

# AJDC Journal Club

DISCUSSION GUIDE 10

Vol 10 No 2 April/May/June 2021

## Welcome

Welcome to the **AJDC Journal Club! The Australian Journal of Dementia Care (AJDC) Journal Club** is – like the Journal itself – aimed at all staff working with people with dementia in your service, facility or centre.

The purpose of the **AJDC Journal Club** is to offer an opportunity to step back from the day-to-day pressures of work, reflect on practice and to consider whether any of the ideas shared in the AJDC could be useful in your service.

We hope that you find the AJDC a valuable resource and will use these questions to stimulate discussion on the needs of people with dementia and care practice at weekly, fortnightly or monthly team meetings within your service or organisation.

## Scan our QR Codes!

We have added Quick Response (QR) codes next to all our useful resources and additional readings. Scan the QR codes with your internet enabled device e.g. smartphone, to open the URL.

*No scanner?* Download a free App in your store e.g. QR Reader for iPhone



## Some tips for your AJDC Journal Club

Decide who will organise and facilitate the discussion and distribute copies of the articles to be discussed.

Discuss 1 article / set of questions per meeting (say, every fortnight).

We have suggested 4-5 questions per article. If this seems too many (given time constraints), or some are not applicable to your service, pick 2 or 3 and focus on these.

Ideally all participants will have read each article before the group discussion. In practice, this may be unrealistic or impossible – so the questions have been written in such a way that people should still be able to contribute, even if they haven't read all the articles completely.

If possible, ask one of the participants to write brief notes during the discussion. These can be distributed to colleagues who attended as well as those unable to make it.

This **AJDC Journal Club** initiative is supported by Dementia Training Australia.

**dta.com.au**

Download the **Journal Club Discussion Guides** at [dta.com.au/journalclub](http://dta.com.au/journalclub)

## ARTICLE 1

# Rose and Carl: a GP's reflections

by Hilton Koppe

Australian Journal of Dementia Care,  
Apr/May/June 2021, Vol 10, No 2, pp 16-18



Pages 16-18

### QUESTIONS

1. The author talks about trying to convince Rose's husband Carl to accept help at home, without success. Can you share an experience of where a family carer was not willing to accept help from support services? How did this make you feel?
2. Rose had a number of health conditions, including dementia. What are some of the issues that arise when a person living with dementia needs support managing a range of health conditions? What can practitioners do to help?
3. Carl's death revealed that the couple had "barely been coping". In hindsight, what are some strategies that might have helped Rose and Carl accept more support and involvement from outside their family?
4. The author describes the support he gave to Rose's daughter, in relation to Rose's admission to residential aged care. How can a practitioner assist family members at a time like this?

### Useful resources and additional reading

#### The Dementia Guide

This Dementia Australia guide is aimed at people newly diagnosed with dementia and their family and friends, and offers good introductory information on diagnosis, treatment, support, and planning for the future.  
<https://bit.ly/the-dementia-guide>



#### People With Dementia: A Care Guide For General Practice

This 2019 Cognitive Decline Partnership Centre resource is aimed at GPs and covers a wide range of topics, including diagnosis, communication, behavioural and psychological symptoms of dementia (BPSD), and supporting carers.  
<https://bit.ly/GP-care-guide>



#### Dementia and Chronic Conditions Series Toolkit

Dementia Australia brings together a wide range of resources to offer better ongoing support to those who are living both with dementia and a chronic condition (HIV-Associated Neurocognitive Disorders, diabetes, stroke and coronary heart disease).  
<http://bit.ly/chronic-conditions-toolkit>



**Dementia Resources For General Practice**  
Dementia Training Australia (DTA) compendium of links to helpful organisations and resources, aimed at GPs who are supporting people living with dementia.  
<https://bit.ly/30KMTc1>



## ARTICLE 2

# Supporting meaningful activity in hospital

by Susan Gee and Tracey Hawkes

Australian Journal of Dementia Care,  
Apr/May/June 2021, Vol 10, No 2, pp 20-22



Pages 20-22

### QUESTIONS

1. What activity resources are available to all staff within your care service? What is your favourite activity resource and why?
2. One area of learning from this project was the importance of offering one or two appealing activity options to hospital patients living with dementia, rather than overwhelming them with choices. How else can we support people with dementia in situations involving choice?
3. The article talks about the slogan introduced into the hospital, 'Be an engager, not a sitter'. Can you suggest ways to engage with a person with dementia, especially if they are reluctant to talk?
4. How can your team work together to encourage a whole-team approach to activities?

### Useful resources and additional reading

#### Focus On The Person form

This form asks for key information about a person who is living with dementia (eg, their needs, preferences and interests). It can help hospital staff get to know a patient quickly and bring peace of mind to family carers.  
<http://bit.ly/Focus-on-the-person-form>



#### A Better Way To Care

This 2019 resource from the Australian Commission on Safety and Quality in Health Care sets out a best practice pathway for acute care for people with cognitive impairment.  
<http://bit.ly/better-way-to-care>



#### Purposeful Activities For People With Dementia

This Dementia Australia resource is a collection of six films, and a reflection workbook, aimed at sharing ideas for engaging activities with people living with dementia.  
<https://bit.ly/374tu9O>



**Using Reminiscence With People with Dementia in Sub-Acute and Acute Care**  
This 2017 manual presents an introduction to offering reminiscence activities in an acute setting, looks at practical aspects of the hospital setting, and shares templates and links to key resources.  
<http://bit.ly/reminiscence-acute-care>



