



DementiaUK

Helping families face dementia

Admiral Nurse Clinic

Victoria PCN, East Sussex

**Victoria Medical Centre
Digital First Beacon Practice
Eastbourne**

**Downlands Medical Centre
Manor Park Surgery
Polegate**

www.dementiauk.org

info@dementiauk.org

@DementiaUK

Registered Charity Number
1039404

Housekeeping



- Please keep microphones on mute unless talking



- Please post questions/comments via the chat facility. We can make time to respond to questions during and also at the end of the session

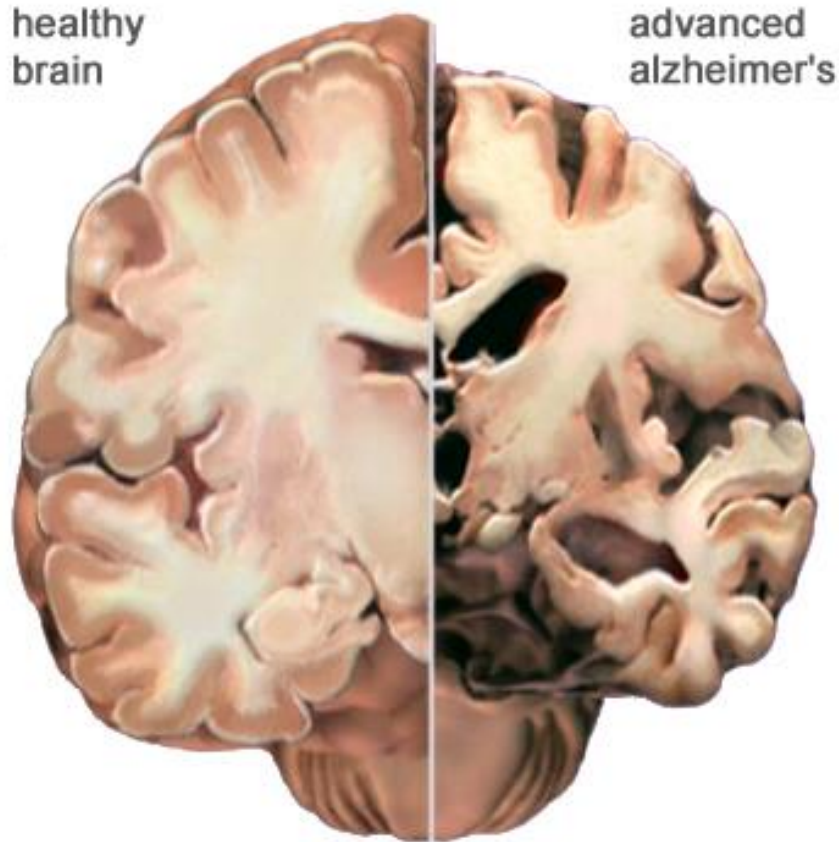


- If you are having IT issues we may not be able to help right now, but the recording and slides will be made available after the event



Gary Burnham-Jones

What is dementia?



- 850,000 people are living with the condition in the UK
- Someone is newly diagnosed every 3 minutes
- 1/4 of men and 1/3 of women will develop dementia
- Alzheimer's Disease is the most common form

Who are Dementia UK?

- Dementia UK are a national charity that provides specialist one-to-one support and expert advice for families living with dementia
- This support is provided by Admiral Nurses



Admiral Joe

Admiral Nurses

- 350+ Admiral Nurses
- Admiral Nurses support families through the toughest times
- From pre-diagnosis to post bereavement
- Including carers where person with dementia is living in residential or nursing care



