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Vitamin D and falls is our featured topic this month

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## Forthcoming event

David McNair introduces this month's topic of Vitamin D and Falls. In his capacity as Director of Lighting for DSDC, he will also be speaking at our international conference '[Facing the Future](#)' in September.

Here is a summary of his presentation:

David McNair

Lighting up people's lives – lighting in therapeutic settings

Due to deterioration of the human visual system with age, older people need more light in order to improve their visual acuity to enable them to effectively participate in activities, improve their orientation and minimise the risk of falls. People with dementia have an increased need for this additional light due to their cognitive impairment.

The importance of the day/night cycle with exposure to bright light during the day and to darkness at night cannot be overstated in terms of its contribution to a good night's sleep which can lead to a reduction in night time walking and agitation.

This paper makes recommendations on how to provide sufficient light to minimise disability and improve the quality of life of older people, particularly in a dementia and care home setting.

All conference abstracts can be viewed from the [conference programme](#)

## In the headlines

### Weekly curry 'may fight dementia'

Research suggests that eating a curry once or twice a week could help prevent the onset of Alzheimer's disease and dementia. Curcumin, a component of the spice turmeric, appears to prevent the spread of amyloid protein plaques - thought to cause dementia - in the brain.

[BBC News Online 3 June 2009](#)

### Dementia care 'human rights' call

A charity has called for urgent action to be taken to protect the human rights of people with dementia in care homes. The call came after a report by the Care Commission and Mental Welfare Commission for Scotland revealed that drugs had been hidden in food to make patients more manageable and about half never went outside.

[BBC News Online 28 May 2009](#)

[Download the report](#)

### Older Americans beat English counterparts in memory tests

Older people in the US do better than older people in England on a standard memory test, researchers have found. They're not sure what accounts for the difference, but suggest that better treatment of high blood pressure and high cholesterol may be involved.

[Guardian 25 June 2009](#)



The Dementia Services  
Development Centre



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# Vitamin D and falls

## Introduction

### The importance of vitamin D

Vitamin D is important in the human body because it improves the efficiency of calcium and phosphorus absorption. It is well known that vitamin D deficiency causes rickets. American studies<sup>1</sup> suggest that vitamin D can improve muscle strength and performance speed, increase bone density and strength, and reduce the incidence and severity of chronic diseases such as tuberculosis and cancer. A study of middle-aged and older European men found that higher vitamin D levels were associated with better cognitive function in those aged over 60. A Chinese study<sup>1</sup> of middle-aged and elderly found that low vitamin D level is significantly associated with increased risk of having metabolic syndrome, a combination of medical disorders that increase the risk of developing cardiovascular disease and diabetes. A study<sup>1</sup> of 3,270 elderly French women given 1200 mg of calcium and 20 mg of vitamin D daily demonstrated a reduced risk of hip fracture by 43% and other fractures by 32%. These figures have increased importance when considering that '47% of women and 22% of men over 50 will sustain an osteoporotic<sup>1</sup> fracture in their remaining lifetime<sup>1</sup>'.

Vitamin D is obtained from diet, from dietary supplements, by synthesis during exposure to sunlight, or by a combination of the three. Exposure to sunlight is a highly efficient means of introducing vitamin D to the body, with 5 to 10 minutes of arms and legs exposed (assessed<sup>1</sup> depending on season, latitude and skin pigmentation) producing the same quantity as would be obtained by eating 10 tins of sardines or 150 egg yolks or 210 oz of butter.

It can therefore be deduced that any elderly persons who are not regularly exposed to sunlight have a high risk of being vitamin D deficient and this could be harmful to their general health. However, 'for 5 months a year the UK has insufficient sunlight for cutaneous<sup>1</sup> synthesis of vitamin D and winter requirements are met from stores made the previous summer<sup>1</sup>'; it is stored in body fat. In order to take advantage, the assessed exposure to sunlight should be between mid-March<sup>1</sup> and mid-October and occur after 10.00 hours but before 15.00 hours, these hours extending to become 07.00 and 17.00 at the summer solstice.

There are two areas for caution. Firstly, excessive exposure to sunlight will result in sunburn which increases the risk of cancer. Therefore sensible exposure to sunlight together with a diet either high in oily fish or enhanced by vitamin D supplements should be considered. Secondly, British studies suggest that more research is needed to establish how much vitamin D is required for optimal health. However, in a balanced regime, vitamin D intoxication is unlikely as exposure to sunlight destroys any excess in addition to replenishing shortfalls.

