



NICE - Working with health to improve dementia support'

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September 2016

Introduction

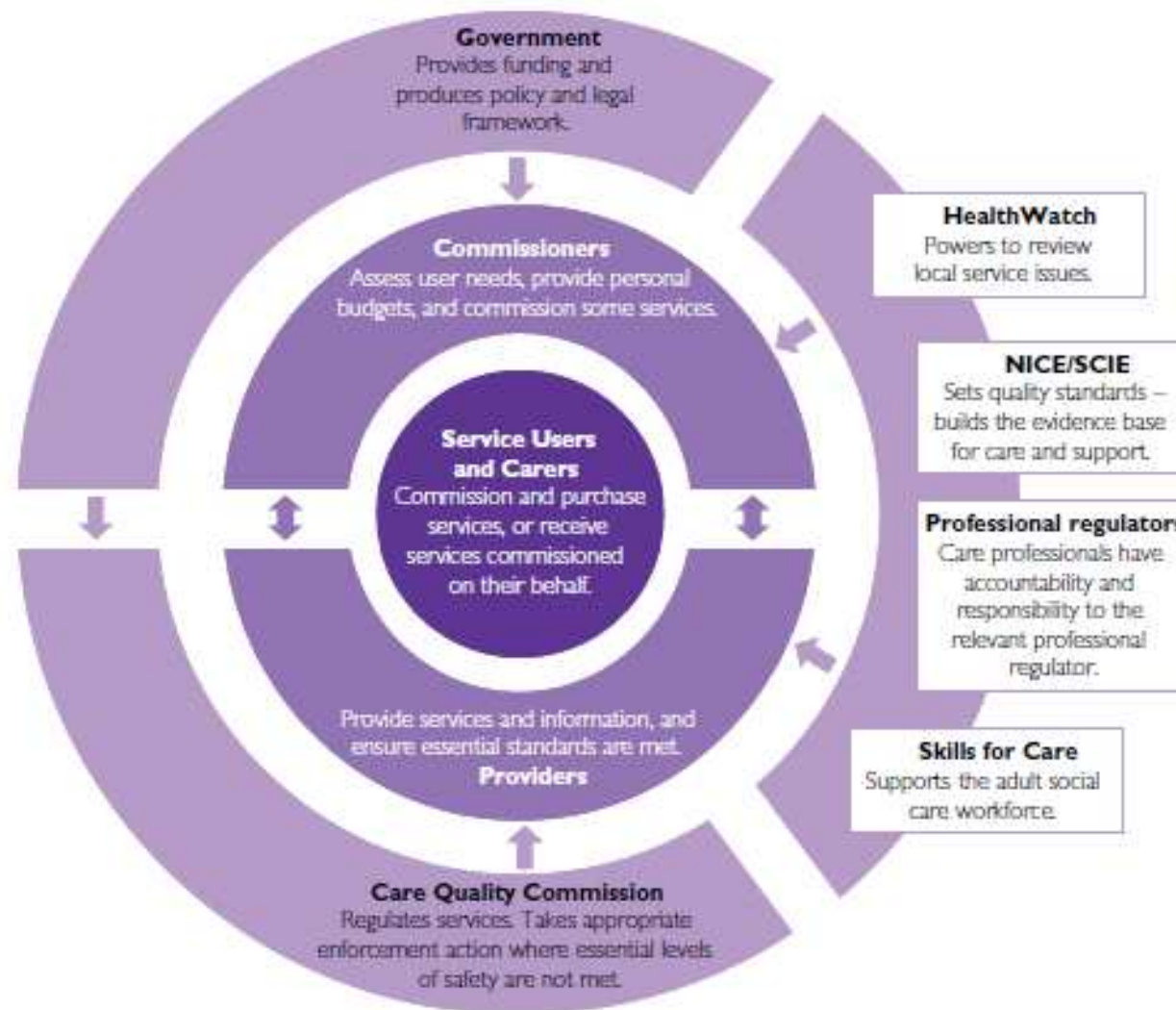
- Using and finding NICE guidelines
- Using NICE Quality Standards to facilitate joint working between health and social care
- Learning by sharing – the Wakefield Care Homes Vanguard

The role of NICE

- Produce evidence-based guidance and advice for health, public health and social care practitioners
- Develop quality standards and performance metrics for providers, commissioners and practitioners
- Provide a range of information services for commissioners, practitioners and managers across health and social care



Our position in the social care sector



**Evidence,
Guidance,
Standards.**

NICE Guidelines

- NICE guidelines are comprehensive sets of recommendations based on the best available evidence

