventions, and issues for the future.
<http://bit.ly/medications-report-JC>



Drugs Used For Changed Behaviour and Psychological Symptoms In Dementia

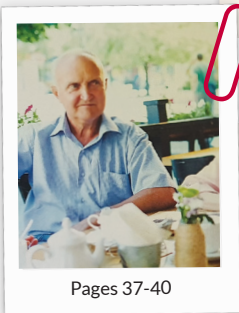
This Empowered Project leaflet, aimed at people with dementia and family carers, explains key terms and presents a quick reference table setting out the most common medications used in dementia care, including antipsychotics, and common side effects.
<http://bit.ly/empowered-guide-JC>

ARTICLE 4

Fostering community conversations around dementia

by Susanne Becker, Helen Courtney-Pratt and Pauline Marsh

Australian Journal of Dementia Care
Oct/Nov/Dec 2020, Vol 9, Vol 4, pp 37-40



Pages 37-40

QUESTIONS

1. In your experience, how comfortable do you think people are when talking about dementia generally? What sorts of feelings are shared even when people chat informally about dementia?
2. How do you feel about the comparison to 'death cafes'? What did you know about 'death cafes' before reading this article?
3. The informal, relaxed approach in this pilot project seemed to be a positive feature for attendees. Why do you think this is so?
4. The 'community café' described in the article is attempting to reach a broader range of people than those who typically attend a dementia café. Who is responsible for educating the general public about dementia? How else can this be done?
5. Hearing people with dementia and family carers share their experiences can be a powerful way of learning about dementia. How important is it to also include medical information about dementia within these sorts of information sessions?

Useful resources and additional reading

Dementia Friendly

Dementia Australia runs a website dedicated to promoting dementia-friendly communities, including links to a wide range of resources.
<http://bit.ly/dementia-friendly-JC>



Community Links: Dementia On The High Street

This article shares the story of a UK project which involved running pop-up dementia shops, offering information and support to anyone with an interest in dementia.
<http://bit.ly/community-links-JC>



Attitudes To Dementia

This World Alzheimer Report 2019 from Alzheimer's Disease International focuses on the impact of stigma on the lived experience of dementia globally.
<http://bit.ly/world-report-2019-JC>



Dementia and The Impact Of Stigma

This information sheet from Dementia Australia gives a quick overview of the impact of stigma on people living with dementia and their family and friends in Australia.
<http://bit.ly/stigma-JC>

Notes

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



Dementia
Training
Australia
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Dementia Training Australia (DTA)

Dementia Training Australia (DTA) is a consortium funded by the Australian Government to provide nationwide education and training on the care of people living with dementia. Established in October 2016, its mission is to improve the care and wellbeing of both the people living with dementia and the staff delivering their care. DTA combines the expertise of four universities (the University of Wollongong, La Trobe University, QUT, the University of Western Australia) and Dementia Australia to deliver a coordinated national approach to dementia training for individuals and organisations. Central coordination is provided by consortium lead, the University of Wollongong.

dta.com.au



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