In conclusion, given the climate of Great Britain and Ireland, it may be that a sensible diet together with exposure to sunlight (when available) and dietary supplements (when it is not) will improve health. All these are difficult for people with dementia and their carers, but the potential benefits are large in terms of muscle and bone strength reducing the incidence and severity of falls, the positive impact on cognitive performance and for general health and well being.

**David McNair**  
**Director of Lighting**  
**Dementia Service Development Centre**

<sup>1</sup> Holick FM (2007) Vitamin D deficiency, *New England Journal of Medicine*, 357(3), pp.266-81.

<sup>1</sup> Chapuy MC, Arlot ME, Duboeuf F, et al. (1992) Vitamin D3 and calcium to prevent hip fractures in elderly women. *New England Journal of Medicine*, 327(23), pp.1637-42.

<sup>1</sup> Fragile porous bone structure

<sup>1</sup> Boonen S, Bischoff-Ferrari HA, Cooper C, et al. (2006) Addressing the musculoskeletal components of fracture risk with calcium and vitamin D: a review of the evidence. *Calcified Tissue International*, 78(5), pp.257-270.

<sup>1</sup> In the skin

<sup>1</sup> Macdonald HM, Mavroei A, Barr RJ, et al. (2008) Vitamin D status in postmenopausal women living at higher latitudes in the UK in relation to bone health, overweight, sunlight exposure and dietary vitamin D. *Bone*, 42(5), pp.996-1003

## Vitamin D and falls

### Web Resources

#### **Vitamin D – a proven D-fence against falls**

Research has shown there is a clear association between low Vitamin D levels and reduced muscle strength, which contributes to many falls in older adults.

[http://www.acc.co.nz/PRD\\_EXT\\_CSMP/idcplg?IdcService=GET\\_FILE&dID=29881&dDocName=PRD\\_CTRB095324&allowInterrupt=1](http://www.acc.co.nz/PRD_EXT_CSMP/idcplg?IdcService=GET_FILE&dID=29881&dDocName=PRD_CTRB095324&allowInterrupt=1)

#### **Vitamin D and vitamin D analogues for preventing fractures associated with involutional and post-menopausal osteoporosis**

Vitamin D is necessary for building bone. Older people often have low vitamin D levels through lack of exposure to sunlight and low dietary intake. Therefore, it has been suggested that taking additional vitamin D supplements may help to reduce the risk of hip and other fractures, which are very common in older people.

<http://www.cochrane.org/reviews/en/ab000227.html>

#### **Falling - what are the consequences?**

Every year between 33 and 50 per cent of people over the age of 65 suffer a fall. For every 100 of those people who fall, 20 will need medical help and just under 10 will sustain a fracture.

<http://www.fallsprevention.co.uk/question1.asp>

#### **What are the main risk factors for falls amongst older people and what are the most effective interventions to prevent these falls?**

The prevention of falls is of major importance because they engender considerable mortality, morbidity and suffering for older people and their families, and incur social costs due to hospital and nursing home admissions.

<http://www.euro.who.int/document/e82552.pdf>

#### **Guideline for the prevention of falls in older persons**

Falls are among the most common and serious problems facing elderly persons. Falling is associated with considerable mortality, morbidity, reduced functioning, and premature nursing home admissions.

<http://www.americangeriatrics.org/products/positionpapers/Falls.pdf>

#### **Older people who fall: why they matter and what you can do**

The population is ageing in all developing nations. As treatments and survival rates improve for conditions affecting younger people, age-related problems linked to frailty, functional impairment and long term conditions will pose an ever larger challenge to health and social care systems. Falls and associated injuries or loss of function are such a problem.

[http://www.internurse.com/cgi-](http://www.internurse.com/cgi-bin/go.pl/library/article.cgi?uid=27481;article=BJCN_12_11_500_507)

[bin/go.pl/library/article.cgi?uid=27481;article=BJCN\\_12\\_11\\_500\\_507](http://www.internurse.com/cgi-bin/go.pl/library/article.cgi?uid=27481;article=BJCN_12_11_500_507)

#### **Incidence and prediction of falls in dementia: a prospective study in older people**

This prospective study aimed to identify modifiable risk factors for falling in older people with mild to moderate dementia.