They describe:

- what is effective (what will result in the best outcomes)
- what is cost effective (best value for money)
- what good looks like

Use them to:

- guide decisions making when deciding what is best for the person you are caring for(for practitioners, providers, commissioners, service planners and users)

Guidance and quality standards supporting quality in health and social care

Topic and pathway	Guidance	QS
Managing medicines in care homes	Available	Available
Mental wellbeing of older people in care homes	Available	Available
Pressure ulcers	Available *	Available
Falls	Available *	Available
End of Life care	Available	Available
Infection prevention and control	Available *	Available
Delirium	Available	Available
Head injury	Available *	Available
Nutrition	Available *	Available
Transition between inpatient hospital settings and community or care home settings	Available	Due Sept 2016

Dementia, disability and frailty in later life – mid-life approaches to delay or prevent onset

- This guideline covers mid-life approaches **to delay or prevent** the onset of dementia, disability and frailty in later life.
- The guideline aims to increase the amount of time that people can be independent, healthy and active in later life.

Dementia: supporting people with dementia and their carers in health and social care

- Preventing, diagnosing, assessing and managing dementia in health and social care, and includes recommendations on Alzheimer's disease.
- It aims to improve care for people with dementia by promoting accurate diagnosis and the most effective interventions, and improving the organisation of services.

NICE Quality Standards

Quality standards help health and social care providers **set up** and **measure** their services to deliver a high standard of care

- Dementia: support in health and social care (QS1)
- Dementia: independence and wellbeing (QS30)
- Mental wellbeing of older people in care homes (QS50)

Dementia: independence and wellbeing

NICE quality standard [QS30] Published date: April 2013

<http://www.nice.org.uk/guidance/qs30/chapter/List-of-quality-statements>

Quality Standard

Tools and resources

Information for the public

History

Overview

Introduction and overview

How this quality standard fits
into the NICE Pathway

List of quality statements

Quality statement 1: Discussing
concerns about possible
dementia

Quality statement 2: Choice
and control in decisions

Quality statement 3: Reviewing
needs and preferences

Quality statement 4: Leisure
activities of interest and choice

Quality statement 5:
Maintaining and developing
relationships

Quality statement 6: Physical
and mental health and
wellbeing

Quality statement 7: Design

Quality Standard

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List of quality statements

< Next >

Statement 1. People worried about possible dementia in themselves or someone they know can discuss their concerns, and the options of seeking a diagnosis, with someone with knowledge and expertise.

Statement 2. People with dementia, with the involvement of their carers, have choice and control in decisions affecting their care and support.

Statement 3. People with dementia participate, with the involvement of their carers, in a review of their needs and preferences when their circumstances change

Statement 4. People with dementia are enabled, with the involvement of their carers, to take part in leisure activities during their day based on individual interest and choice.

Statement 5. People with dementia are enabled, with the involvement of their carers, to maintain and develop relationships.

Statement 6. People with dementia are enabled, with the involvement of their carers, to access services that help maintain their physical and mental health and wellbeing.

Statement 7. People with dementia live in housing that meets their specific needs.

Statement 8. People with dementia have opportunities, with the involvement of their carers, to participate in and influence the design, planning, evaluation and delivery of services.

Statement 9. People with dementia are enabled, with the involvement of their carers, to access independent advocacy services.

How can quality standards be used?

"As a **provider** of care services, I can use NICE guidance and quality standards to ensure, and therefore demonstrate, that I provide high quality care, based on the best available evidence."

"As a **user of care services**, they support me in my choices about who provides care for me, and in knowing what to expect from a good quality care service."

"Commissioning services using NICE quality standards allows me to meet my duties as a **health or local authority commissioner** to promote integration of health and social care, and support me in ensuring the services I commission are high quality, and value for money"

Finding guidance, quality standards and support tools

NICE National Institute for Health and Care Excellence

NICE Pathways | NICE Guidance | Standards and indicators | Evidence services | Sign in

Search NICE...

