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DEMENTIA SERVICES
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in dementia care*



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Dementia: Addressing the Risk Factors

6TH ANNUAL
MEMORY CLINIC CONFERENCE

FRIDAY 17TH JUNE 2016

Welcome

from Professor Brian Lawlor, Director of the MIRA Memory Clinic

Colleagues and friends,

I would like to take this opportunity to welcome you to the annual Memory Clinic conference and to say a few words about the theme of this year's event which is about addressing the risk factors of dementia.

When you ask older people what is their greatest fear, most say that it's getting Alzheimer's disease or another dementia. By 2050, 1 in 85 of the population is predicted to have Alzheimer's disease, the most common form of dementia and a major societal challenge in terms of the sheer numbers affected and the associated health and social care costs. It is estimated that nearly 50,000 Irish people are affected by the disease, a figure predicted to double by 2030 and the total costs of the disease are probably around €1.6 billion per year. We have no drug treatments that can delay or prevent dementia and while we have a greater understanding of the risk factors associated with, for example, the development of Alzheimer's disease and the underlying brain changes that occur, we still are at a loss with respect to knowing the exact cause of the disease. A research review of risk factor studies in dementia over the past decade have suggested that 1/3 of all cases are potentially preventable if we reduce modifiable risk factors such as low levels of exercise, high blood pressure, depression, diabetes, obesity, smoking and low levels of education garnered much media attention as a positive news story in an otherwise bleak therapeutic landscape for such a common disease.

While this is a very attractive proposition, it's important to note that if you reduce modifiable risk factors such as obesity and low levels of exercise, it doesn't necessarily mean that you will prevent dementia. It makes sense to take measures that reduce risk factors that are associated with the condition, to protect your heart and your brain by addressing vascular risk factors such as diabetes, high blood pressure and high cholesterol; however, we still don't know if a reduction in risk factors will prevent dementia. Risk factor studies look at associations and don't necessarily tell us if there is a causal relationship between the presence of risk factors and the disease. There are a number of major interventional studies ongoing at the moment where large numbers of older people are being exposed to conditions that reduce these risk factors and are being compared to another group of older people where risk factors remain the same; when completed, these intervention trials will inform us whether risk factor reduction, such as increasing exercise, can delay or prevent dementia. This conference will focus on the emerging data and the potential to address modifiable risk factors with a view to prevention of dementia.



Professor Brian Lawlor

FIVE STEPS TO A HEALTHY BRAIN



CHALLENGE YOUR BRAIN

Being smart is more than facts and knowledge, it's being resourceful and insightful and challenging your brain in different ways. Don't get stuck in a brain rut, learn something new, you might discover a talent you never thought you had.



EXERCISE

Exercise helps to form connections between brain cells and it also helps us to destress. You don't have to join a gym or become a marathon runner, 30 minutes of cardiovascular exercise five days a week will keep your brain healthy and happy and you'll also feel great.



EAT A HEALTHY DIET

A healthy diet is really important for a healthy and happy brain. Fruit, vegetables and fish are all great healthy options.



TAKE CARE OF YOUR HEART

What is good for your heart is also good for your brain. On your next visit to your GP get your blood pressure, cholesterol and blood sugar levels checked. Maintain a healthy weight, know your BMI and if you smoke, try and give up.



STAY SOCIALLY CONNECTED

Connecting and interacting with people helps to grow new connections in your brain. Meet friends and family for a cup of coffee or other activities you enjoy doing together.



01 4162035
www.dementia.ie



Speakers



Professor Nick Fox

is professor of clinical neurology, director of the Dementia Research Centre at UCL's Institute of Neurology and honorary consultant neurologist at the National Hospital for Neurology and Neurosurgery. He is a Fellow of the Academy of Medical Sciences and an NIHR Senior Investigator. His first degree was in Physics and Physiology from Cambridge University. He graduated in Medicine from the University of London and subsequently specialised in cognitive neurology. He has longstanding clinical and research interests in neurodegenerative dementia and has published over 300 peer-reviewed papers. A research focus has been the use of neuroimaging to assess the earliest changes in dementia and to track progression. He developed novel techniques of image analysis for atrophy measurements from serial MRI which have been widely used in longitudinal studies and trials in neurodegenerative disorders. He has interests in clinical and biomarker studies more generally with on-going multimodal longitudinal at-risk cohort studies in familial AD, frontotemporal dementia and normal aging. Nick serves on the steering group of Dementias Platform UK. He has advised the European Medicines Agency, the US FDA and a number of clinical trials. He was a member of the Prime Minister's Dementia Research Champions Group. He chairs UCL's Dementia Strategy Board and co-chairs the Leonard Wolfson Experimental Neurology Centre at Queen Square. He co-chairs the Alzheimer's Society's Research Strategy Council.



