

# Focus on Dementia learning system webinar in partnership with Alzheimer Scotland

Scotland leads the way: pioneering brain health  
and dementia prevention

# Welcome

Michelle Miller

Portfolio Lead

Community Care and Dementia Portfolio, Healthcare Improvement Scotland

# Scotland leads the way: Pioneering brain health and dementia prevention

## Welcome & Introduction

**Henry Simmons**  
Chief Executive, Alzheimer Scotland



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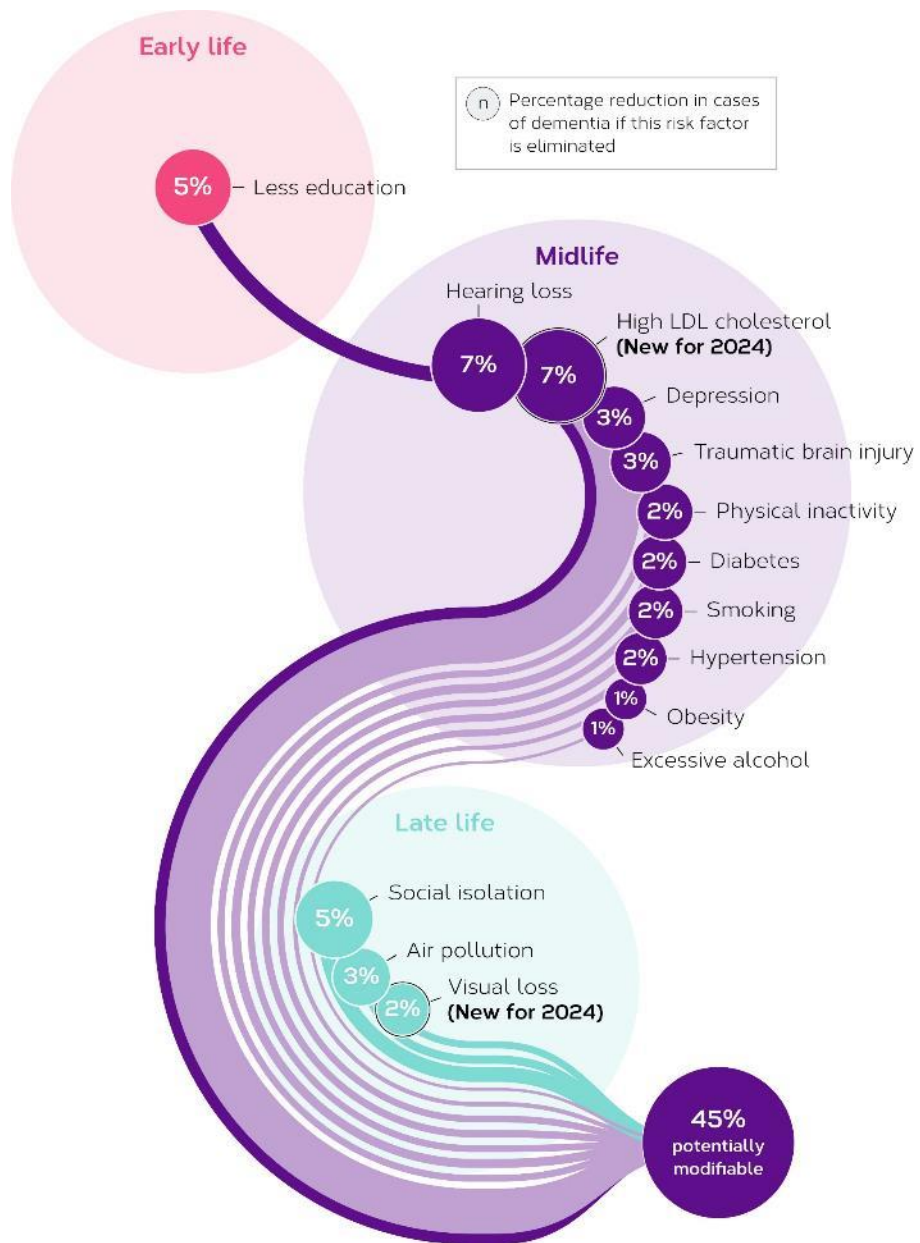
# Brain Health Scotland Highlights 2020-2024

**Alison McKean**

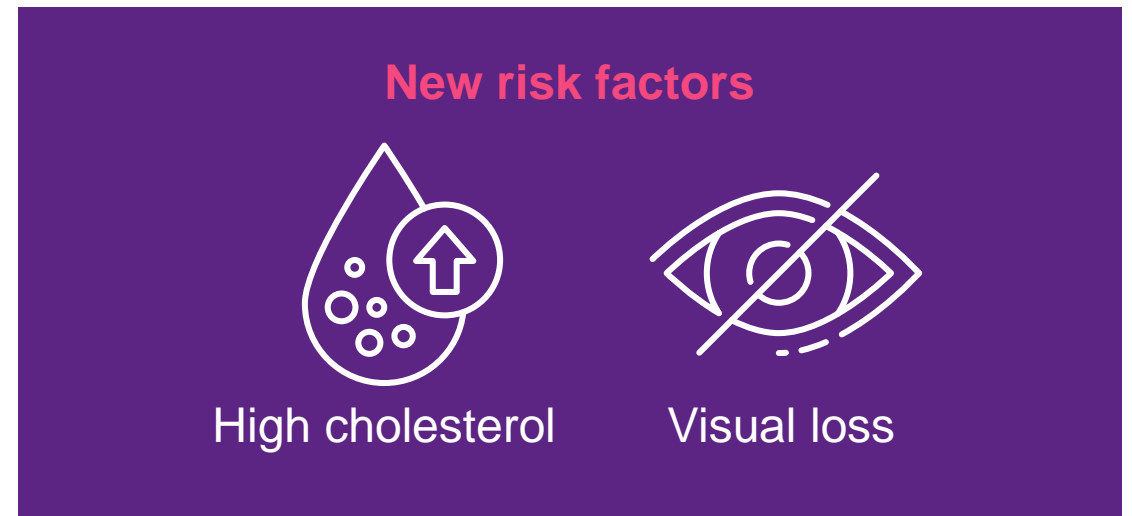
Executive Lead for Brain Health and Research, Alzheimer Scotland



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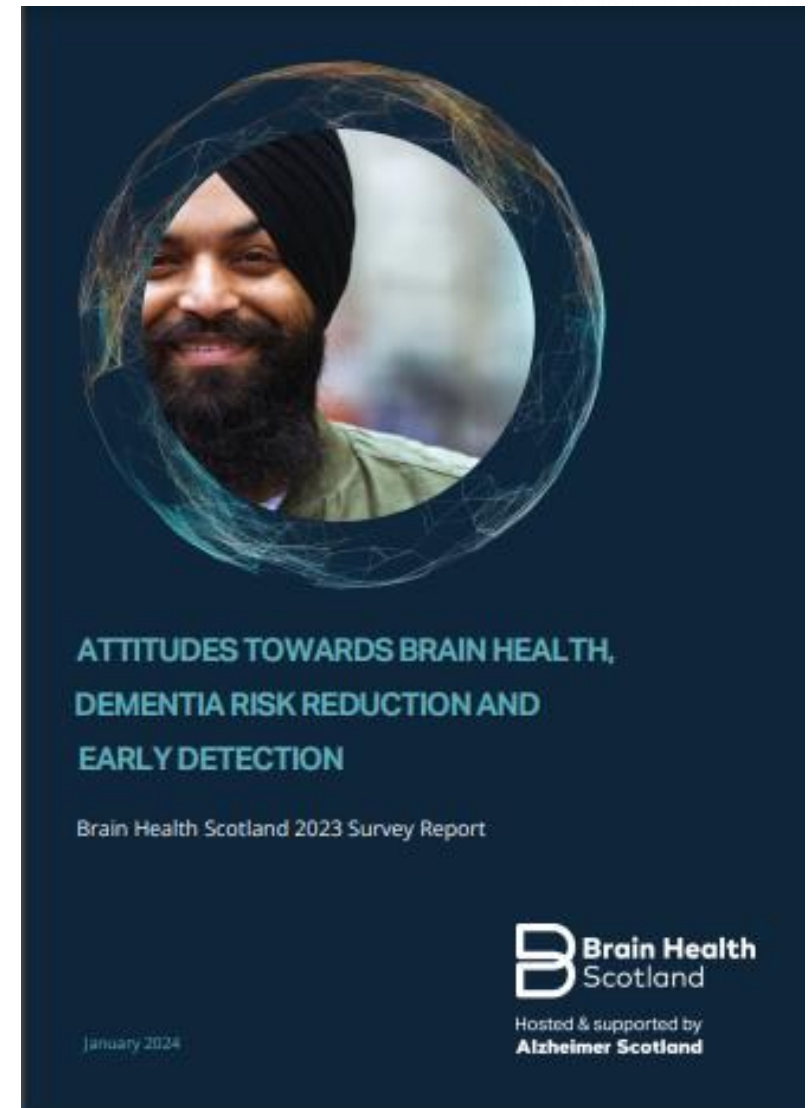
## Dementia prevention, intervention, and care: 2024 report of the Lancet Standing Commission, G. Livingston et al



# Evidence

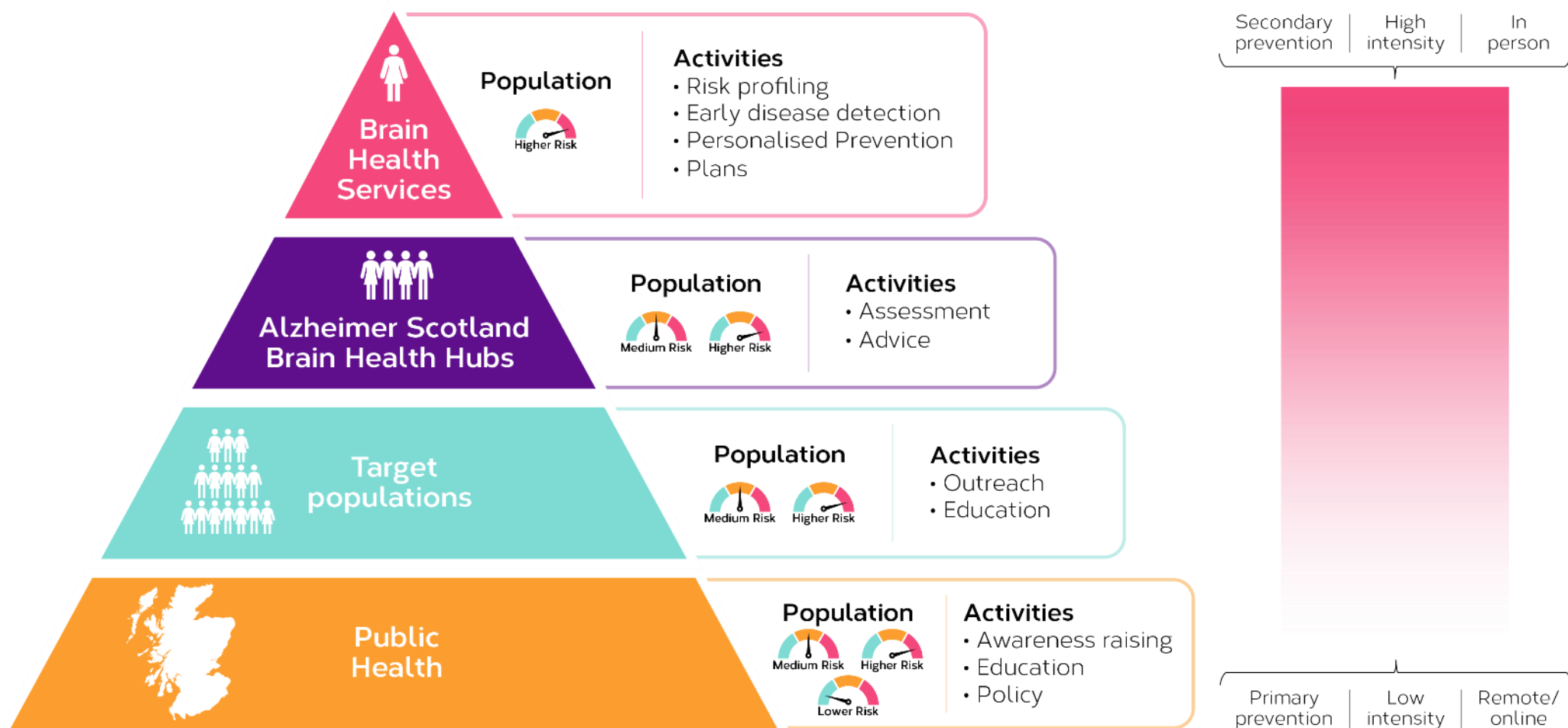
- National Surveys carried out in 2020 and 2023