Admiral Nurses: Areas of practice





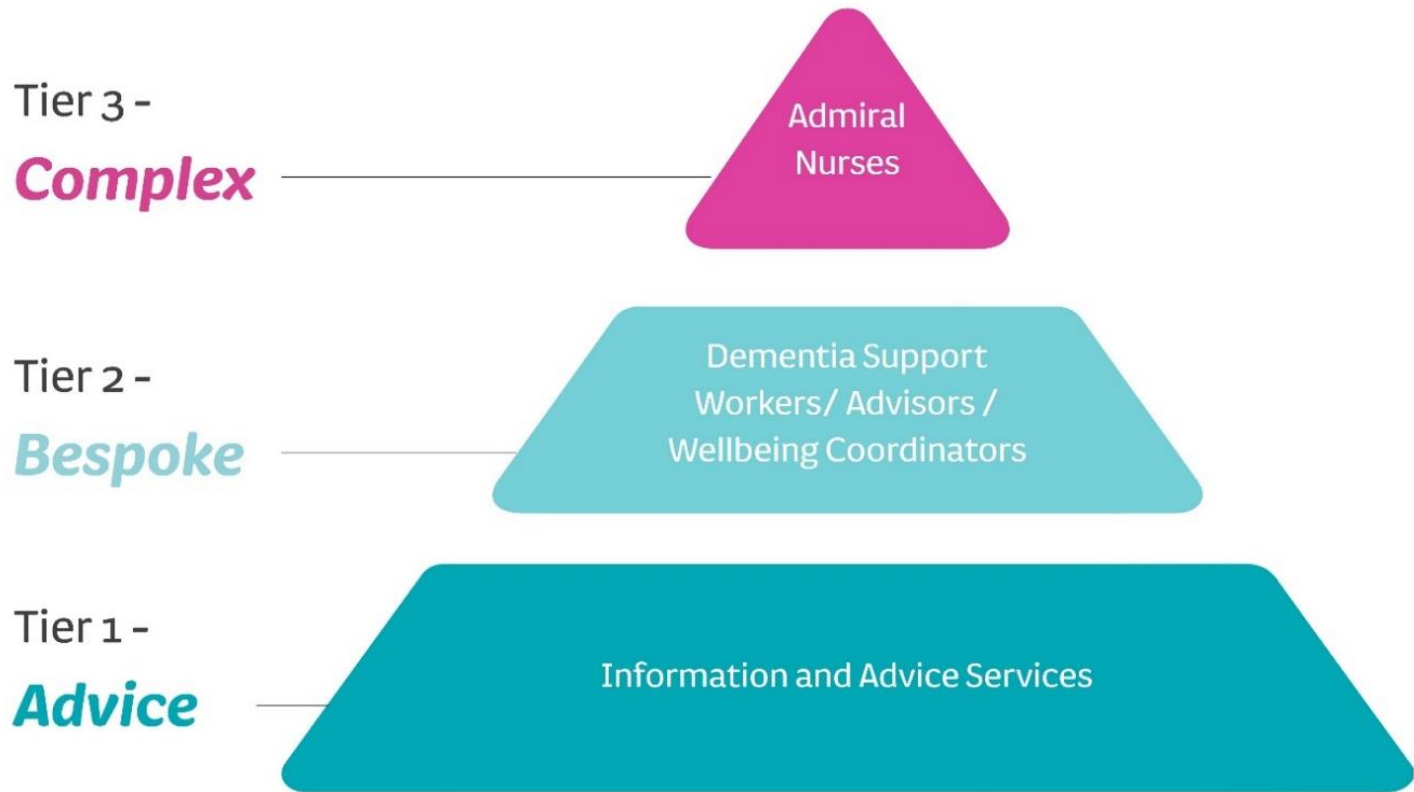
The six competencies within the Admiral Nurse Competency Framework

Current context: What are the issues?

- Growing number of people living with dementia
- Majority live in their own homes
- Growing number of family members providing care
- Many have complex health and social care needs
- Patchy services
- Impact of coronavirus



ABC Tiered integrated pathway approach to peri and post diagnostic support for families living with dementia



*Aldridge, Z., Burns, A., Harrison Denig, K. (2019) ABC model: A tiered integrated pathway approach to peri and post diagnostic support for families living with dementia (Innovative Practice) Dementia.

Any questions ?

New Admiral Nurse Clinic

- Initially funded by Dementia UK for 2 years
- Based with Victoria PCN
- List size 45372
- Dementia register 555 (800?)
- Clinic-based sessional model
- 45 minute appointments
- Face-to-face (telephone or video)
- Mon-Fri 9-5 usually



Clinic appointment recorded on COMPASS and a summary sent to carer via post or email with any other leaflets

Admiral Nurse has 45-minute appointment with carer via telephone / video or face-to-face

Further follow-up appointments offered as required



Clinic nurse sends confirmation of appointment by letter / email.

Carer contacts clinic via email or phone, or PCN staff email the carers details

Is the carer registered with one of the participating practices? If No direct to Helpline or Closer To Home virtual clinics

Clinic nurse makes appointment with carer, create case on COMPASS database

What does the clinic offer?

- Specialist knowledge of dementia and the impact on families
- Psychological support and practical guidance
- Resilience and confidence building, empowering carers
- Relationship, family-centred model of care
- Pre and post diagnostic support
- Support at times of complexity and transition
- Medication advice
- Proactive approach – helping to think ahead
- Best practice and education for the wider PCN workforce

Examples of issues explored

- Getting and understanding a diagnosis
- Looking after the carers' mental and physical wellbeing
- Family dynamics - changing roles
- Practical tips and advice for caring for someone with dementia
- Support with feelings of loss and grief
- Dealing with false beliefs and hallucinations
- Helping distressed behaviour and changes in personality
- Hospital, nursing or residential care home concerns
- Risk management and keeping the person with dementia safe
- Planning for the future and decision making
- End of life care and bereavement