Professor Richard Cheston

has spent the majority of his professional career working within the UK's National Health Service as a Clinical Psychologist before taking up his current post as Professor of Dementia Research at the University of the West of England in 2012. The main focus of his research career has been to develop psychological interventions for people with dementia that were based around an understanding of dementia as a profound psychological threat. This work has included a series of research projects funded initially by the Mental Health Foundation and subsequently by the National Institute for Health Research in which he trialled short-term group psychotherapy as a post-diagnostic intervention for people with dementia. Central to this work was the belief that it was important to provide a containing therapeutic environment in which people with dementia could talk openly about their fears to others who were in the same position as them. As well as looking at outcome changes in depression and self-esteem compared to baseline, Rik has also used psychotherapy process measures to examine the way in which descriptions of dementia changed as a result of attending the groups.

Speakers



Dr Siobhán Kennelly

is a consultant geriatrician in Connolly Hospital, Dublin and Honorary Clinical Senior Lecturer in the Royal College of Surgeons, Ireland. Her areas of clinical and academic interest are integrated care of the older person, management of frail older persons in community and domiciliary settings and end of life care.

She has collaborated with other healthcare professionals on a number of national educational initiatives (www.inecma.org) to promote interprofessional collaboration on care of the older person in nursing homes. She is the clinical lead for the Genio integrated care pathway for dementia in Connolly Hospital. She is currently National Clinical Advisor Group Lead for the Social Care Division and clinical lead for the Integrated Care Programme for Older People.



Dr Suzanne Timmons

is a geriatrician in Cork, Senior Lecturer in the Centre for Gerontology and Rehabilitation, UCC, and Programme Coordinator for the MSc in Older Person Rehabilitation, UCC. Dr. Timmons has a special interest in health service research and quality improvement in the area of dementia care in acute hospitals. She was the co-lead for the Irish National Audit of Dementia (INAD) in 2013/2014, and the Northern Ireland Audit of Dementia (NIAD) in 2015.

Dr. Timmons is leading / supervising research projects into the prevalence, course and long-term outcomes of older people with dementia admitted to acute hospitals (Cork Dementia Study); the promotion of physical activity in older people in acute hospitals (APEP study); early delirium recognition/detection (Cork Delirium Studies), and is President Elect of the Irish Delirium Society.

She is the lead for the Cork Integrated Dementia care Across Settings (Cork-IDEAS) project, a Genio/HSE-funded partnership between Mercy University Hospital and Cork community to develop an integrated dementia care pathway between the community and acute hospital.

Speakers



Dr C. Geraldine McMahon

Geraldine McMahon is Consultant in Emergency Medicine in St James's Hospital and Senior Lecturer in the Faculty of Health Sciences, Trinity College Dublin. Dr McMahon received her medical degree from University College Dublin. She undertook her post-graduate training in Dublin, Edinburgh and Manchester, before returning to Ireland in 2000 to take up her current post.

In collaboration with Dr Peter Crean, Consultant Cardiologist in St James's Hospital, she developed the first designated Chest Pain Assessment Unit in Ireland in 2001. Dr McMahon has recently completed her PhD in Trinity College Dublin, evaluating the Effects of Acute Traumatic Brain Injury on Cardiovascular Homeostatic Mechanisms.



Professor Sarah Lamb

is Co-Director, Oxford Clinical Trials Research Unit (OCTRU) – University of Oxford, Kadoorie Professor of Rehabilitation, University of Oxford Professor of Rehabilitation, Warwick Clinical Trials Unit, University of Warwick. She has a long standing interest in clinical trials, medical statistics and, from a clinical perspective, rehabilitation of musculo-skeletal and chronic conditions. She works with clinicians from a variety of backgrounds to develop pragmatic clinical trial designs to capture the effectiveness and cost-effectiveness of a variety of health technologies.

She is the Chief Investigator for a number of trials of rehabilitation interventions, and Head of the Centre for Rehabilitation Research in the Nuffield Department of Orthopaedics, Rheumatology and Musculo-skeletal Sciences at the University of Oxford. Prior to taking up the post of Co-Director of OCTRU, Professor Lamb was the Foundation Director of the Warwick Clinical Trials Unit at the University of Warwick. She continues to work collaboratively with the Warwick Unit.

Professor Lamb has a particular interest in older people, and has served as a member of the American Geriatric Society/ British Geriatric Society Fall Guideline Panel, and more recently, as a member of the NICE guideline panel of hip fracture management. She collaborates with a range of US and European Investigators interested in frailty, sarcopenia and disability in older people.