[www.brainhealth.scot/resources](http://www.brainhealth.scot/resources)





# Delivery Model



# Public Health



Wears helmet to keep  
brain safe



Brownies, learning  
new skills every week



Walks dog four  
times a day



Model building hobby  
keeps brain active

Never too  
**early,**  
Never too  
**late.**

Find out more  
and make a brain  
health pledge at  
[brainhealth.scot](https://brainhealth.scot)



**YOUR IS BRAIN AMAZING.**  
(It just corrected the top line)  
**LET'S KEEP IT THAT WAY.**

**21** | WORLD  
SEPTEMBER | ALZHEIMER'S  
DAY

Make a Brain Health Pledge at [brainhealth.scot](http://brainhealth.scot)



**Alzheimer  
Scotland**  
Action on Dementia



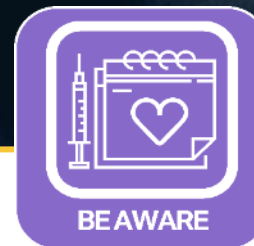
**Brain Health  
Scotland**

**Prevent. Care. Cure.**

## HOW'S YOUR BRAIN HEALTH?

Take the following quick quiz and build your personal Brain Health Plan

START QUIZ



[brainhealth.scot/brainhealthplan](https://brainhealth.scot/brainhealthplan)




# Target populations



[brainhealth.scot/mooc](https://brainhealth.scot/mooc)

[brainhealth.scot/sportscourse](https://brainhealth.scot/sportscourse)





# STARS

My amazing brain



**S**  
Spend time  
with friends  
and on hobbies

**T**  
Tuck in  
**A**  
Active and healthy

**R**  
Rest and relax

**S**  
Safety



# STARS Alignments

- Partnership with Boys Brigade
- Translation of resources:
  - Gaelic
  - Braille
  - Dutch (Maastricht University collaboration)
- Accessible story book in development





# Davos Alzheimer's Collaborative Global Project

- Healthcare System Preparedness for the Early Detection of Alzheimer's
- Next generation tools into new & existing clinical pathways (Digital Cognitive Assessment & Blood Based Biomarker)
- Supported by people with lived experience



# Davos Alzheimer's Collaborative Global Project

- First UK Health Service to implement BBMs into clinical practice – highly useful in some cases
- DCA valued in primary care settings
- Integration of brain health conversations across pathway



# Research



**Join dementia research**

**NHS**

**HELP BEAT DEMENTIA**

Register your interest in vital research today

[www.joindementiaresearch.nihr.ac.uk](http://www.joindementiaresearch.nihr.ac.uk)

Delivered in partnership by

**NIHR** | National Institute for Health Research

Alzheimer Scotland  
 Action on Dementia

Alzheimer's Research UK

Alzheimer's Society

Join Dementia Research is funded by the Department of Health and Social Care.



**NHS**

**SCOTLAND**

NHS RESEARCH SCOTLAND

**NEUROPROGRESSIVE AND DEMENTIA**

# The Aberdeen Brain Health Service: Opening, Progress and Learning

**Helen Skinner**

Practice Development Consultant, Brain Health Scotland

**Hugh Masters**

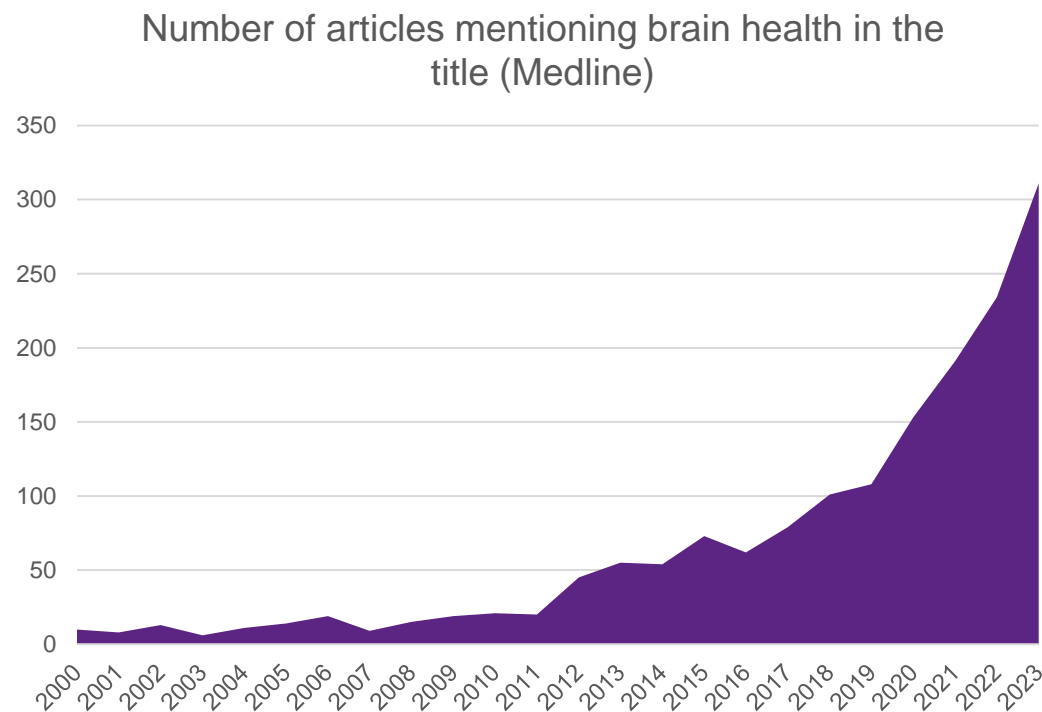
Practice Development Consultant, Brain Health Scotland



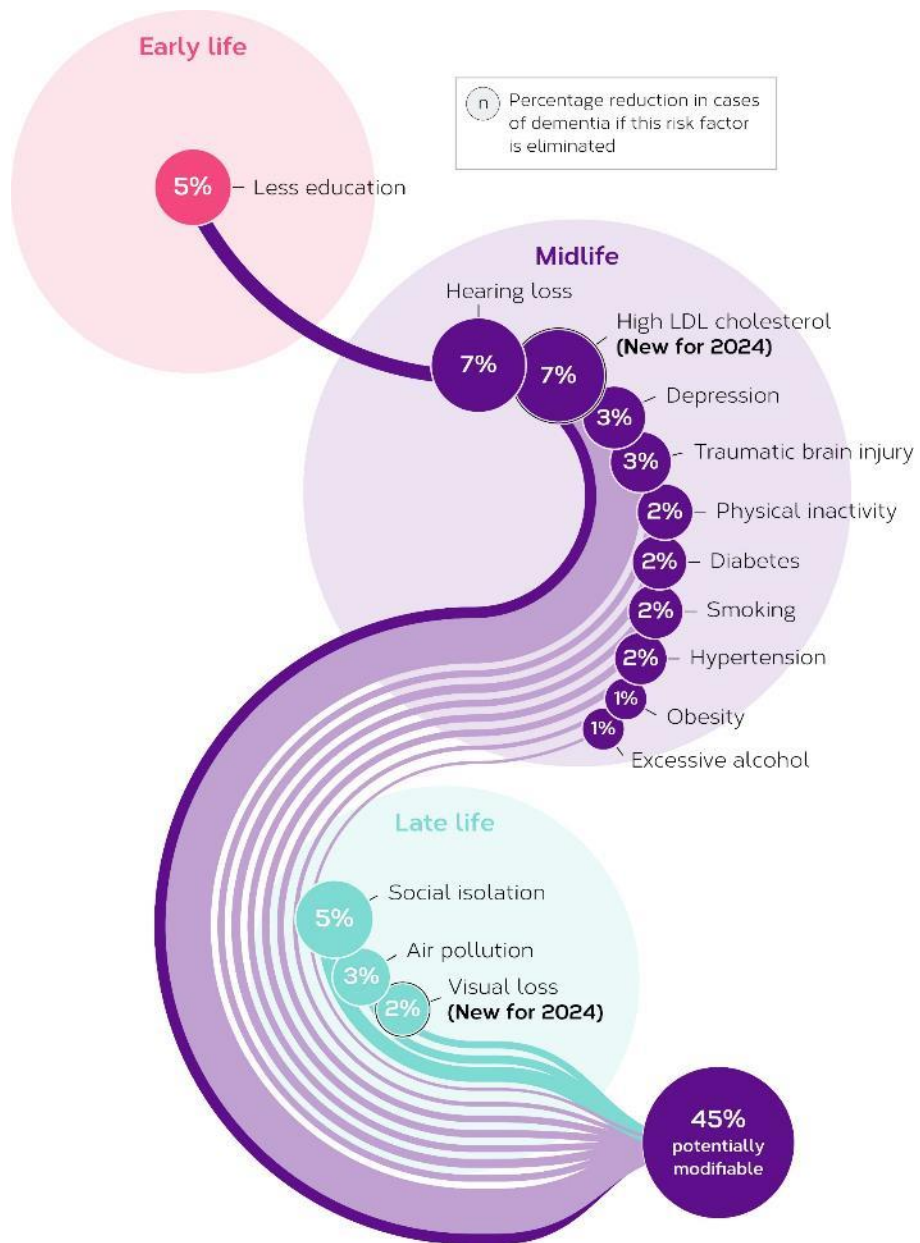
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# Brain Health and Dementia Prevention in 2024

- Significant rise in international interest in brain health
- Google search trends and academic research publication rates
- Pharmaceutical innovation
- New risk factors for dementia – Lancet Commission Report 2024