<http://www.plosone.org/article/info:doi/10.1371/journal.pone.0005521>

## Vitamin D and falls

### Topic Reading List

Donaldson, Meghan G.

Analysis of recurrent events : a systematic review of randomised controlled trials of interventions to prevent falls.

Age and ageing. 38(2), March 2009, 151-155.

The authors conducted a systematic review of randomised controlled trials of interventions to prevent falls in community-dwelling older persons.

Neyens, Jacques C.L.

A multifactorial intervention for the prevention of falls in psychogeriatric nursing home patients, a randomised controlled trial.

Age and ageing. 38(2), March 2009, 194-199.

This study aimed to evaluate the effectiveness of a multifactorial intervention on incidence of falls in psychogeriatric nursing home patients.

Russell, Melissa A.

Development of the Falls Risk for Older People in the Community (FROP-Com) screening tool.

Age and ageing. 38(1), January 2009, 40-46.

The aim of this study was to develop a brief screening tool for use in the emergency department to identify people who require further assessment and management following a fall.

Nazarko, Linda

Falls part 6 : risk management.

British journal of healthcare assistants. 3(2), February 2009, 87-90.

Sometimes it is not possible to eliminate or significantly reduce a person's risk of falling. In such cases the best we can do is minimise the risks of harm when falls occur. This article discusses how to reduce the risk of injury when a person remains at risk of falls.

Nazarko, Linda Falls part 5 : care and treatment following a fall.

British journal of healthcare assistants. 2(12), December 2008, 581-585.

The healthcare assistant (HCA) may be the first person to attend to an individual who has fallen. It is important that the HCA offers help and seeks assistance when appropriate. This article outlines what to do in such circumstances.

Nazarko, Linda

Falls part 4 : prevention, assessment and intervention.

British journal of healthcare assistants 2(11), November 2008, 535-539

Assessment is a vitally important aspect of falls prevention. It enables staff to identify who is at risk of falling and why the person is falling. Staff can then work as a team to treat risk factors and reduce a person's risk of falling.

Nazarko, Linda

Falls part 3 : environmental risk factors

British journal of healthcare assistants 2(10), October 2008, 487-490

Older people are especially at risk of falls when they are unwell and when they move to a new environment. The environment whether the older person is cared for can reduce or increase the risk of falls and injury. This article, the third in a series, explains how staff can minimise the risk of falls in hospitals, care homes and the person's own home..

Nazarko, Linda

Falls part 2 : individual risk factors.

British journal of healthcare assistants. 2(9), September 2008, 430-433.

Falls occur because of factors relating to the person who falls, the environment that the person is in and the quality of care a person receives. This article, the second in a series, examines the risk factors relating to the individual

Nazarko, Linda

Falls part 1 : causes and consequences.

British journal of healthcare assistants. 2(8), August 2008, 381-388.

Falls are a major health issue for older people.

Agnew, Thelma

Downfall.

Nursing older people. 20(1), February 2008, 6-7.

A review finds no evidence to support the theory that falls prevention programmes help to reduce falls-related injury.

Aspray, T.J.

Vitamin D deficiency. : can old age learn from childhood?.

Age and ageing. 37(1), January 2008, 6-7.

Adequate vitamin D status is essential for musculoskeletal health throughout life as it promotes calcium absorption from the bowel, mediates to mineralisation of osteoid tissue within bone and plays an important part in bone turnover and muscle function.

Bjorkman, Mikko

Vitamin D supplementation has minor effects on parathyroid hormone and bone turnover markers in vitamin D-deficient bedridden older patients.

Age and ageing. 37(1), January 2008, 25-31.

This study aimed to evaluate the effects of vitamin D supplementation on parathyroid function and bone turnover in aged, chronically immobile patients.

Bouwen, Anne

Rate of accidental falls in institutionalised older people with and without cognitive impairment halved as a result of a staff-oriented intervention.

Age and ageing. 37(3), May 2008, 306-310.

This study aimed to evaluate the impact of a staff-oriented intervention on the number of accidental falls in residents with and without cognitive impairment.

Carter, Kathy

How balance can overcome barriers.

Quality in ageing. 9(1), March 2008, 41-44.

Balance is key to improving the quality of life for older patients. This article looks barriers to participation, which exist in different forms in all areas of fitness and exercise, and are of an emotional or practical nature.

