



Newsletter October 2022

Dear Friends of PriDem,

Welcome to the newsletter from the PriDem Research Team. Over the next 8 months these newsletters will update you on what is happening with the PriDem project. The project is run by Newcastle University and University College London.

What is PriDem intervention?

Two specialists with nursing backgrounds (Robyn Barker and Rachel Watson) are working with a small number of GP surgeries in London and Newcastle, to provide expert knowledge and support to GP surgery staff teams on care and support for people with memory and thinking difficulties. Amongst other things, in the last seven months, Robyn and Rachel have:

- Provided **training to a range of staff groups:** GPs, Social Prescribers, Dementia Advisors, Care Co-ordinators and receptionists to increase staff awareness of the needs of people with memory and thinking difficulties
- Made sure that staff, including GPs, know more about the **range of services that are available for people with memory and thinking difficulties** in the local area. The aim is that this will help staff to refer patients to the right services at the right time
- Helped to set up **teams of staff within the GP surgeries** who are dedicated to improving care and support

Examples of the new initiatives that have taken place thanks to the teams of staff within the GP surgeries:

'One Stop Shop'



In London, **'One Stop Shop'** review clinics were launched in one of the Barnet practices. Patients and their carers were invited to attend a review of their care and support and to engage with a range of support services, including Age UK and social prescribers.

One Stop Shop Review Clinic in Barnet

- There was a fantastic response! One person who attended highlighted the usefulness of the information received, **'Great idea and lots of great, useful information'**. Another person commented on the importance of being involved in developing a care plan, **'Good to have all the plan in hand in advance. Easy to make decisions in the future'**
- Staff felt that it was a really good way of boosting relationships between staff and patients as well as relationships between the different teams providing care and support

Information board

Information corners for leaflets and other useful resources have been set up across the GP surgeries.



Information board in Barnet

PriDem Research Activity

We are researching how useful this intervention is and how easily it could be put in place across the UK in the future. We would like to take this opportunity to **thank you all** for taking part, or considering taking part, in the research.

- A total of 60 people with memory and thinking difficulties and 48 relatives are taking part in the research from GP surgeries across London and Newcastle

- The research team is currently getting in contact and inviting all participants for the **4-month follow-up visit** to complete the same Quality of Life and wellbeing questionnaires that were completed at the start of the study. **Thank you for welcoming us into your homes (in real life or virtually!). We enjoy chatting to you and finding out how you have been**

- We have been really pleased to be able to offer you gift vouchers as a token of appreciation for taking part in the research. Those who have chosen to donate to charity instead will be pleased to know that the research team have donated funds to the charities of your choosing

- As part of the research, we are inviting a few patients and relatives, as well as professionals involved in their care, to talk to us about their experiences of the PriDem intervention. Researchers are also carrying out a small number of observations of Robyn and Rachel providing staff training or engaging in team meetings to see how the intervention is working in practice

Research team news

The PriDem research team is based in London and Newcastle. We would like to introduce you some of the people you might have met in the last months.



Sarah Griffiths is the Study Manager for this phase of the PriDem project. She has a background in Speech and Language Therapy. She has experience of carrying out research in healthcare settings, including interviewing people who provide and receive care, to find out about their experiences. Sarah is particularly interested in the communication aspects of care and support for people with memory and thinking difficulties.

Emily Spencer has been a Research Assistant on the PriDem study since April 2021. She is also undertaking a PhD at UCL, investigating how GPs communicate with people with dementia and their carers about future care and later life.



Federica D'Andrea is a Post Doctoral Research Assistant. She completed her PhD on multi-sensory interventions for people living in care homes at the University of West London and joined the UCL in April 2022. Federica is interested in innovative provision, quality of life promotion, ageing, and mental health.

Marie Poole joined PriDem research team in Newcastle in July. She is a Senior Research Associate with 15 years' experience of working with older people, their families and health and social care professionals. Marie is supporting the study research activities in Newcastle.



Greta Brunskill and **Alison Wheatley** from the Newcastle research team moved on to new roles at the end of June. They played a significant role in the development of PriDem intervention and a leading part in the recruitment and baseline in Newcastle. We wish Greta and Alison the best with their careers and ongoing projects.

We look forward to updating you again in December 2022.