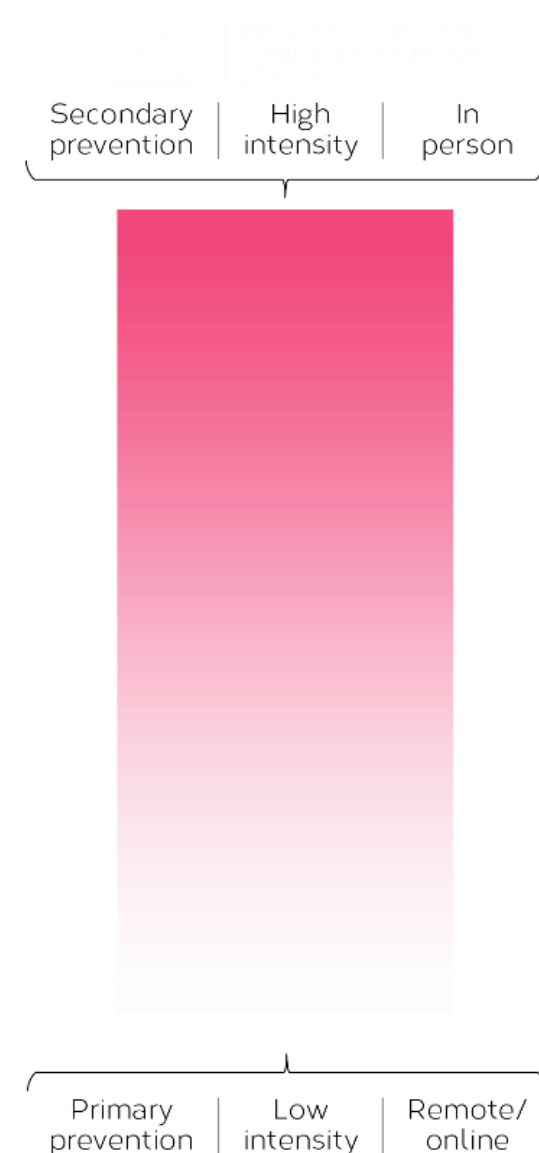
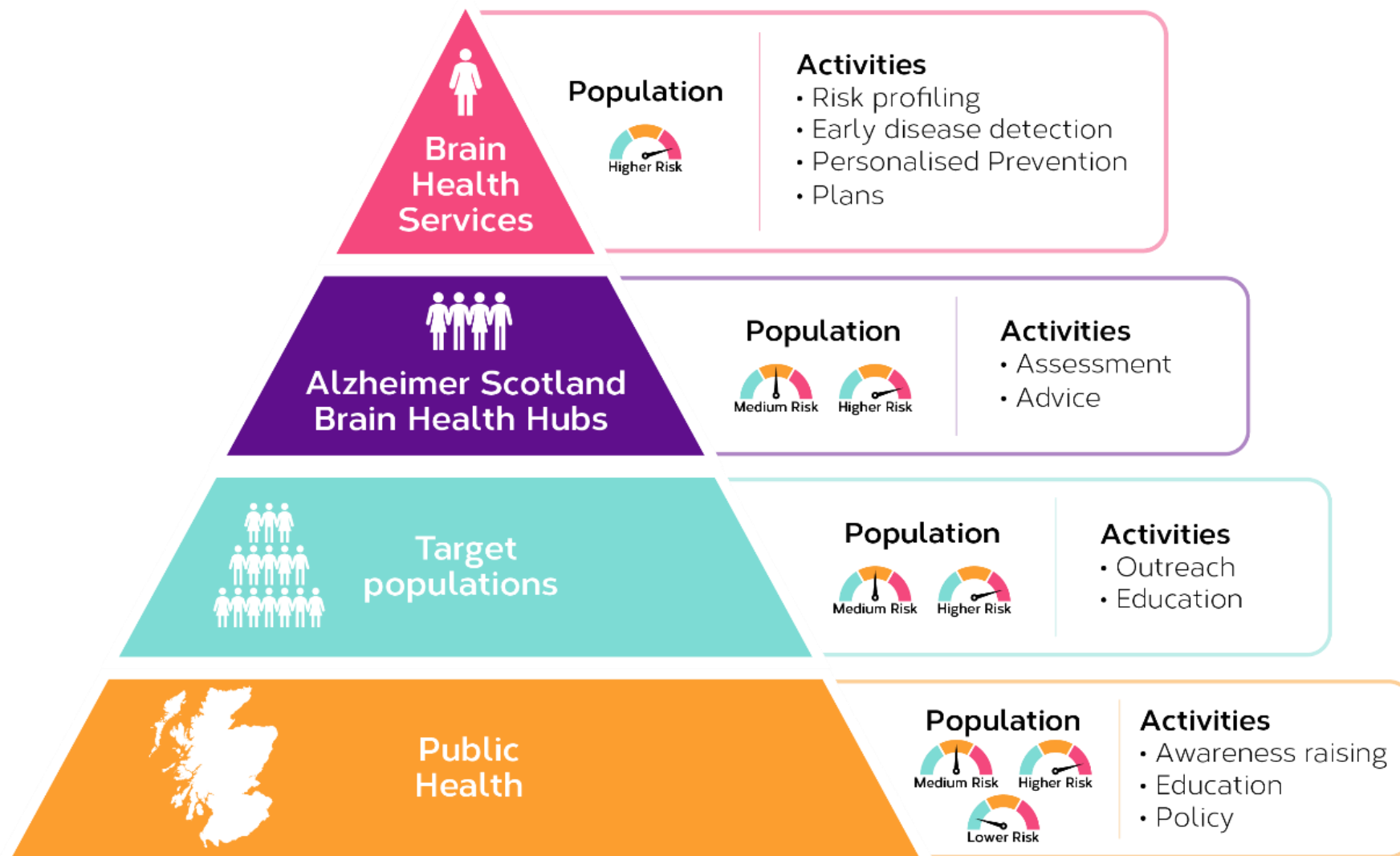


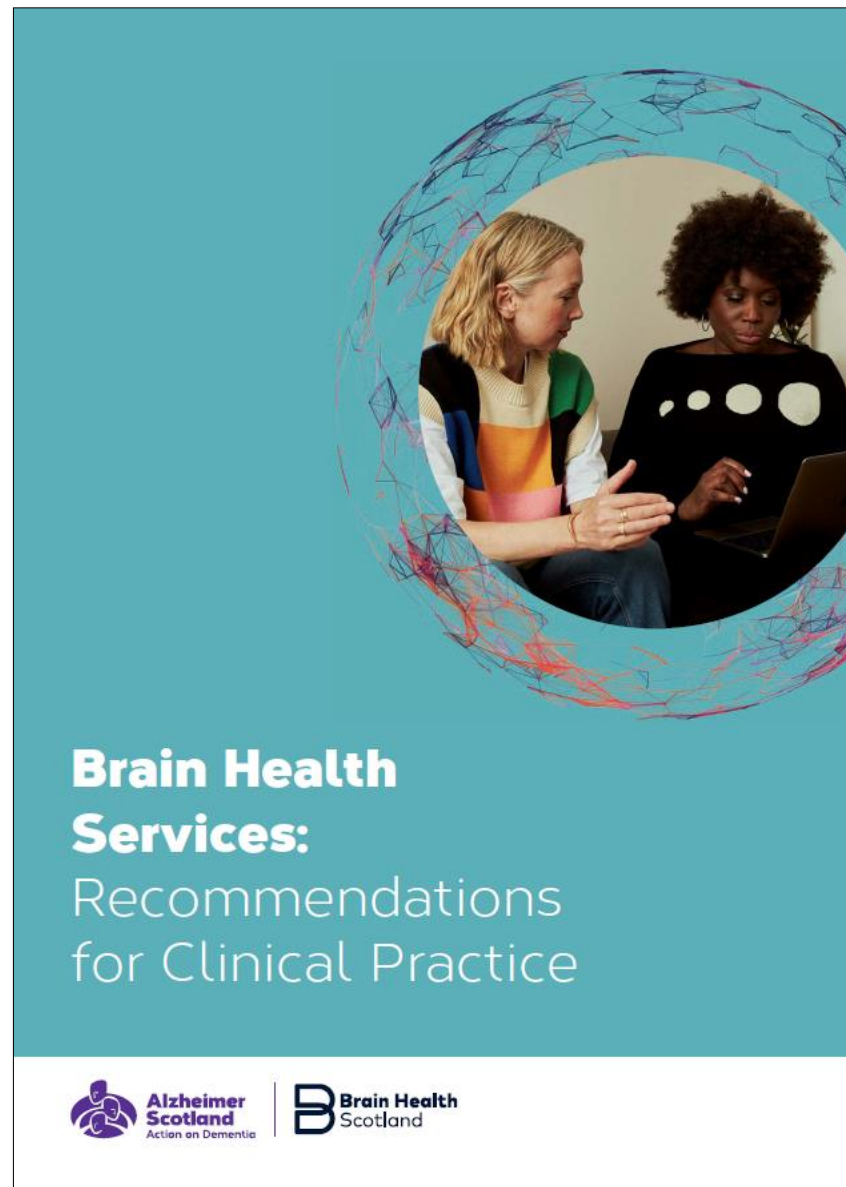




## Dementia prevention, intervention, and care: 2024 report of the Lancet Standing Commission, G. Livingston et al







J Prev Alz Dis 2021;  
Published online

Review

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## The Scottish Brain Health Service Model: Rationale and Scientific Basis for a National Care Pathway of Brain Health Services in Scotland

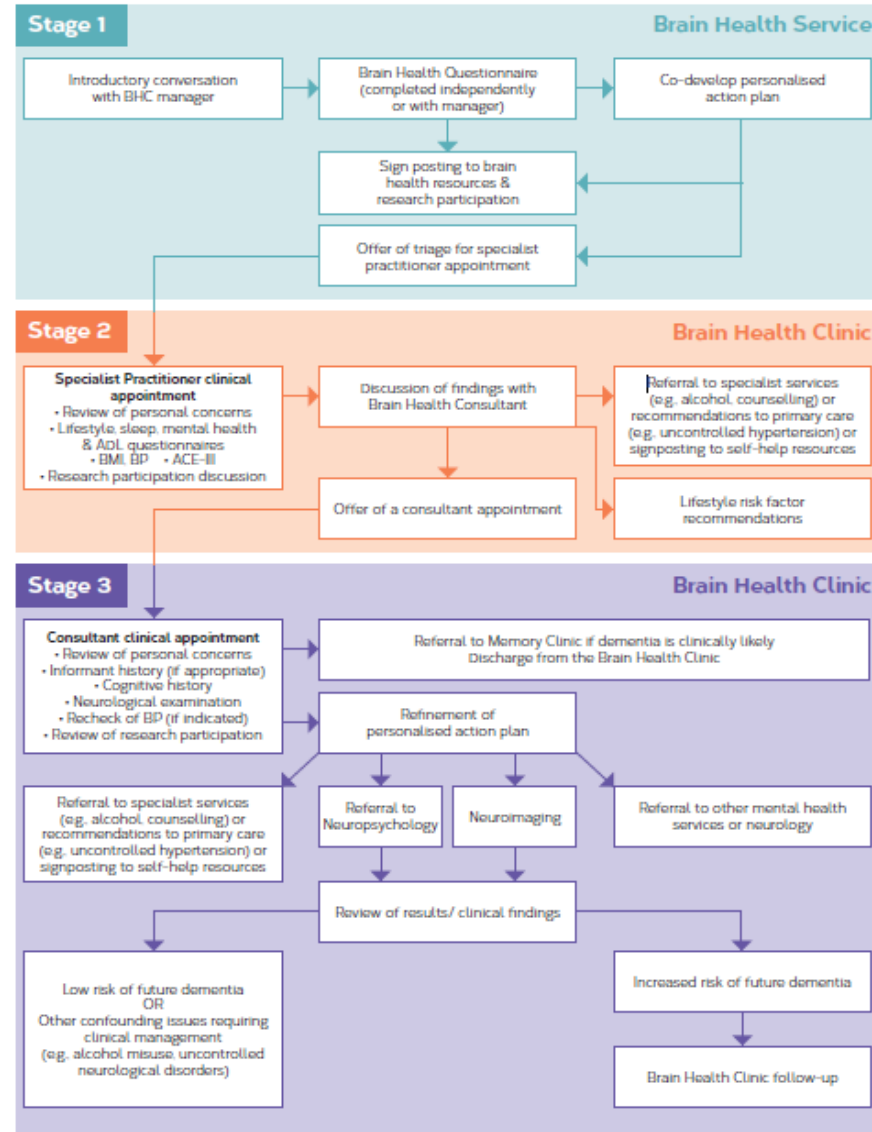
C.W. Ritchie<sup>1,2,3</sup>, J.M.J. Waymont<sup>2,4</sup>, C. Pennington<sup>1,2,5</sup>, K. Draper<sup>2</sup>, A. Borthwick<sup>2</sup>, N. Fullerton<sup>2</sup>, M. Chantler<sup>6</sup>, M.E. Porteous<sup>1,3</sup>, S.O. Danso<sup>1</sup>, A. Green<sup>1</sup>, L. McWhirter<sup>1</sup>, G. Muniz Terrera<sup>1</sup>, S. Simpson<sup>7</sup>, G. Thompson<sup>1</sup>, D. Trépel<sup>8,9</sup>, T.J. Quinn<sup>7</sup>, A. Kilgour<sup>1,2</sup>