Darowski, Adam.

Falls : the facts

Oxford ; New York : Oxford University Press, 2008.

This book contains advice on what to do and how to cope when falls occur. It includes personal accounts of patients and their relatives to illustrate the true experiences, and the positive outcomes that treatment can produce.

Fenton, Wendy

Introducing a post-fall assessment algorithm into a community rehabilitation hospital for older adults.

Nursing older people. 20(10), December 2008, 36-39.

The aim of this paper is to describe a study designed to standardise and improve practice by introducing a new assessment tool to guide nurses in the evaluation of patients following a fall in a community hospital for older people.

Neno, Rebecca

The rise of falls research.

Nursing older people. 20(6), July 2008, 8-9.

Falls are the main cause of serious injury in older people and a leading cause of mortality.

Neno, Rebecca

Checks and balances.

Nursing older people. 20(8), October 2008, 12.

The impact of socio-economic factors on the incidence of falls must not be underestimated.

Nordin, Ellinor

Prognostic validity of the Timed Up-and-Go test, a modified Get-Up-and-Go test, staff's global judgement and fall history in evaluating fall risk in residential care facilities.

Age and ageing. 37(4), July 2008, 442-448.

This study aimed to evaluate and compare the prognostic validity relative to falls of the Timed Up-and-Go test, a modified Get-Up-and-Go test, staff's judgement of global rating of fall risk and fall history among frail older people.

Oliver, David

Falls risk-prediction tools for hospital inpatients : time to put them to bed?

Age and ageing. 37(3), May 2008, 248-250.

Accidental falls are the commonest safety incidents affecting hospital inpatients and care home residents. Such falls are associated with a range of adverse outcomes including injury, impaired confidence and function, increased length of stay, institutionalisation anxiety and guilt for staff and relatives, complain and litigation. They should, therefore, be a major risk management priority for hospitals and care homes.

Oliver, David

A systematic review and meta-analysis of studies using the STRATIFY tool for prediction of falls in hospital patients : how well does it work?

Age and ageing. 37(6), November 2008, 621-627.

STRATIFY is a prediction tool developed for use with hospital inpatients, using a 0-5 score to predict patients who will fall. This study aimed to describe its predictive validity via systematic review and descriptive analysis; to describe the predictive validity of STRATIFY among inpatients in geriatric rehabilitation via meta-analysis and, to help practitioners and institutions wishing to implement interventions to prevent in-hospital falls.

Reed, Peter

Dementia care practice recommendations for nursing homes and assisted living, phase 2 : falls, wandering, and physical restraints.

Alzheimer's care today. 9(1), January-March 2008, 51-59.

These recommendations are based on the latest evidence in research and the experience of care experts.

Russell, Melissa A.

The reliability and predictive accuracy of the falls risk for older people in the community assessment (FROP-Com) tool.

Age and ageing. 37(6), November 2008, 634-639.

The Falls Risk for Older People in the Community assessment (FROP-Com) tool was designed for use in targeted multi-factorial falls prevention programmes. The aim of this study was to determine the reliability and predictive accuracy of the FROP-Com.

Burleigh, Elizabeth

Does vitamin D stop inpatients falling? : a randomised controlled trial.

Age and ageing. 36(5), September 2007, 507-513.

Vitamin D deficiency is common in older people and may increase risk of falls and fracture. Hospital inpatients are at particular risk of falling. Previous studies suggest that vitamin D improves neuromuscular function and reduces falls.

Chaabane, F.

Falls prevention for older people with dementia.

Nursing standard. 22(6), October 2007, 50-55.

This article discusses the issues that can lead to older people with dementia sustaining falls in mental health services. Strategies to reduce the likelihood of such events occurring are discussed.

Conn, Laura

Mind your step! a falls prevention programme designed to reduce falls in those over 75 years.

Quality in ageing. 8(1), March 2007, 10-22.

Falls among older people cause significant mortality and morbidity, thus presenting a serious issue for older people and health and social care professionals alike. The simple occurrence of a fall conceals the range of physical, psychological, social and environmental factors, which can contribute to this event. In this study, a multi-disciplinary, falls prevention initiative was developed with older people who had recently fallen.

Drahota, Amy

Flooring as an intervention to reduce injuries from falls in healthcare settings. an overview.

Quality in ageing. 8(1), March 2007, 3-9.