Expected positive outcomes

Improved outcomes for family carers

- ✓ Lower levels of depression and anxiety in caring role
- ✓ Increased knowledge, skills and resilience
- ✓ Able to access other appropriate information and support
- ✓ Higher satisfaction in their caring role

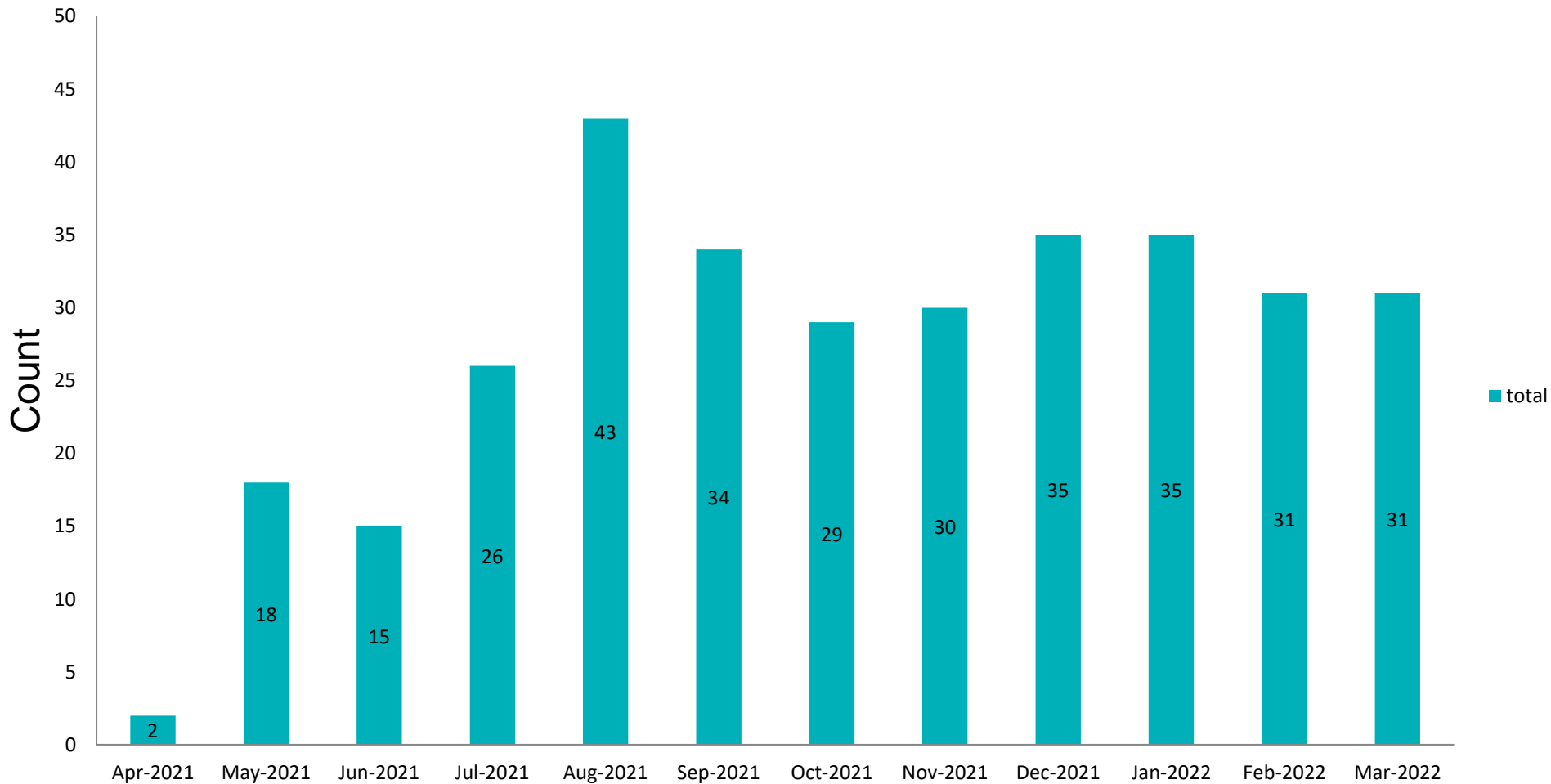
Improved outcomes for people with dementia

- ✓ Improved well-being and quality of life
- ✓ Increased access to services and care
- ✓ Delayed transition into care homes