1. University of Edinburgh, 2. Brain Health Scotland, 3. NHS Lothian, 4. University of Aberdeen, 5. NHS Forth Valley, 6. Herriot Watt University, 7. University of Glasgow, 8. University of Dublin Trinity College, 9. Global Brain Health Institute, United Kingdom

Corresponding Author: Prof. Craig Ritchie, University of Edinburgh, United Kingdom, [craig.ritchie@ed.ac.uk](mailto:craig.ritchie@ed.ac.uk)

## The role of the Brain Health Professional Advisory Forum

## Brain Health Care Pathway Flowchart



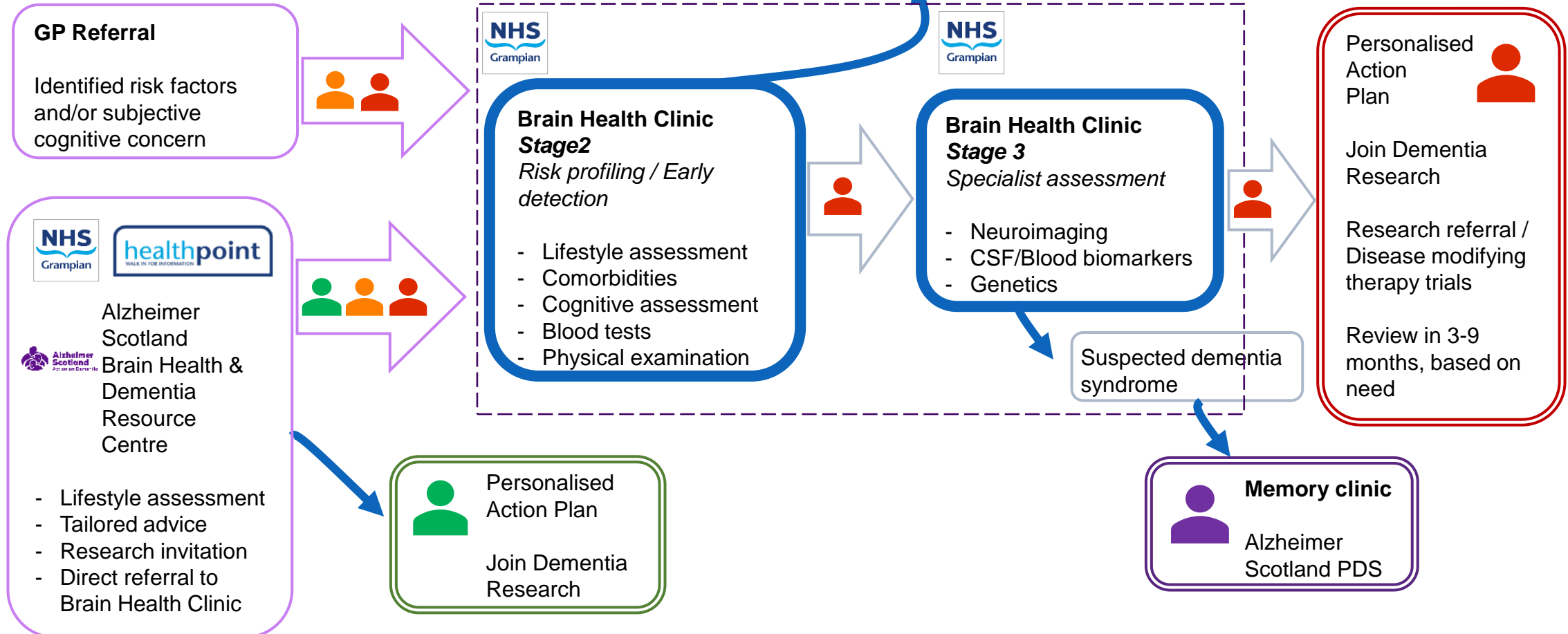
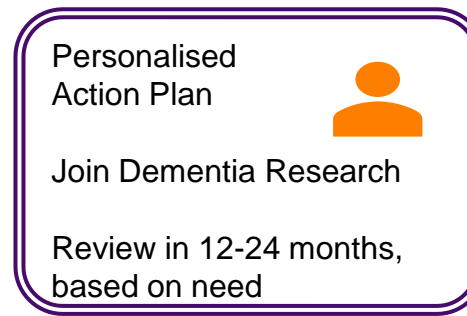
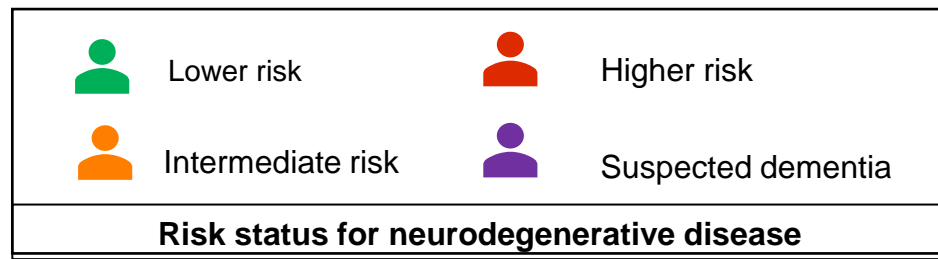
### Introductory conversation with BHC manager

### Specialist Practitioner clinical appointment

- Review of personal concerns
- Lifestyle, sleep, mental health & ADL questionnaires
- BMI, BP
- ACE-III
- Research participation discussion

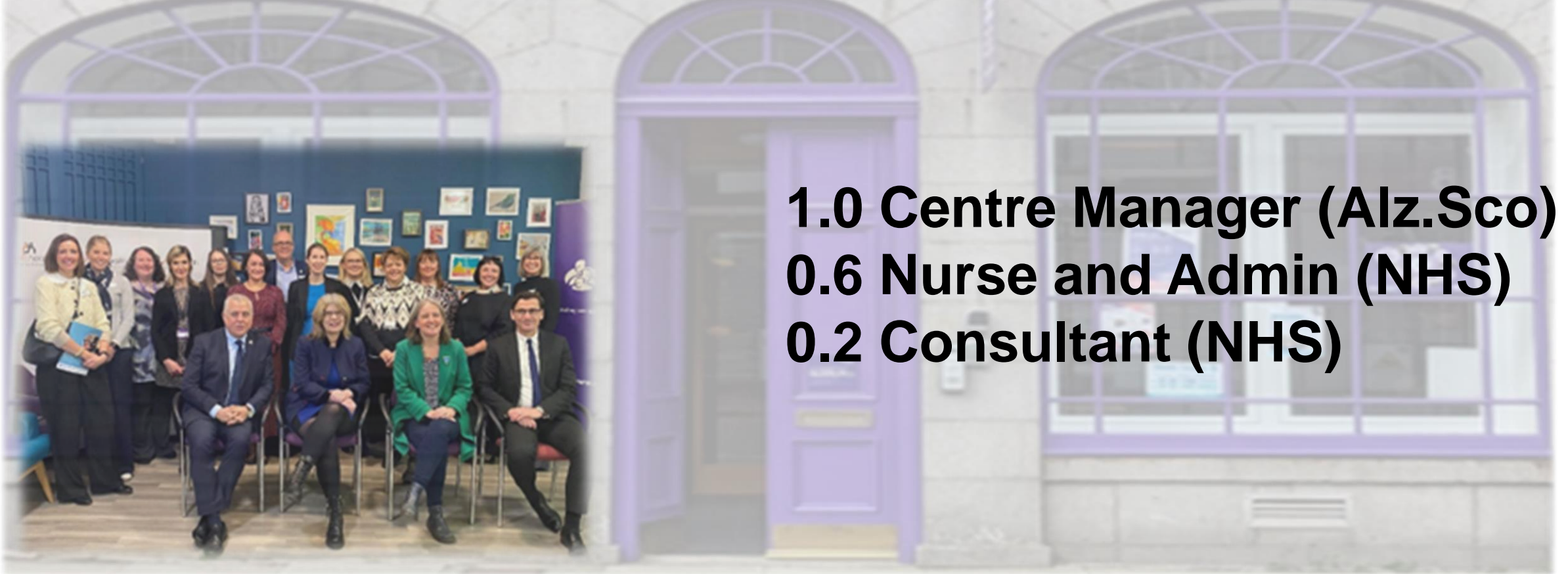
### Consultant clinical appointment

- Review of personal concerns
- Informant history (if appropriate)
- Cognitive history
- Neurological examination
- Recheck of BP (if indicated)
- Review of research participation