Improving health and social care through evidence-based guidance

[Find NICE guidance](#)

[Save money](#) | [Put guidance into practice](#) | [Find journals and databases](#)

Latest guidance

- Hormone-sensitive metastatic prostate cancer: docetaxel
- C3 glomerulopathy in the native kidney: eculizumab
- Older people: independence and mental wellbeing
- Bladder Cancer
- Joint distraction for ankle osteoarthritis

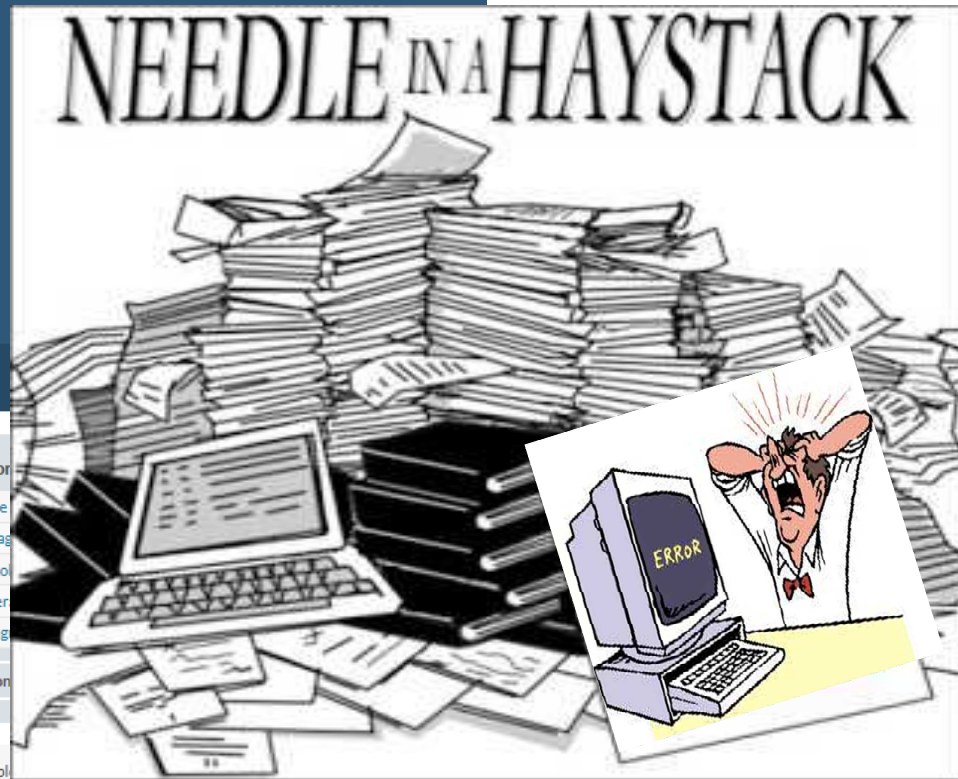
[View all guidance](#)

Latest guidance in consultation

- Sepsis : Draft guidance
- Assessment and Management of Sepsis
- Liver disease (non-alcoholic)
- Attention deficit hyperactivity disorder
- Neonatal jaundice diagnosis

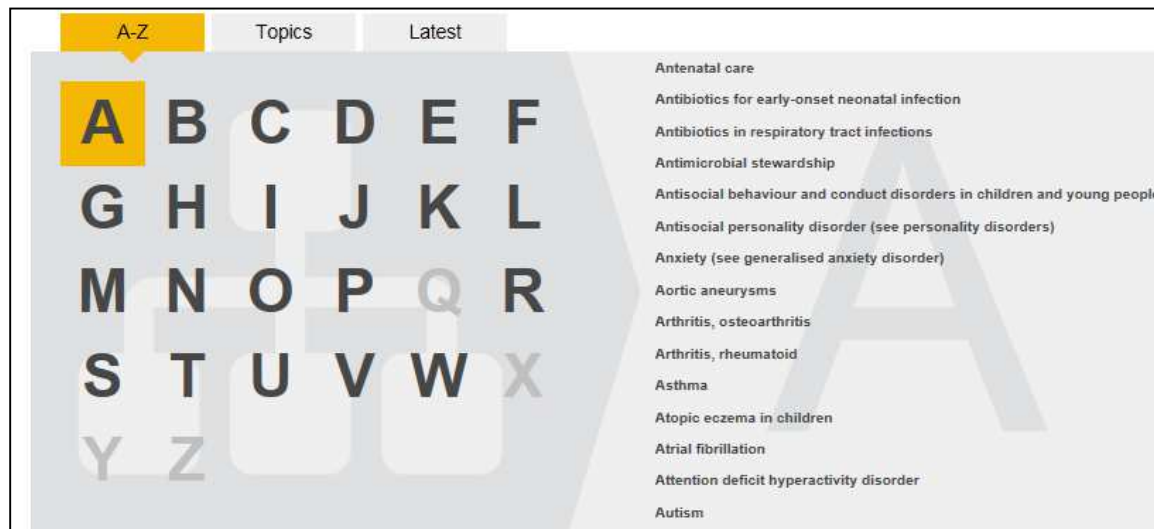
[View all consultation](#)