## Scan our QR Codes!

We have added Quick Response (QR) codes next to all our useful resources and additional readings. Scan the QR codes with your internet enabled device e.g. smartphone, to open the URL. *No scanner?* Download a free App in your store e.g. QR Reader for iPhone



## ARTICLE 3

# Visit with Viv fosters empathy

by Gail Kenning

Australian Journal of Dementia Care,  
Apr/May/June 2021, Vol 10, No 2, pp 23-25



Pages 23-25

## QUESTIONS

1. The author emphasises how important it is to understand and be aware of each person's lived experience of dementia. How does your care team try to find out about this, from the people with dementia you support?
2. The character Viv experiences hallucinations. How do you respond if you think a person with dementia is hallucinating?
3. Some of the older people who viewed *The Visit* seemed to respond with less empathy to the character Viv, compared to younger participants. Why do you think this might be?
4. *The Visit* has been shown at a large number of cultural events. What films or books do you know of that focus on dementia, and what have you learnt about dementia from these? How have they portrayed dementia?

## Useful resources and additional reading

### Empathy Matters

This 30-minute online course from Dementia Training Australia explores the importance of empathy in dementia care through a range of films and learning tasks.

<http://bit.ly/DTA-empathy-matters>



### Negative Stereotypes, Fear and Social Distance

This systematic review of the way in which dementia is portrayed in popular culture was conducted by Australian researchers Lee-Fay Low and Farah Purwaningrum. The full article is available to read online.

<http://bit.ly/Low-article>

### Attitudes to Dementia

This 2019 publication from Alzheimer's Disease International reports on the largest global survey ever conducted of attitudes to dementia.

<http://bit.ly/world-report-2019-JC>



### Responding to Delusions and Hallucinations

Dementia Support Australia guide on responding well to a person with dementia who is experiencing hallucinations.

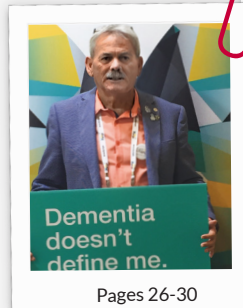
<http://bit.ly/DSA-hallucinations-guide>

## ARTICLE 4

# Reframing dementia to improve quality of care

by John Quinn

Australian Journal of Dementia Care,  
Apr/May/June 2021, Vol 10, No 2, pp 26-30



Pages 26-30

## QUESTIONS

1. What was your reaction to reading the opening visualisation in John Quinn's article?
2. John Quinn talks about the way in which dementia is referred to as 'the long goodbye', or a 'thief'. Have you heard these sorts of terms used? How do you feel about them?
3. How can practitioners model speaking openly about dementia, as the author recommends? What issues may arise from doing so?
4. The Royal Commission into Aged Care Quality and Safety's Final Report made many recommendations for reshaping aged care. What do you think are the main ways that care staff could be better supported to do their work well?

## Useful resources and additional reading

### Royal Commission into Aged Care Quality and Safety

The website for the Royal Commission contains a host of outputs arising from the two-year investigation (for example, hearing transcripts, research publications and submissions), including the Final Report.

<http://bit.ly/RC-website>



### A Roadmap For Quality Dementia Care

This Dementia Australia publication, presented to the Australian Government in March 2021, sets out what needs to change in Australia's aged care system and is the result of ongoing engagement with people living with dementia.

<http://bit.ly/DA-Roadmap>

### Reframing Dementia

This is the full version of the article written by Suzanne Cahill, and referred to in John Quinn's AJDC article.. It explains why and how dementia needs to be reframed as a disability and human rights concern.

<http://bit.ly/reframing-dementia>



### The Human Rights of People Living With Dementia

This 2016 Dementia Alliance International booklet explains the significance of the UNCRPD to people living with dementia and how it can be used in campaigning efforts with and on behalf of people living with dementia.

<http://bit.ly/DAI-human-rights>

## Notes

### Australian Journal of **DementiaCare**

#### **The Australian Journal of Dementia Care (AJDC)**

The Australian Journal of Dementia Care is a subscription-only multidisciplinary journal for all professional staff working with people with dementia, in aged care homes, hospitals, day units and the community. The journal is committed to improving the quality of care provided for people with dementia, by keeping readers abreast of news and views, research, developments, practice and training issues. The Australian Journal of Dementia Care is grounded firmly in practice and provides a lively forum for ideas and opinions. We also welcome submissions of articles and letters to the editor from people involved in the dementia care sector.

[journalofdementiacare.com](http://journalofdementiacare.com)



#### **Dementia Training Australia (DTA)**

Dementia Training Australia (DTA) is a consortium funded by the Australian Government to provide nationwide education and training on the care of people living with dementia. Established in October 2016, its mission is to improve the care and wellbeing of both the people living with dementia and the staff delivering their care. DTA combines the expertise of four universities (the University of Wollongong, La Trobe University, QUT, the University of Western Australia) and Dementia Australia to deliver a coordinated national approach to dementia training for individuals and organisations. Central coordination is provided by consortium lead, the University of Wollongong.

[dta.com.au](http://dta.com.au)



Send us your questions / feedback and  
download the Journal Club Discussion Guides at  
[dta.com.au/journalclub](http://dta.com.au/journalclub)