The ageing population is generating increasing concern over the occurrence and associated costs of falls in healthcare settings. Supplementary to the investigation of strategies to prevent falls, is the consideration of ways to reduce the number of injuries resulting from falls in these settings. This overview assesses the status of research on flooring in healthcare settings to reduce the incidence of injury resulting from falls.

Husk, Jan

The local falls and osteoporosis service : does it meet the needs of patients?.

Nursing older people. 19(10), December 2007, 34-37.

This article examines a local evidence-based falls and osteoporosis service that used a pathway of screening, multi-factorial assessment and interventions. Patients were not asked whether the service met their needs so a questionnaire was developed and distributed to people aged 65 and over attending day hospitals or falls clinics in the south east of England for falls assessment. The study showed general satisfaction, but indicated that older people are not helped to understand services. Such understanding could be enhanced by discussing risk factors and their implications, and through the provision of written information.

Martin, Finbarr

National clinical audit of falls and bone health in older people.

London : Royal College of Physicians, 2007.

The authors report the findings of the first national clinical audit to investigate the care received by individual patients who have fallen and sustained a fragility fracture of the hip, wrist, humerus, pelvis or vertebra. Falls are the commonest reason for an older person to attend Accident & Emergency and for being admitted to hospital. Hip fractures are the most frequent fragility fracture caused by falls and the most common cause of "accident" related death.

O'Dowd, Adrian

Falling targets.

Nursing older people. 19(2), March 2007, 16-17.

Steps taken in recent years to improve falls and bone health services for older people are soon to be put to the test.

**There is more in the library on Falls – [click to view](#)**

## New on the library bookshelves



**Negotiating death in contemporary health and social care / Margaret Holloway.**  
Bristol : The Policy Press, 2007.

This book brings together perspectives from social science, health-care and pastoral theology, looking at the way death is handled in contemporary society and the sensitive ethical and practical dilemmas facing staff.



**Dementia and well-being : possibilities and challenges / Ailsa Cook.**  
Edinburgh : Dunedin Academic, c2008.

This book examines the potential for current policy proposals to meet the needs of people with diverse experiences of dementia and considers the particular issues relating to including people with dementia as partners in policy and practice.



**Inside assisted living : the search for home / J. Kevin Eckert ... [et al.] ; with contributions by Sheryl Zimmerman ... [et al.] ; foreword by Bill Thomas.**  
Baltimore : Johns Hopkins University Press, 2009.

The goal of this book is to provide readers with an insider's perspective on assisted living through the experiences of those who reside and work there.



**Remember, I'm still me : Care Commission and Mental Welfare Commission joint report on the quality of care for people with dementia living in care homes in Scotland / Care Commission and Mental Welfare Commission for Scotland.**

What is it like to have dementia and be living in a care home? Do people get the care and respect they need and deserve? Do care home staff know enough about the person in their care? This report found that staff delivering care can sometimes "forget" the person inside the dementia.

[Download the report](#)



**A guide to dementia care / David Moore.**

Brighton : Emerald Publishing, 2009.

This book is an introduction to the nature of dementia and the existing support framework.

## Current Awareness

# Dementia in the News

### **Dementia services 'dehumanising'**

The care being given to some people with dementia is "dehumanising", according to MPs. The All-Party Parliamentary Group on Dementia report on social care cited cases where staff had been rude and unhelpful to patients.

[BBC News Online 15 June 2009](#)

### **PET scans may increase accuracy of dementia diagnosis**

A new study shows that the use of positron emission tomography (PET) scans may improve the accuracy of dementia diagnoses early in disease onset for more than one out of four patients.

[ScienceDaily 15 June 2009](#)

### **Old people at risk from Listeria poisoning if they ignore food dates**

Old people who ignore 'use by' dates run the risk of being exposed to the deadly listeria bacteria, the Government's food watchdog the Food Standards Agency has warned.

[Telegraph.co.uk 15 June 2009](#)

### **Footballing nostalgia to play a role in helping sufferers of dementia**

Scottish football is launching a new project aimed at delivering assistance to people with dementia. The Scottish Football Museum, along with Alzheimer Scotland and several other partners, have undertaken a pilot scheme which will provide reminiscence therapy based on the history of the game.