**Opened 4<sup>th</sup> December 2023**



**1.0 Centre Manager (Alz.Sco)**  
**0.6 Nurse and Admin (NHS)**  
**0.2 Consultant (NHS)**

# Aberdeen Brain Health Service: initial data from the 3 stages



**Stage 1**  
Brain Health Service

**Stage 2**  
Brain Health Clinic

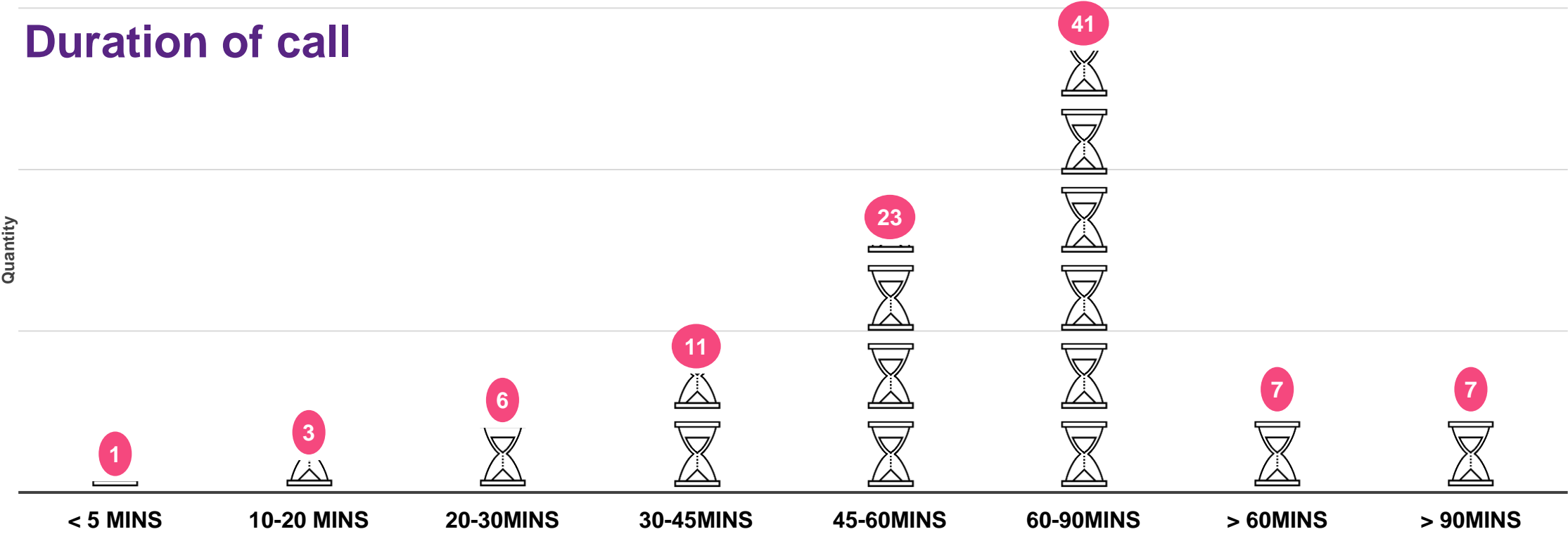
**Stage 3**  
Brain Health Clinic

# Aberdeen Brain Health Service

## Key Measures

December 2023 – July 2024

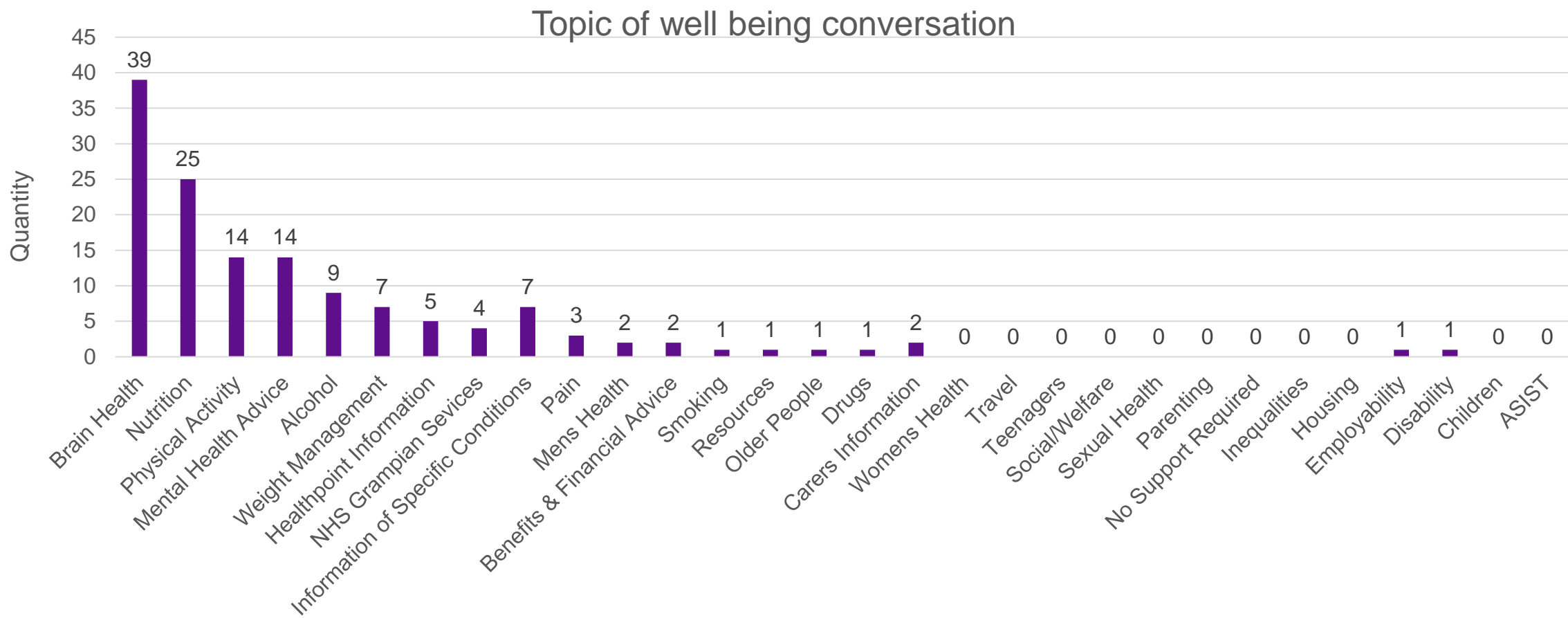
### Duration of call



# Aberdeen Brain Health Service

## Key Measures

December 2023 – July 2024

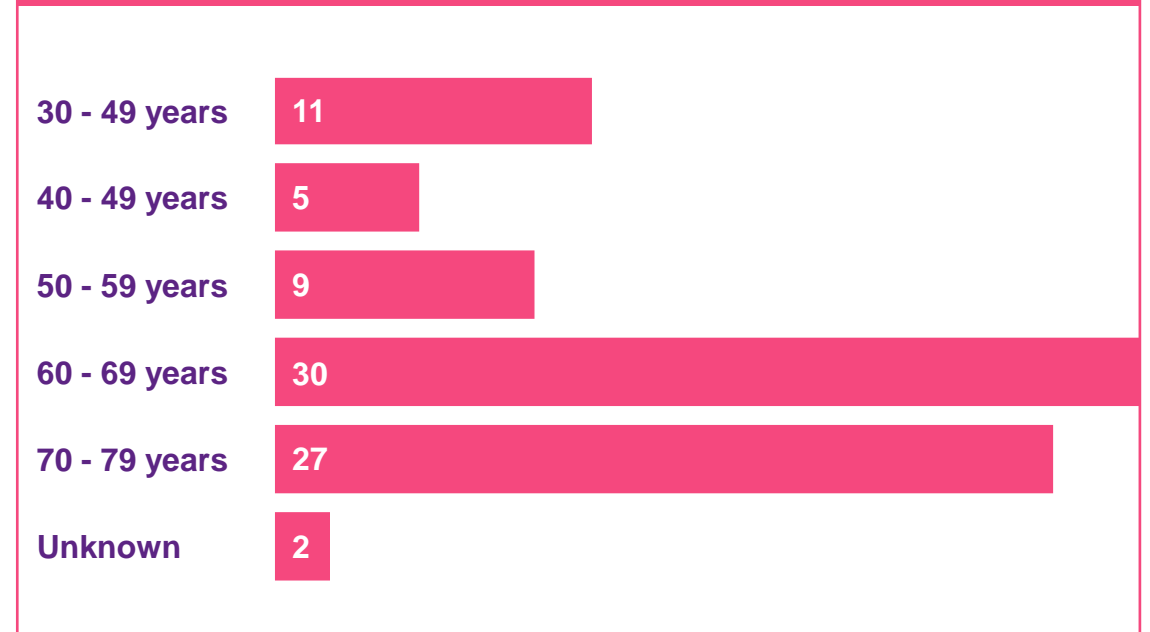


# Aberdeen Brain Health Service Summary first months 2024

How was contact made?



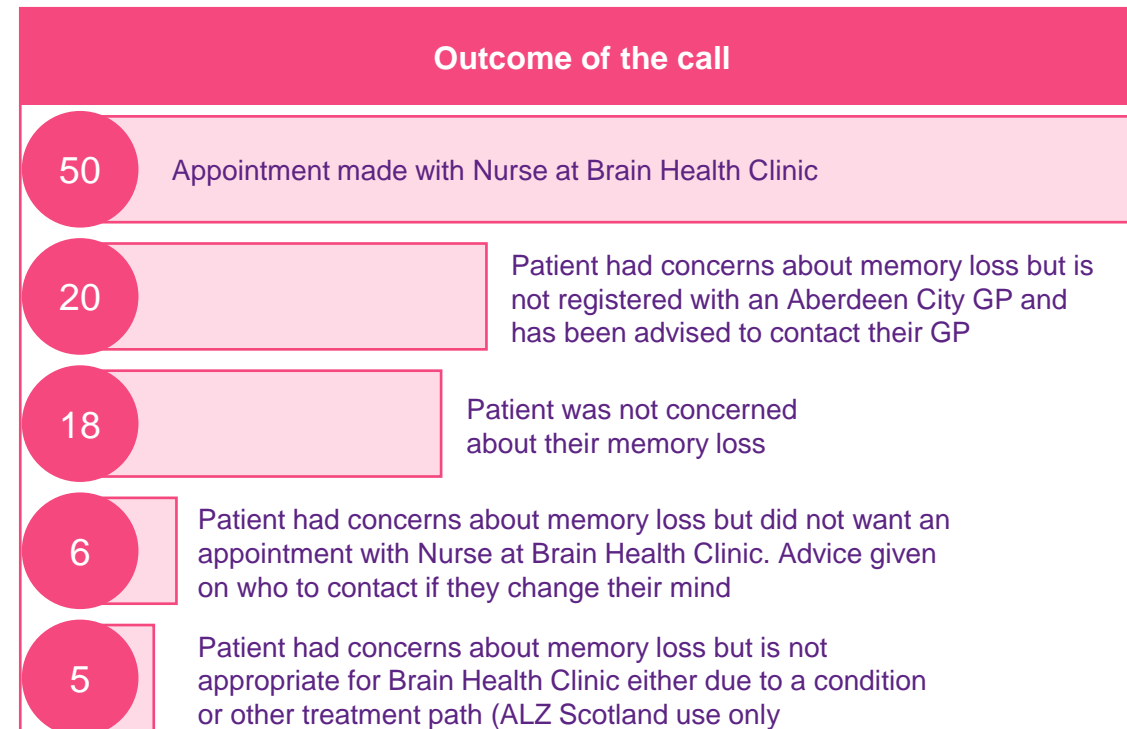
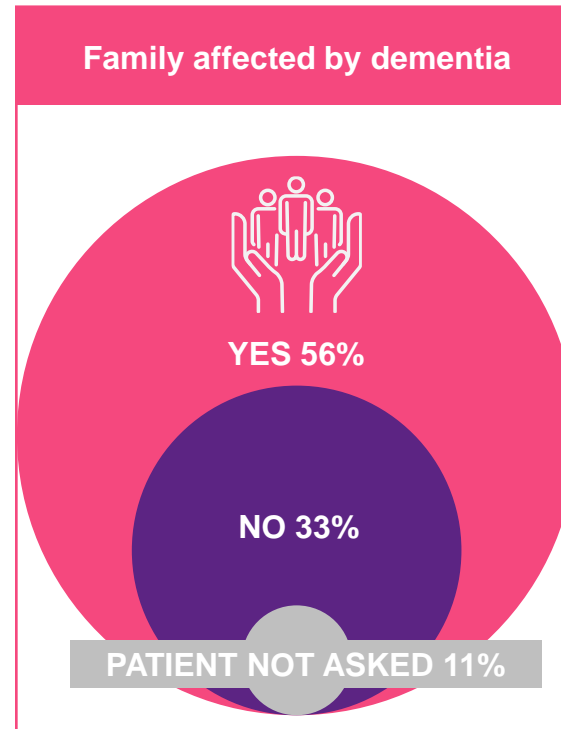
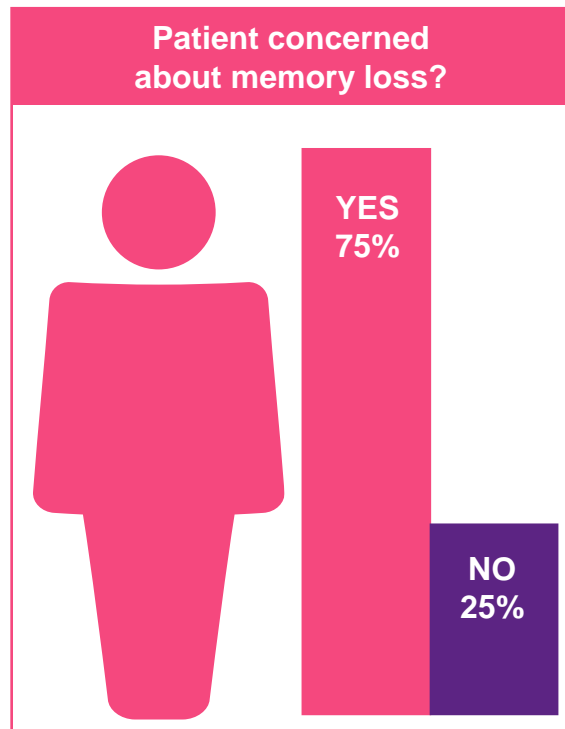
Age of the patient





# Aberdeen Brain Health Service

## Summary first months 2024



# Resources




## Vision loss

Recent research highlights that vision loss is associated with an increased risk of dementia. Eye conditions related to diabetes, and cataracts are specifically linked to this heightened risk, rather than glaucoma or age-related problems. Some causes of vision loss are preventable, and many can be treated, making effective management








## High cholesterol

High cholesterol has recently been identified as a significant risk factor for dementia. Elevated levels of low-density lipoprotein (LDL) cholesterol, often referred to as "bad" cholesterol, can contribute to the development of plaques in blood vessels, including those in the brain. Plaques are fatty deposits that build up in your arteries.