In-depth

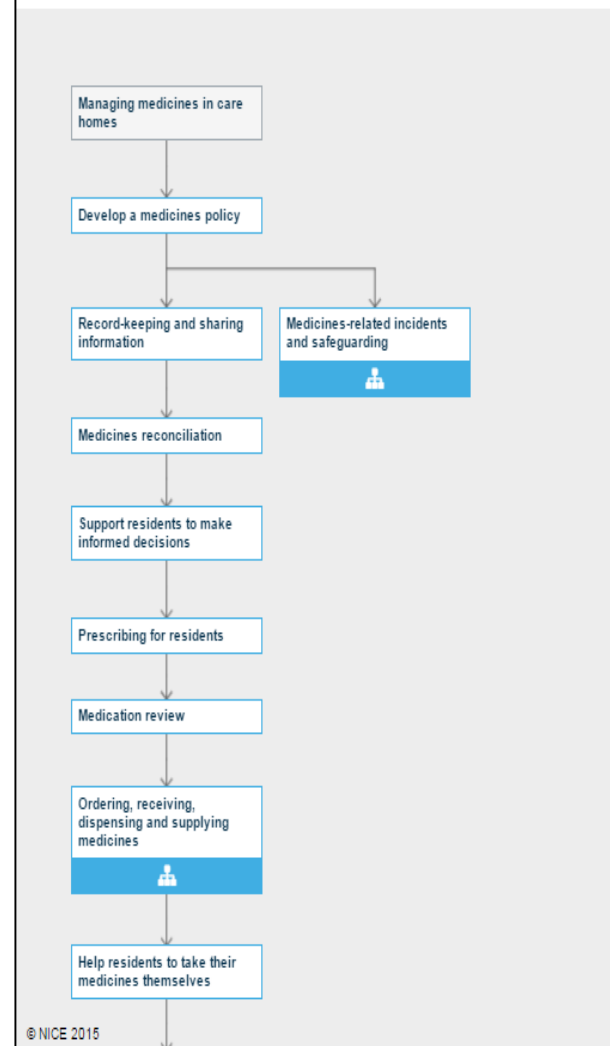


NICE Pathways

Quick and easy access, topic by topic, to the range of NICE guidance including quality standards and implementation tools



Managing medicines in care homes overview



<http://pathways.nice.org.uk>

Guidance

Resources

Savings and productivity

Local practice

6 new and 0 updated products since August 2015. There is 1 consultation in progress.

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NICE Pathways - mapping our guidance

 Delirium

 Dementia

 Falls in older people

 Managing medicines in care homes

 Mental wellbeing and independence in older people

 Prevention and control of healthcare-associated infections

 Social care for older people with multiple long-term conditions

 Transition between inpatient hospital settings and community or care home settings for adults with social care needs

NICE guidelines

Delirium: prevention, diagnosis and management (CG103)
July 2010

Dementia: supporting people with dementia and their carers in health and social care (CG42)
November 2006

Falls in older people: assessing risk and prevention (CG161)
June 2013

Healthcare-associated infections: prevention and control (PH36)
November 2011

Managing medicines in care homes (SC1)
March 2014

Mental wellbeing in over 65s: occupational therapy and physical activity interventions (PH16)

NICE advice

Older people in care homes (LGB25)
February 2015

In development

Transition between inpatient mental health settings and community and care home settings
NICE guidelines
August 2016

Transition between inpatient hospital settings and community or care home settings
Quality standards
September 2016

Oral health for adults in care homes
NICE guidelines
July 2016

Dementia - assessment, management and support for people living with dementia and their carers
Addendum consultation in progress 08 February 2016 - 07 March 2016
NICE guidelines
September 2017