[Scotsman.com 13 June 2009](#)

### **GPS shoe to track Alzheimer's patients**

A new shoe outfitted with a GPS chip aims to offer peace of mind to Alzheimer's patients and their caregivers. The embedded GPS tracking system will allow the wearer of the shoe to be located instantly online and for their whereabouts to be monitored in real time.

[CNN.com 10 June 2009](#)

### **'Improved' test for Alzheimer's**

A new mental agility quiz could help detect Alzheimer's disease more accurately than the traditional test.

[BBC News Online 10 June 2009](#)

### **Mice injected with Alzheimer's cast new light on dementia**

Scientists have found that harmful tangles of proteins that cause diseases such as Alzheimer's can be transmitted from one brain to another, spreading and causing damage after being injected into the brains of mice. The researchers stressed, however, that Alzheimer's was not contagious and said it could not be caught, for example, through blood transfusions.

[Guardian.co.uk 7 June 2009](#)

# Current Awareness New Library Stock

## Activities

Fujiwara, Yoshinori

Intellectual activity and likelihood of subsequently improving or maintaining Instrumental Activities of Daily Living functioning in community-dwelling older Japanese : a longitudinal study.

International journal of geriatric psychiatry 24(6), June 2009, 547-555

This study aimed to test the a priori hypothesis that increase or maintenance of the cognitive level would be independently associated with a subsequent beneficial impact on instrumental activity of daily living functioning.

## Ageism

Blakemore, Sophie

Ageism in mental health care.

Nursing older people 21(5), June 2009, 6-7

The Healthcare Commission has found that some trusts are not offering older patients full access to services.

## Alzheimer's disease

Ayalon, Liat

Beliefs and practices regarding Alzheimer's disease and related dementias among Filipino home care workers in Israel.

Aging & mental health 13(3), 456-462

In the past few decades, foreign home care to frail older adults has become a common alternative to family care in many developed countries. Little is known about the beliefs of foreign home care workers about Alzheimer's disease and related disorders or about their practices.

## Approaches to care

Cheston, Richard

A small-scale study comparing the impact of psycho-education and exploratory psychotherapy groups on newcomers to a group for people with dementia.

Aging & mental health 13(3), May 2009, 420-425

This study compared the effectiveness of exploratory psychotherapy and psycho-educational group interventions for new group members.

## Carers

Braun, Melanie [et al.]

Dementia caregiving in spousal relationships : a dyadic perspective.

Aging & mental health 13(3), May 2009, 426-436

The number of couples facing a dementia diagnosis for one partner of the spousal dyad increases. The aim of this study was to provide a literature review on how the dyadic perspective is taken into account and on how dementia affects both parts of the dyad.

Wilson, Edward [et al.]

Befriending carers of people with dementia : a cost utility analysis.

International journal of geriatric psychiatry 24(6), June 2009, 610-623

The BEfriending and Costs of CAring trial (BECCA) aimed to establish whether a structured befriending service improved quality of life among carers of people with dementia, and at what cost.

## Care of people with dementia

Vernooij-Dassen, Myrra J. [et al.]

Dementia care and labour market : the role of job satisfaction.

Aging & mental health 13(3), May 2009, 383-390

This study aims to analyse why people quit or avoid jobs in dementia care.

## Day care

Durand, Marianne [et al.]

Domiciliary and day care services : why do people with dementia refuse?

Aging & mental health 13(3), May 2009, 414-419

This study aimed to explore the reasons given for refusal of day services, and to examine the relationship between willingness to accept day services and clinic variables.

## Depression

Meeks, Suzanne, Shah, Shruti N. and Ramsey, Sarah K.

The Pleasant Events Schedule - Nursing Home Version : a useful tool for behavioural interventions in long-term care.

Aging & mental health 13(3), May 2009, 445-455

Behavioural interventions for depression emphasise increasing engagement in pleasant events, requiring reliable and valid assessment. Versions of the Pleasant Events Schedule (PES) have been developed for this purpose. The authors aimed to develop and evaluate a nursing home version of the PES.

Van der Weele, Gerda M. [et al.]

Co-occurrence of depression and anxiety in elderly subjects aged 90 years and its relationship with functional status, quality of life and mortality.

International journal of geriatric psychiatry 24(6), June 2009, 595-601

This study aimed to examine the prevalence of concurrent depression and anxiety and its relationship with functional status, quality of life and mortality in individuals aged 90.

Waghorn, Jacqueline

Depression in chronic medical illness.