### Aberdeen Brain Health Service

What is a Brain Health Service?



### Aberdeen Brain Health Clinic



Information for people who have been referred to the Brain Health Clinic



### Aberdeen Brain Health Service

#### Do you know your risk factors for dementia?

The Aberdeen Brain Health Service will enable you to understand and identify your own personal risk for the diseases that can lead to dementia and support you with a personalised action plan.





**Telephone us:**  
NHS Grampian Healthpoint  
**08085 20 20 30**

**or visit us:**  
Alzheimer Scotland Brain Health and Dementia Resource Centre,  
13-19 King Street,  
Aberdeen AB24 5AA

**Opening hours:**  
Monday to Friday:  
9.00am – 5.00pm

To find out more please visit:  
**[www.nhsgrampian.org/brainhealth](http://www.nhsgrampian.org/brainhealth)**  
or scan our QR code



# The future of Brain Health Services – opportunities for practice development

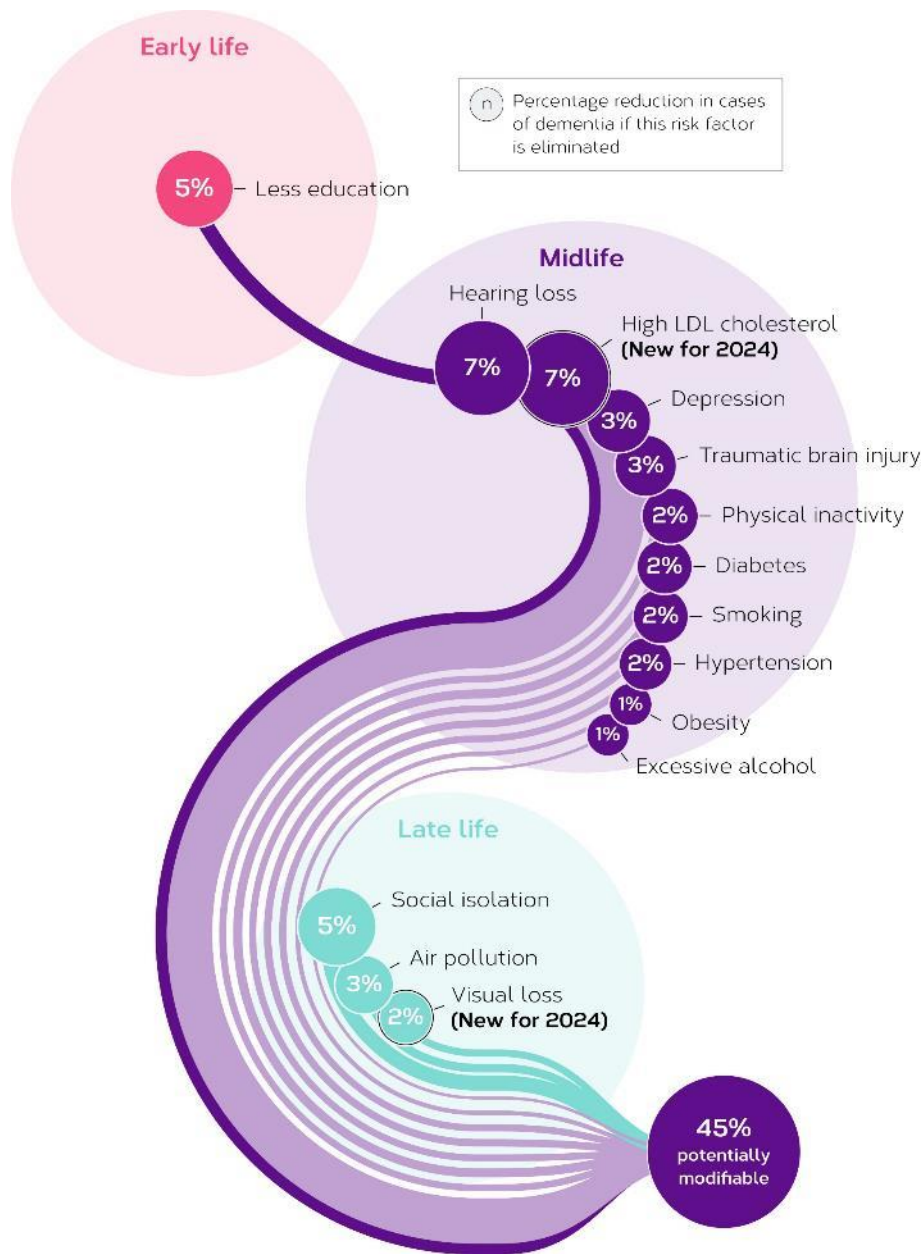
**Hugh Masters**

Practice Development Consultant, Brain Health Scotland



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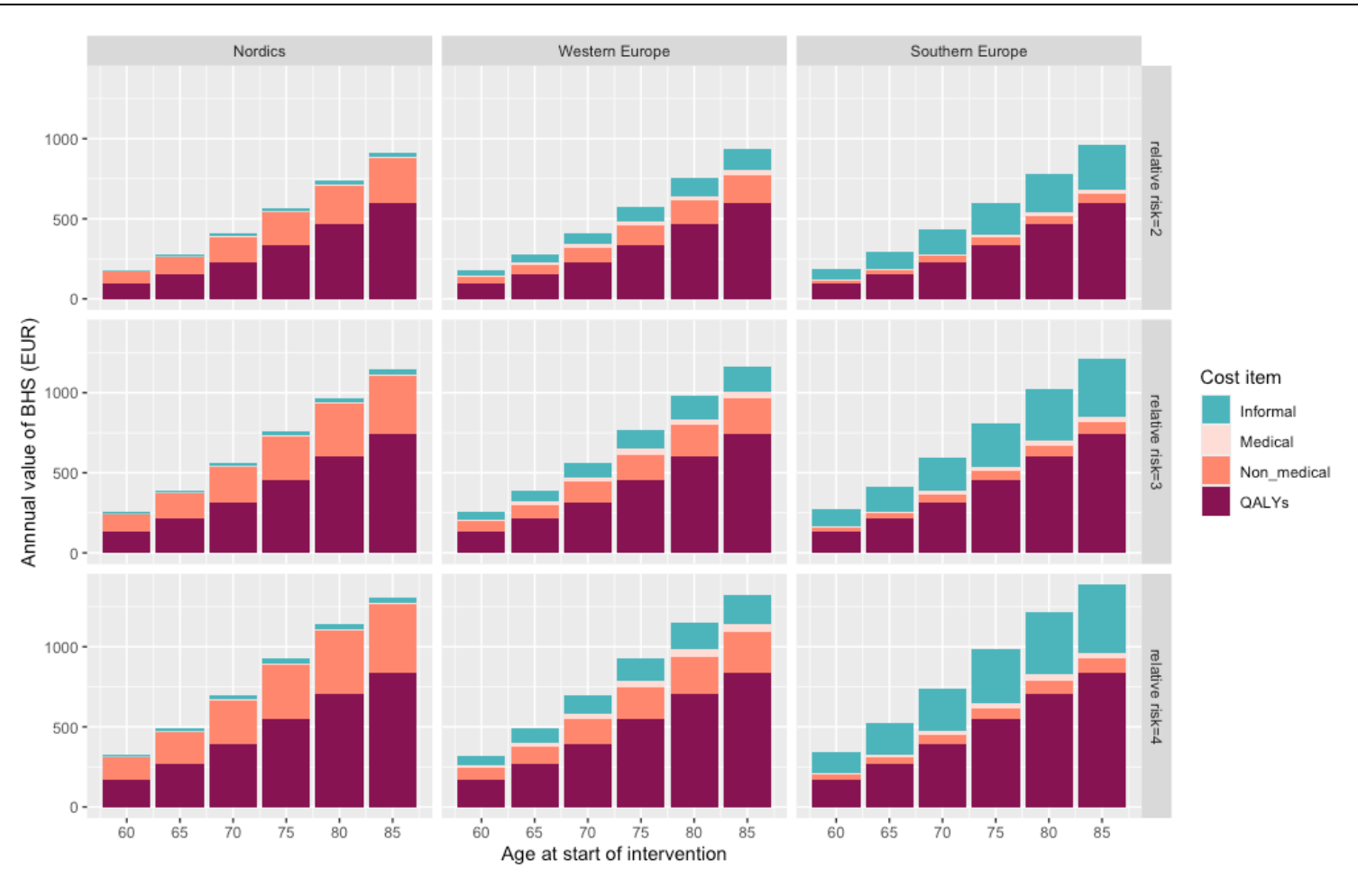




## Looking behind the headlines...

- Evidence is now **stronger** than before
- **Never too early or late**
- Lifestyle changes are having an **impact** on prevalence and costs
- **Education** is important
- These findings provide **hope**
- Be **ambitious** about prevention

**Figure 2.** Results from simulations of a hypothetical intervention reducing the risk of dementia by 20% over five years. The figure shows the cost savings and value of health gains (in terms of quality-adjusted life-years, QALYs), expressed as EUR per patient per year of treatment. Results are shown separately by European region and patient group: age at the start of intervention, and relative risk of dementia.



# The value of investing in BH and Dementia Prevention

**Frissoni et al 2024:** Brain Health Services for the secondary prevention of cognitive impairment and dementia: opportunities, challenges, and the business case for existing and future facilities. (at peer review)

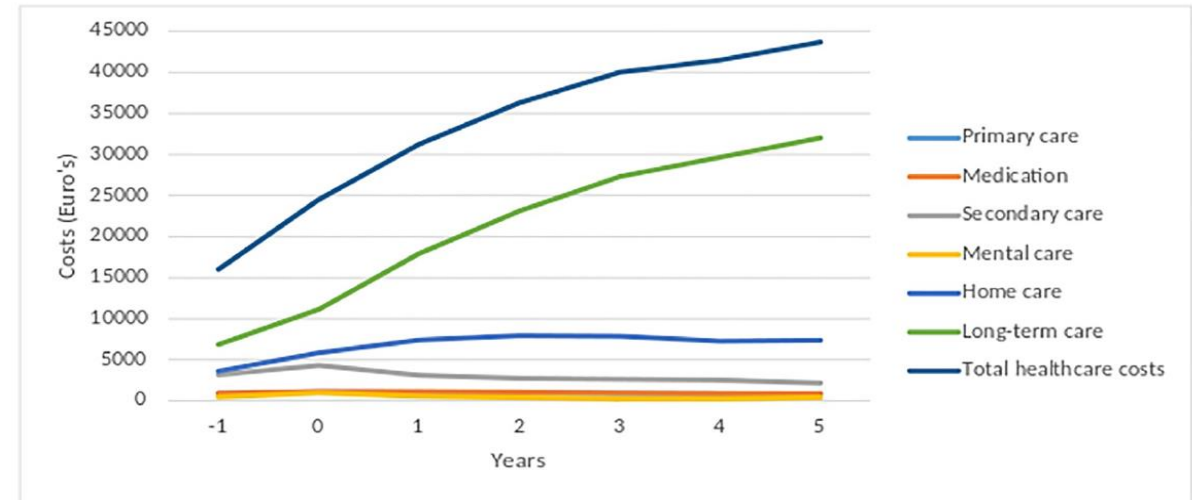
# Comparing dementia with matched controls