Speakers



John Costello

is a consultant solicitor for the firm Orpen Franks. He has almost 30 years of experience in advising clients in relation to wills, administration of estates, tax planning, wards of court, powers of attorney and other legal issues concerning the elderly. He also specialises in advising on charity law and family law.

John is a Past President of the Law Society of Ireland. He is also a former Chairperson of The Law Society Law Reform Committee and the Guidance and Ethics Committee, during which time he was involved in the production of The Charity Law Report in July 2012. Many of the recommendations referred to in the report were incorporated in the Charities Act 2009. John is the author of a best-selling book entitled 'Law & Finance in Retirement', which is currently being updated and is due for release in 2016.

He is a former director of St. Michael's House and he has spent a number of years lecturing to members of organisations who assist persons with an intellectual disability. John has given legal assistance to the Alzheimer Society of Ireland over many years.

John is currently the Chairman of the Parole Board where he has earnestly set about endeavouring to improve procedures and efficiency.

CONFERENCE CHAIRS

Dr Robert Coen

MIRA Memory Clinic, St James's Hospital

Mary Maguire

Programme Manager - Dementia, Genio

Dr Aisling Denihan

Consultant Geriatrician, Our Lady's Hospital, Navan

Speakers



Dr Anne-Marie Miller

is a Scientific Research Coordinator with Dementia and Neurodegeneration Ireland and The Alzheimer Society of Ireland.

Dr Miller's doctoral thesis and subsequent post-doctoral work, carried out in Trinity College Institute of Neuroscience, focused on the impact of novel neuro-immunomodulatory interventions on the neuro-inflammatory effects of transient ischaemia and Alzheimer's disease.

During this time Dr. Miller served as communications officer for Neuroscience Ireland and research fellow representative on the Health Sciences Faculty, TCD. Dr Miller was subsequently appointed scientific project manager to the BIOMARKAPD Ireland project which was part of a global multi-disciplinary research consortium which sought to optimise and validate fluid biomarkers, spinal fluid biomarkers in particular, for Alzheimer's and Parkinson's diseases.

As part of this work Dr. Miller coordinated the Irish Network for Biomarkers in Neurodegeneration (IN-BIND) comprising research scientists and clinicians with an interest in the development of neurodegenerative biomarkers and co-facilitated the Irish National Clinical Consensus Meeting on the use of spinal fluid biomarkers for Alzheimer's disease diagnosis.

Dr Miller was recently appointed scientific research coordinator to the Dementia and Neurodegeneration Ireland network (DNDI). DNDI brings together Ireland's leading researchers in the field of neurodegenerative diseases across the basic, clinical, social science and population health and health services domains. The network strives to mobilise and enhance inter-disciplinary research co-operation to build scientific capacity within the network to integrate research evidence into practice and influence policy-making in the area of dementia and neurodegeneration.

...by 2050, 1 in 85 of the population is predicted to have Alzheimer's disease...



Dementia: Addressing the Risk Factors

2016 Programme

TIME	SPEAKERS & TITLES
8.45 - 9.25am	Registration, Tea & Coffee
9.25 - 9.30am	Welcome and Introduction Professor Brian Lawlor
9.30 - 10.10am	Professor Nick Fox, UCL: <i>Prevention trials: prospects for presymptomatic treatment trials</i>
10.10 - 10.50am	Professor Richard Cheston UWE, Bristol: <i>Noticing fears of loss of control – the importance of recognising existential concerns about dementia</i>
10.50 - 11.30am	Mid Session Break, Tea & Coffee
11.30 - 1.00pm	'Mini-symposium' Dementia Care Pathways Dr Siobhán Kennelly (Connolly Hospital): <i>Creating Pathways of care in Dementia- Experience in Connolly Hospital & Dublin NorthWest</i> Dr Suzanne Timmons (Mercy Hospital): <i>Improving the hospital built environment: more than just way-finding</i> Dr C Geraldine McMahon (St James's Hospital): <i>Improving Dementia Care in the Emergency Department</i>
1.00 - 2.00pm	Lunch & Networking
2.00 - 2.40pm	Professor Sarah Lamb, University of Oxford: <i>Designing and Evaluating Exercise Interventions for People with Dementia</i>
2.40 - 3.20pm	John Costello, Solicitor, Dublin: <i>Assisted Decision-Making (Capacity) Act, 2015</i>
3.20 - 4.00pm	Dr Anne-Marie Miller, Dublin: <i>The clinical use of spinal fluid biomarker testing for Alzheimer's disease diagnosis</i>
4.00 -4.10pm	Closing Remarks