Mental health practice 12(9), June 2009, 16-20

This article examines the issues surrounding depression in chronic medical conditions, and the role of mental health professionals in addressing them.

## Design

Dewing, Jan

Caring for people with dementia : noise and light.

Nursing older people 21(5), June 2009, 34-38

Sensory stimulation can have a significant effect on the wellbeing of people with dementia.

The author explains how, with some simple modifications, the care environment can be made more therapeutic.

## Diet and nutrition

Shahar, D.R. [et al.]

Dietary factors in relations to daily activity energy expenditure and mortality among older adults.

The journal of nutrition, health & aging 13(5), 2009, 414-420

This study examined the association between dietary factors to daily living energy expenditure and mortality among older adults.

## Drug therapy

Assem-Hilger, Eva [et al.]

Benzodiazepine use in the elderly : an indicator for inappropriately treated geriatric depression?

International journal of geriatric psychiatry 24(6), June 2009, 563-569

This study aimed to measure the prevalence of benzodiazepine (BZD) use and to explore associated demographic and clinical BZD use within a cohort of 75 year old inhabitants of an urban district of Vienna.

Low, Lee-Fay, Anstey, Kaarin J. and Sachdev, Perminder

Use of medications with anticholinergic properties and cognitive function in a young-old community sample.

International journal of geriatric psychiatry 24(6), June 2009, 578-584

This study aimed to examine whether anticholinergic medications have effects on the level of cognitive function or cognitive decline in persons in their early to mid 60s.

## End of life care

Payne, Sheila [et al.]

The role of the nurse in palliative care settings in a global context.

Cancer nursing practice 8(5), June 2009, 21-26

The authors examine the differences and similarities in end-of-life care provided in different countries which, while broadly based on the same models, varies according to resources, cultural attitudes and public health policies.

Ryan, Tony and Nolan, Mike

Supporting people who have dementia to die with dignity.

Nursing older people 21(5), June 2009, 18-23

The authors argue that people with dementia being cared for in acute settings benefit from a relationship-centred approach to their end-of-life care.

## Ethics

Hewitt, Patricia

Choosing the right death.

Nursing older people 21(5), June 2009, 10

With more people seeking assisted suicide in other countries, the author believes there should be a change in the law in the UK.

## Home care

Fraser, Kathryn [et al.]

Old age psychiatry home treatment team : preliminary audit of a service improvement project.

International journal of geriatric psychiatry 24(6), June 2009, 648-649

This research letter reports a preliminary audit of a service improvement project to set up a dedicated Old Age Psychiatry Home Treatment Team.

## Huntington's disease

Blumlein, Daniela [et al.]

Huntington's disease part 2 : suggestions for practice.

British journal of healthcare assistants 3(6), June 2009, 272-276

This second part in a series on Huntington's disease (HD) offers care suggestions for healthcare assistants and assistant practitioners working with people with HD.

## Learning disabilities and dementia

Ryan, Judy

Developing person-centred planning in dementia care.

Learning disability practice 12(5), June 2009, 24-28

The authors discuss health action planning for an older person with an intellectual disability and dementia, and her circle of friends.

## Nursing homes

Molinari, Victor [et al.]

Mental health services in nursing homes : a survey of nursing home administrative personnel.

Aging & mental health 13(3), May 2009, 477-486

Mental health problems are pervasive in nursing homes (NHs), but little is known regarding the delivery of mental health services in these settings. The authors conducted a survey of NH administrative personnel views on mental health services use.

## Older people – health/welfare

Oh, Kyeung Mi, Warnes, A.M. and Bath, Peter

Effectiveness of a rapid response service for frail older people.

Nursing older people 21(5), June 2009, 25-31

The authors evaluate the achievements of a nurse-led service in Barnsley and patients' satisfaction with care.

Silva, Dina [et al.]

Cognitive deficits in middle-aged and older adults with bipolar disorder and cognitive complaints : comparison with mild cognitive impairment.

International journal of geriatric psychiatry 24(6), June 2009, 624-631

The main aim of this study is to characterise the cognitive deficits of middle-aged and older patients with bipolar disorder and compare them with the common age-related cognitive deficits observed in mild cognitive impairment.

Splevins, Kate

Do improvements in emotional distress correlate with becoming more mindful? : a study of older adults.

