

Alison Morby, Andy Pringle, Zoe Rutherford, Claire Surr, Institute of Sport, Physical Activity and Leisure, and Centre for Dementia Research, Leeds Beckett University, Leeds, UK.

Background

- ◊ Dementia is a condition impacting 850000 people and poses significant public health and social issues.
- ◊ Non-pharmacological treatments like physical activity are recommended.
- ◊ There is a lack of guidance on how to support and encourage a reduction in sedentary behavior and participation in physical activity.
- ◊ Physical activity is a lifestyle factor which can reduce or delay progression of the symptoms of dementia.
- ◊ Physical activity is associated with: Improved physical function /functional living in people living with dementia (1). Improvements in psychological condition (mood) and sleep (2). Falls prevention (3). Improvements in mild cognitive impairments (4). Psychological benefits for the carer (5).
- ◊ There are 700,000 informal carers look after people living with dementia, this is expected to rise to 2m by 2050 (6).
- ◊ Responsibility for managing activity often rests with the family caregiver (7).
- ◊ Family caregivers require information and support to be able to support changes in health behaviours (8).
- ◊ People with dementia value spouse support (9).

What are we going to do?

Study 1 Systematic Literature Review



Study 2 Formative Assessment



Study 3 Development and testing of guidance



Study 1: Systematic Literature Review

- ◊ A systematic search process to establish studies which could support the development of guidance.
- ◊ Review question: What is the role of PA in supporting people to live well with dementia in the community setting and does this impact on family care givers.
- ◊ Development of key inclusion and exclusion criteria.
- ◊ Will utilise and search a range of databases.
- ◊ Data to be extracted in line with the PRISMA statement / protocols.

Study 2: Formative Assessment

- ◊ Will assess understanding of the role of physical activity, understanding of sedentary behaviour, factors influencing engagement with guidance, needs in terms of guidance support required and where to target for implementation
- ◊ Sample to include a family caregivers and people with dementia.
- ◊ Research methods will include focus groups and semi structured interviews
- ◊ Data will be analysed using Braun and Clarke (2006) six stages of thematic analysis (10).

Study 3: Development and Testing of Guidance

- ◊ Study 1 - 2 will inform the development of guidance working with key stakeholders
- ◊ Construction of draft guidance.
- ◊ Measurement of use, value and relevance of the guidance will combine qualitative and quantitative methods.
- ◊ The following methods will be used: questionnaires, focus groups and semi structured interviews.
- ◊ Data will be analysed using SPSS and Braun and Clarke (2006) six stages of thematic analysis(10).



Significance of Research and Impact

- ◊ Events to be held to share research outcomes for the full range of stakeholders and relevant voluntary sector organisations e.g. Alzheimer's Society, Dementia UK, Local Dementia Action Alliances.
- ◊ Guidance available for relevant stakeholders/practitioners for implementation.
- ◊ Guidance may have potential to influence commissioning of services /policies.
- ◊ Contribution to academic knowledge in the field.
- ◊ Contribution to the teaching curriculum at Leeds Beckett University.

References

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Aim and Research Questions

Aim:

- ◊ Develop evidence based guidance to enable stakeholders, to encourage and support people living with dementia to be active, reduce sedentary behaviour and improve health.

Research Questions:

- ◊ What is the role of increasing physical activity and reducing sedentary behaviour in supporting people living with dementia?
- ◊ What evidence could underpin and support the development of guidance?
- ◊ Who are the key stakeholders who are/maybe involved in giving advice and support?
- ◊ What is stakeholder understanding of physical activity and sedentary behaviour and their potential impact?
- ◊ What is stakeholder understanding of physical activity and factors influencing engagement?
- ◊ What are stakeholder needs regarding guidance?
- ◊ Where will the guidance be best targeted for implementation?
- ◊ What is the effectiveness of draft guidance?