NICE quality standard

Delirium in adults (QS63)
July 2014

Dementia: independence and wellbeing (QS30)
April 2013

Dementia: support in health and social care (QS1)
June 2010

End of life care for adults (QS13)
November 2011

Falls in older people (QS86)
March 2015

Infection prevention and control (QS61)
April 2014

Medicines management in care homes (QS85)
March 2015

Mental wellbeing of older people in care homes (QS50)
December 2013

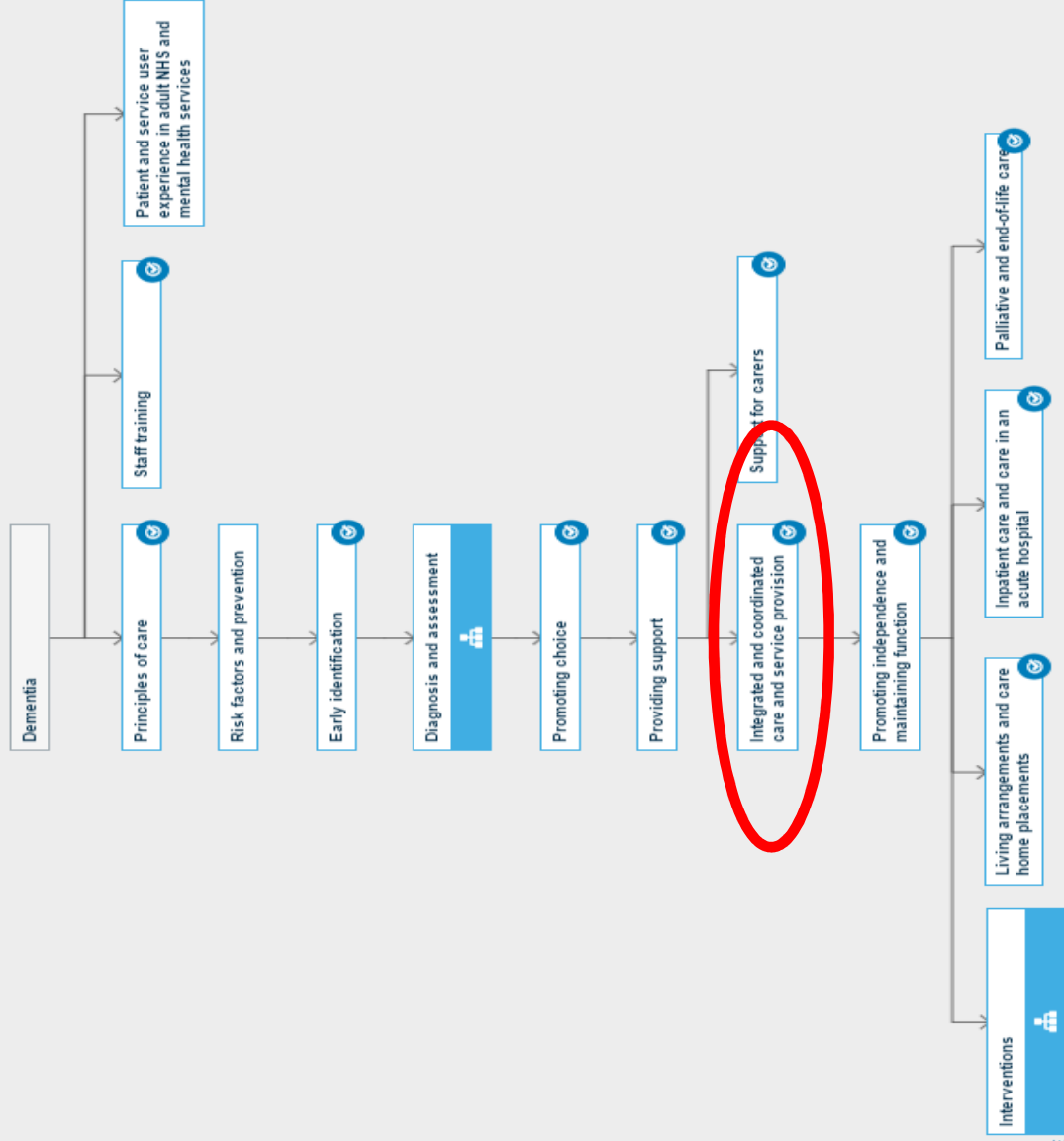
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Dementia overview