Improved outcomes for PCN

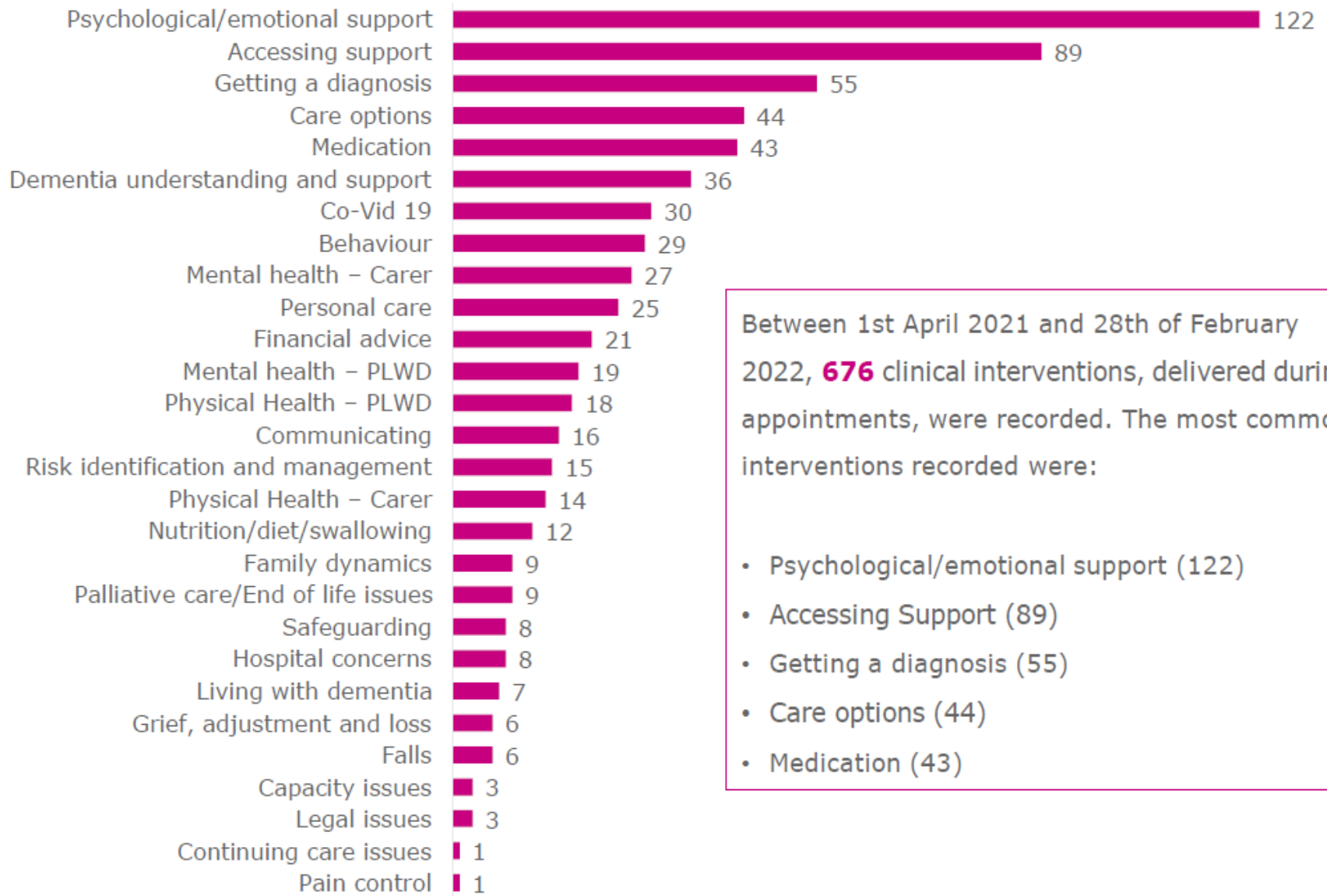
- ✓ Reduced GP appointments and call outs for carers
- ✓ Reduced A&E visits and inappropriate acute hospital admissions for the person with dementia
- ✓ Advice and support for PCN staff

Individual Referrals and Re-referrals Per Month



The clinic has so far supported 92 families with 328 appointments

Clinical interventions (n=676)



Between 1st April 2021 and 28th of February 2022, **676** clinical interventions, delivered during appointments, were recorded. The most common interventions recorded were:

- Psychological/emotional support (122)
- Accessing Support (89)
- Getting a diagnosis (55)
- Care options (44)
- Medication (43)

Recent clinic feedback

- Being able to meet face to face, not just limited to the telephone made the whole experience more personal and felt more confidential
- It is certainly an advantage to have a specialist person in house at my surgery.
- After seeing the admiral nurse I realise there is support for the person with dementia and also the carer
- Good to speak to someone more knowledgeable about condition.
- I was so grateful to finally be able to talk to someone about my situation as Carers. The nurse understood how I was feeling. He made positive suggestions. He gave me information. I appreciate that he will continue to give me support.

Carers can book an appointment on:

01323 407 837

sussexanclinic@dementiauk.org



Carers registered with other surgeries can use the free **Admiral Nurse Dementia Helpline**

0800 888 6678

Or the national **Closer To Home** virtual clinic service

www.dementiauk.org/get-support/closer-to-home/

Thank you for listening, any questions?

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Dementia Helpline

evaluation

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