Costs of care trajectories of people with dementia compared with matched controls. Longitudinal analysis of linked health and administrative data Bosmans et al (2023) Int. J. Geriatric Psychiatry

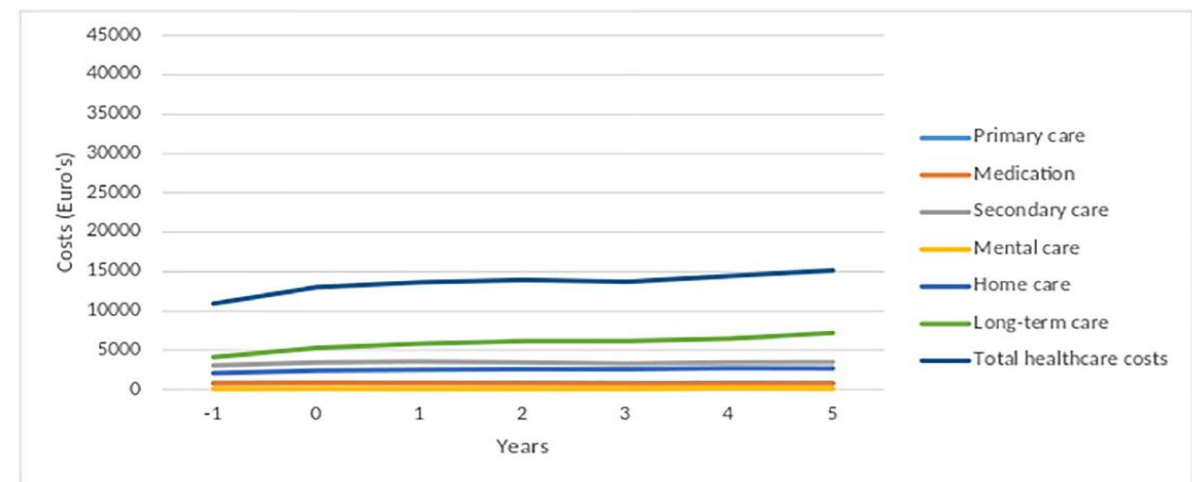
(Netherlands)

A = People with dementia diagnosis  
B = Matched controls

(A)



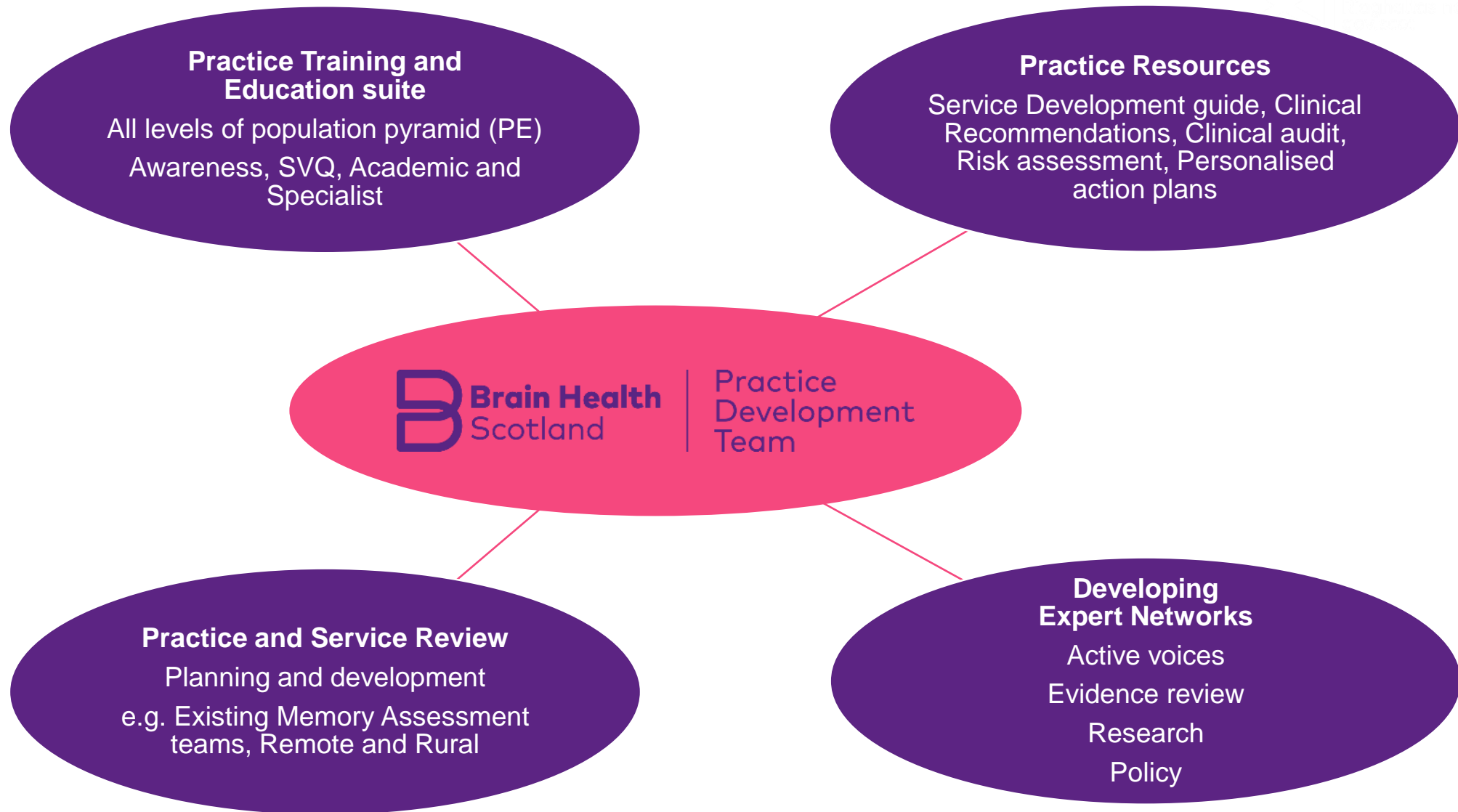
(B)







Practice  
Development  
Team



# Opportunities & Challenges

**Dr Catherine Pennington**  
Clinical Advisor



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# Mind the gap

- Brain health promotion
- Clinical services for people with mild cognitive symptoms
- High quality dementia diagnosis
- High quality dementia care – social & medical



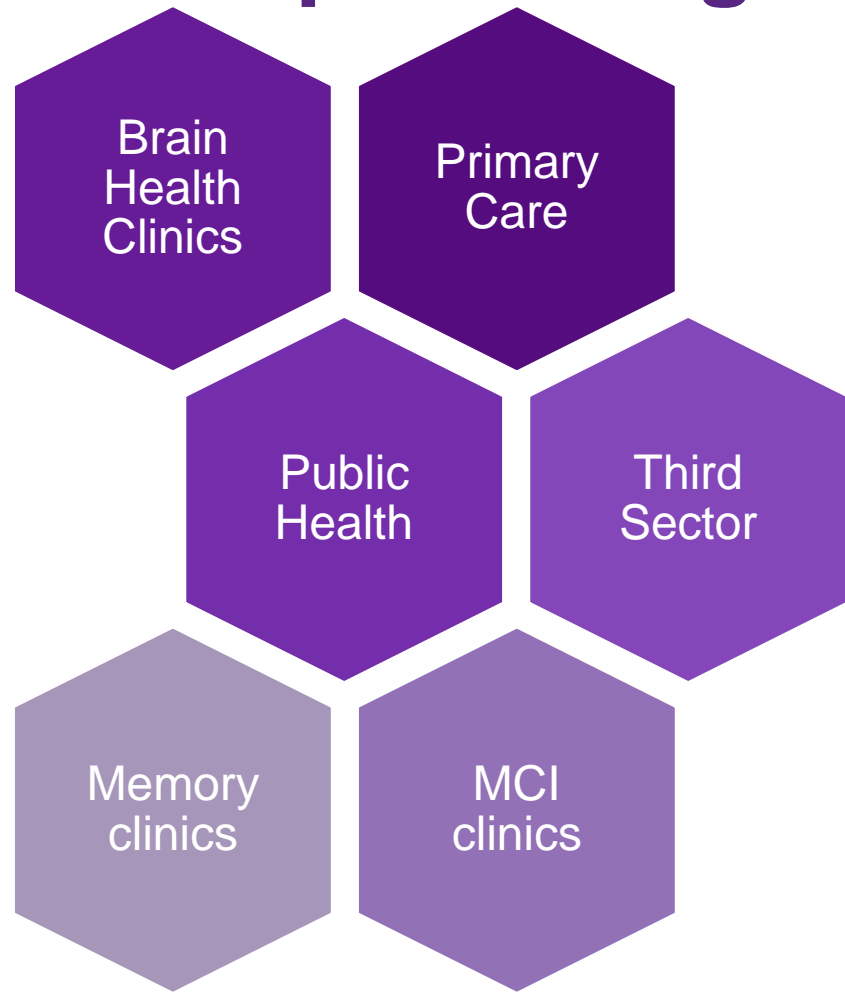


# Mild cognitive impairment

- Currently very few clinical services exist for this group
- Memory clinics typically see those with suspected dementia
- MCI has multiple causes
- Individuals need an aetiologically based diagnosis
- MCI in older adults may be the precursor to dementia



# Joined up thinking



# Biomarkers for all?

# Lecanemab & Donanemab: Drugs of the future or a false dawn?

- Novel anti-amyloid treatments
- Good evidence that they lower amyloid
- Shakier evidence that they are better than existing drugs
- Novel treatments: Expensive Intravenous Higher risk
- Existing treatments: Cheap Oral Lower risk

