

# Supporting primary care practitioners to work with their patients to reduce dementia risk



## BOARDING PASS: DEMENTIA

DEP: Midlife

ARR: Age 65+



- Smoker
- Depression
- Obesity
- Hypertension
- Physical inactivity

- Diabetes
- Hearing loss
- Low education
- Social isolation



*Go to Gate*



# Scoping review

## Objective

To map the existing evidence on the views, attitudes and beliefs of GPs and nurses about dementia prevention.

## Method

Databases:

- MEDLINE
- PsycINFO
- CINAHL
- Embase

Search terms

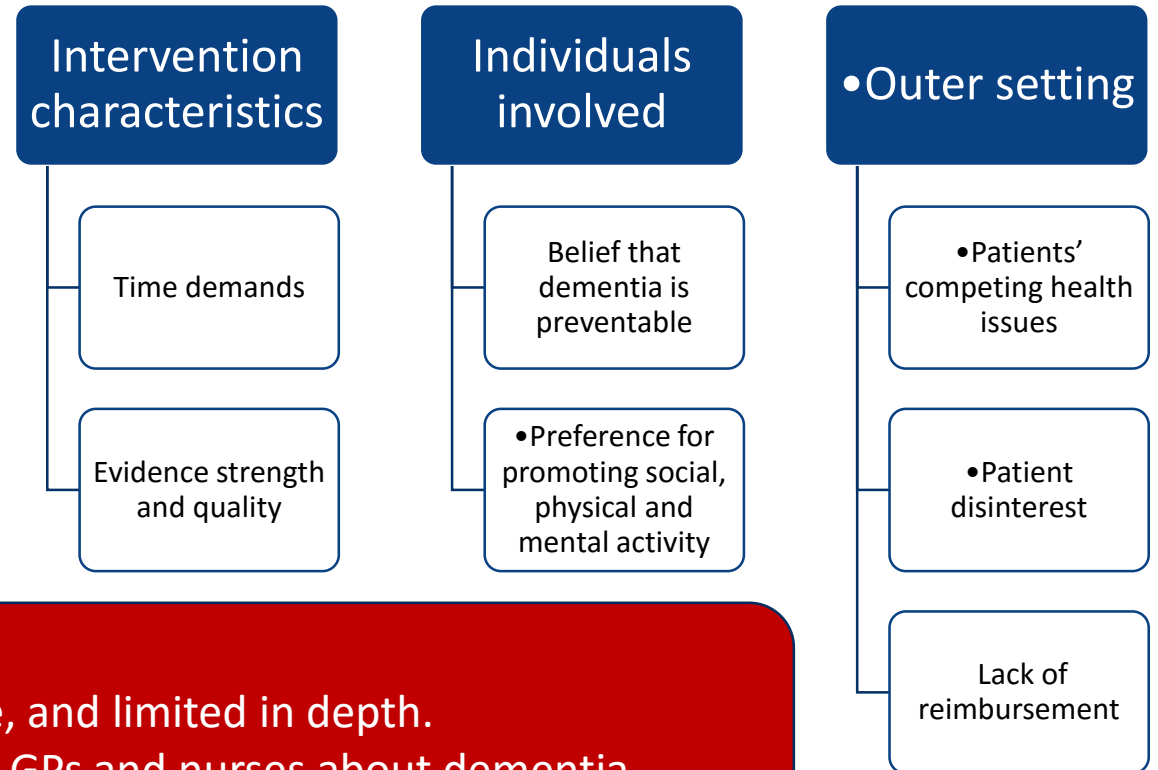
- “dementia”
- “prevention”
- “views”, “attitudes”, and “beliefs”

Limits:

- English-language
- Between 1995 and December 2017

## Results

- 7 papers looking at GPs and nurses
- (c.f. 93 papers looking at laypersons)



## Conclusion and next steps

- To date, studies have been few in number, narrow in scope, and limited in depth.
- We need rigorous, up-to-date, local studies of the views of GPs and nurses about dementia prevention.



# Interviews with GPs and PNs

## Objective

To explore the views, attitudes, and beliefs of GPs and PNs about dementia prevention in primary care, including their perceptions of the determinants of practice.

## Method

Semi-structured interviews with a convenience sample of Australian GPs and general practice nurses.

## Results

- 10 GPs, 3 GP registrars, 2 Nurse Practitioners and 3 Practice Nurses

## Preliminary themes

- the implicit, rather than explicit, promotion of brain health
- the adequacy of the evidence
- the role in planting the seed
- the art to having the conversation

## Lessons

- Focus groups are difficult to arrange
- Perhaps use asynchronous online focus groups  
[www.focusgroupit.com](http://www.focusgroupit.com)

@kali\_godbee

## Conclusion and next steps

- Together, the scoping review and interviews have highlighted several determinants of practice
- Nation-wide survey early 2019
- Pilot implementation study in several Melbourne GP clinics 2019-2020.