Aging & mental health 13(3), May 2009, 328-335

This study aimed to investigate changes in older adults' emotional wellbeing and mindful ability following a mindfulness-based cognitive therapy course and to explore correlations between mindfulness and changes in depression, anxiety and stress levels.

Thygesen, Elin [et al.]

Psychological distress and its correlates in older care-dependent persons living at home.

Aging & mental health 13(3), May 2009, 319-327

This study examined psychological distress in older people receiving home nursing care. The influence of risk factors and personal resources on their perceived psychological distress was also examined.

## Person-centred care

Conde-Sala, Josep Lluís [et al.]

Factors related to perceived quality of life in patients with Alzheimer's disease : the patient's perception compared with that of caregivers.

International journal of geriatric psychiatry 24(6), June 2009, 585-594

This study aimed to compare care recipient and caregiver perceptions of quality of life in patients with Alzheimer's disease.

## Research

Debruyne, Hans [et al.]

Is the geriatric depression scale a reliable screening tool for depressive symptoms in elderly patients with cognitive impairment?

International journal of geriatric psychiatry 24(6), June 2009, 556-562

This study aimed to determine the reliability of the 30-item Geriatric Depression Scale for the screening of depressive symptoms in dementia and mild cognitive impairment using the Cornell Scale for Depression in Dementia as a benchmark.

Nyunt, Ma Shwe Zin [et al.]

Criterion-based validity and reliability of the Geriatric Depression Screening Scale (GDS-15) in a large validation sample of community-living Asian older adults.

Aging & mental health 13(3), May 2009, 376-382

This study aimed to assess the criterion validity and reliability of the GDS-15 and its equivalence across different gender, age groups, ethnicity and different comorbidities in community living elderly and nursing home residents.

Waldorff, Frans Boch, Siersma, Volkert and Waldemark, Gunhild

Association between subjective memory complaints and nursing home placement : a four-year follow up.

International journal of geriatric psychiatry 24(6), June 2009, 602-609

In order to evaluate whether elderly persons with subjective memory complaints may be regarded as a group of potentially vulnerable patients who need close follow-up, the authors investigated the risk of nursing home placement during a 4-year follow-up period.

## Residential homes

Aminzadeh, Faranak

Symbolic meaning of relocation to a residential care facility for persons with dementia.

Aging & mental health 13(3), May 2009, 487-496

This study explored the perspectives of persons with dementia on the meanings and experiences associated with relocation to a residential care facility.

## Screening

Justiss, Michael D. [et al.]

Patients' attitudes of dementia screening across the Atlantic.

International journal of geriatric psychiatry 24(6), June 2009, 632-637

This study aimed to compare the acceptance, perceived harms and perceived benefits of dementia screening among older adults receiving their care in two different primary health care systems in two countries.

## Social work

Henwood, Melanie

Improving support for self-funders.

Community care 1773, 4 June 2009, 28-29

Council procedures can be daunting for self-funders trying to find relevant information. The role of the social workers in this situation is to open doors.

## Types of dementia

Formiga, F., Fort, I. and Robles, M.J.

Comorbidity and clinical factors in elderly patients with dementia : differences according to dementia severity.

The journal of nutrition, health & aging

This study aimed to evaluate comorbidity and clinical features in elderly patients with dementia to determine differences according to dementia severity.

Hsieh, Chia-Jung, Chang, Chia-Chi and Lin, Chia-Chin

Neuropsychiatric profiles of patients with Alzheimer's disease and vascular dementia in Taiwan.

International journal of geriatric psychiatry 24(6), June 2009, 570-577

This study aimed to compare the prevalence of neuropsychiatric symptoms among patients with Alzheimer's disease and vascular dementia and contrast the severity of the common symptoms between the two groups.

## Younger people with dementia

Braudy Harris, Phyllis

Selfhood in younger onset dementia : transitions and testimonies.

Aging & mental health 13(3), May 2009, 437-444

Younger people with dementia and their carers are an overlooked population for research, policy and practice attention. In this study, data were collected from both the United States and the UK in order to explore the meaning and construction of selfhood and identity.

Nazarko, Linda

Caring for adults with cognitive impairment.

British journal of healthcare assistants 3(6), June 2009, 266-270

Although cognitive impairment is more common in older adults, younger adults can also have cognitive impairment. Staff working in busy hospitals may not always pick up sign of cognitive impairment in younger people.

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