# Lecanemab & Donanemab: Drugs of the future or a false dawn?

*Now this is not the end.*

*It is not even the beginning of the end.*

*But it is, perhaps, the end of the beginning.*

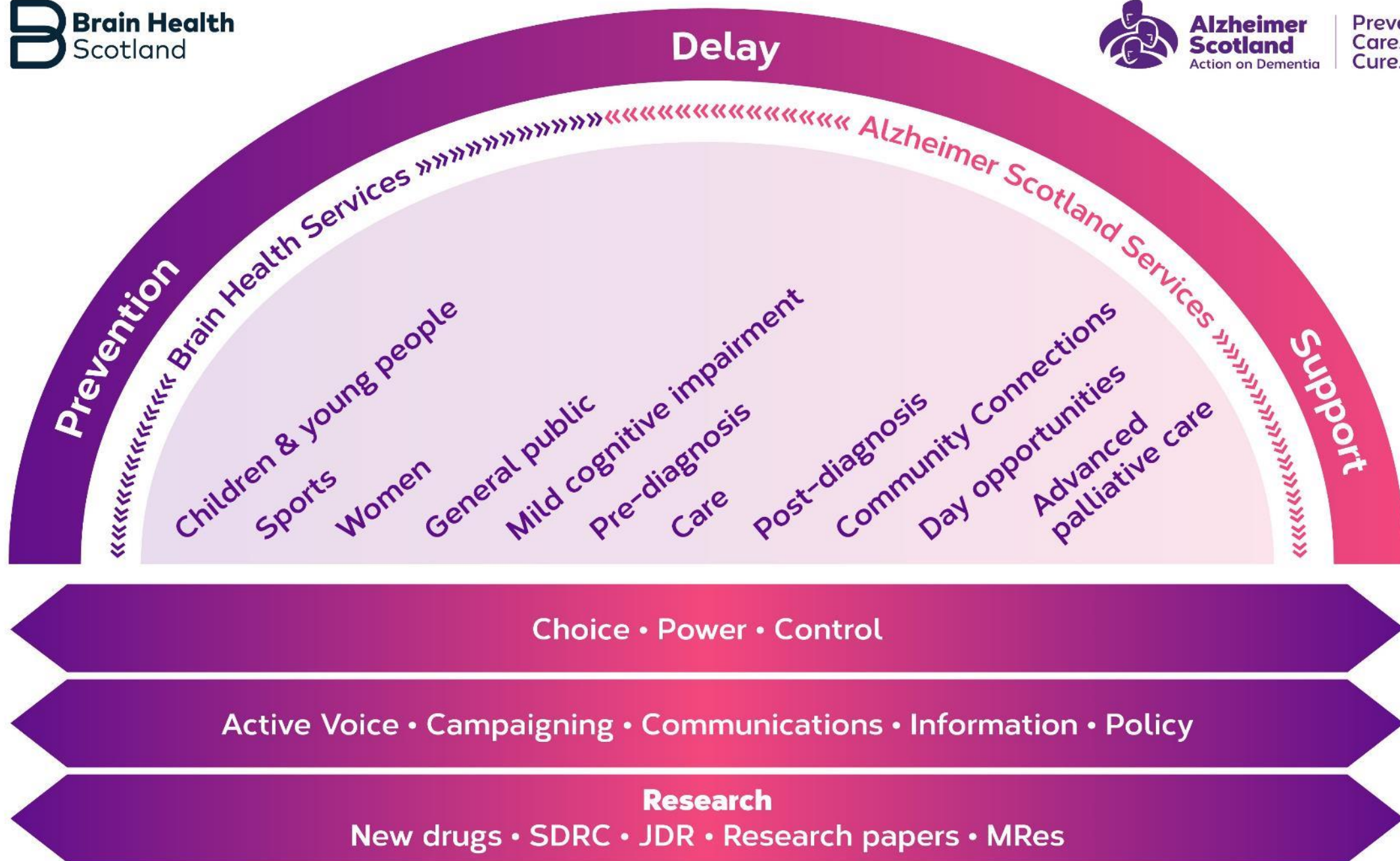
# Alzheimer Scotland Brain Health and Dementia Resource Centres

**Gillian Council**

Executive Lead for Brain Health and Innovation, Alzheimer Scotland



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# Awareness & Introduction

**Vision:** Provide comprehensive, individualised brain health programmes to promote awareness, risk reduction, and behavioural change through a series of targeted resources



Brain Health Awareness Session



Aimed at the public

*'Tiny habits,  
big changes'*



Delivered in BHDRCs & in the  
community



# Personalised Planning

**Vision:** Provide comprehensive, individualised brain health programmes to promote awareness, risk reduction, and behavioural change through a series of targeted resources



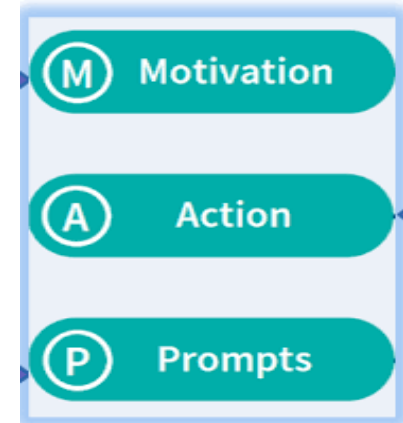
Personalised Action Plans



Address lifestyle factors/behavioural change



Delivered in BHDRCs

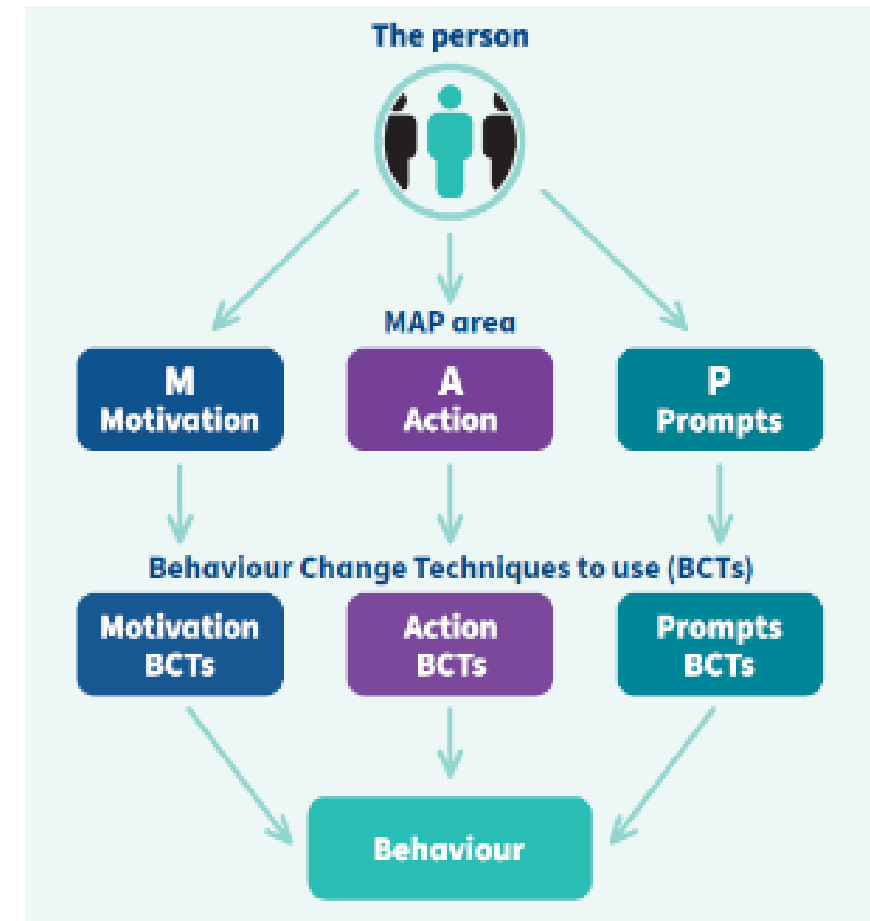


Did you know that you are **82%** more likely to achieve a goal if you write it down and review it regularly?

# Approach

- **Shift from information telling to collaborating:**  
Empowering sustainable changes
- **Adapt MAP framework & BCTs(techniques):**  
Motivation, Action, and Prompt
- **Support with Personalised action plans:** Tailored to individuals

## Map model



# Risk Reduction Programme

**Vision:** Provide comprehensive, individualised brain health programmes to promote awareness, risk reduction, and behavioural change through a series of targeted resources



Targeted programme for those 'at risk' (MCI)



Risk management/delay through lifestyle changes



Delivered in BHDRCs



# ALOIS Programme

**Vision:** Provide comprehensive, individualised brain health programmes to promote awareness, risk reduction, and behavioural change through a series of targeted resources



Varied programme linking to Brain Health advice



Spectrum from early intervention to diagnosis



Community programme available in BHDRCs





# Brain Health Coaching

**Vision:** Provide comprehensive, individualised brain health programmes to promote awareness, risk reduction, and behavioural change through a series of targeted resources



Specialist, individualised behaviour change service



National online platform, triaged resource



Delivered by Health Psychologist



# Workplace Programme

**Vision:** Provide comprehensive, individualised brain health programmes to promote awareness, risk reduction, and behavioural change through a series of targeted resources



Support employees' Brain Health in the workplace



Online programme & resource pack for corporate organisations



Available via Brain Health Scotland



# Women's Brain Health

**Vision:** Provide comprehensive, individualised brain health programmes to promote awareness, risk reduction, and behavioural change through a series of targeted resources



**Training opportunities  
and resources for staff  
focussing on key themes**



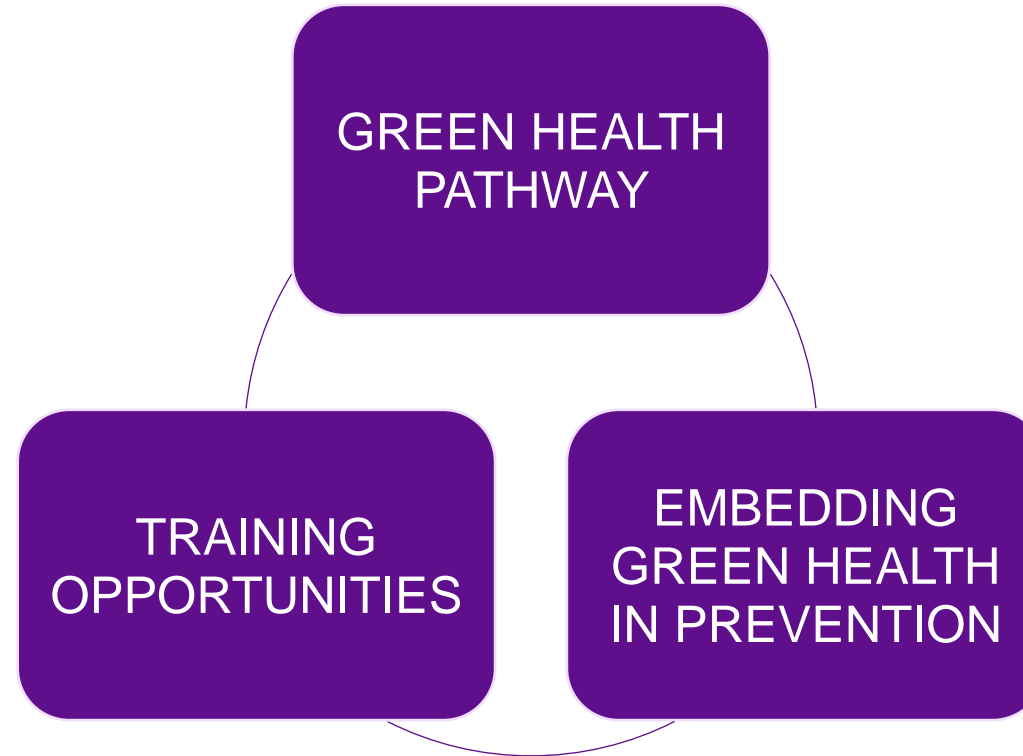
**Practical tools for front  
line practitioners**



**Collaboration with key  
partners**

# Green Health

**Vision:** Provide comprehensive, individualised brain health programmes to promote awareness, risk reduction, and behavioural change through a series of targeted resources



# Training & Innovation

**Vision:** Provide comprehensive, individualised brain health programmes to promote awareness, risk reduction, and behavioural change through a series of targeted resources



Promoting Excellence for Brain health



Testing new models in our centres



Accredited training opportunities





# Q&A

# Thank you



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# Focus on Dementia upcoming activities

## Reducing Stress and Distress

- Open applications for improvement programme (20 September-1 November)  
Drop-in session (8 October)
- Launch of Reducing Stress and Distress Improvement Programme and welcome webinar (4 December) for successful teams.

## Post-diagnostic Support (PDS)

- Review and publish PDS Quality Improvement Framework 3rd edition (December)
- Refresh supporting resources (Making the most of your PDS)
- Designing the next phase of the PDS Improvement Support offer
- PDS Leads Network meeting (11 December)

# Keep in touch

Twitter: @online\_his

Email: [his.focusondementia@nhs.scot](mailto:his.focusondementia@nhs.scot)

Web: [www.ihub.scot/improvement-programmes/dementia](http://www.ihub.scot/improvement-programmes/dementia)

Find out more about Alzheimer Scotland: [www.alzscot.org](http://www.alzscot.org)