Dementia overview



Dementia overview

Dementia diagnosis and assessment

Dementia interventions

About Resources Information for the public Quality standards



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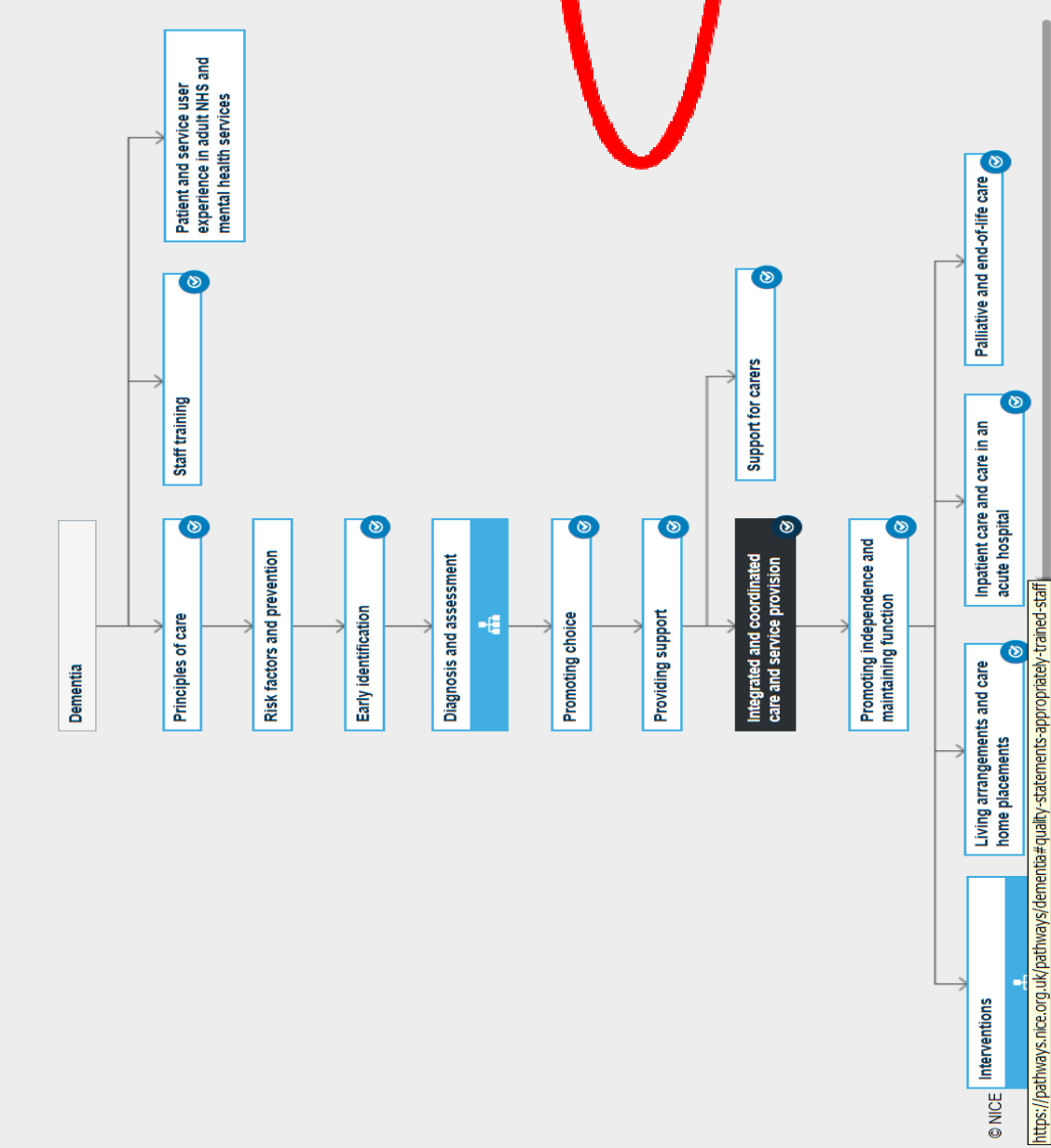


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Dementia overview



Dementia



The NICE guidance that was used to create this part of the pathway.

Dementia: supporting people with dementia and their carers in health and social care (2006 updated 2016) NICE guideline CG42

Older people in care homes have access to the full range of healthcare services when they need them

- Many care home residents experience problems accessing NHS primary and secondary healthcare services, including GPs.
- It is important that care homes have good links with GPs and referral arrangements, so that services can be accessed easily and without delay when they are needed.
- This is essential to prevent unmet healthcare needs from having a negative impact on mental wellbeing.

Mental wellbeing of older people in care homes - Quality statement 6

Search NICE...



Home > NICE Guidance > Population groups > Older people

<http://www.nice.org.uk/guidance/ph16>

Mental wellbeing in over 65s: occupational therapy and physical activity interventions

NICE guidelines [PH16] Published date: October 2008

Guidance

Tools and resources

Evidence

History

Overview

Guidance

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Introduction

1 Recommendations

2 Public health need and
practice

3 Considerations

4 Implementation

5 Recommendations for
research

6 Updating the
recommendations

7 Related NICE guidance



Mental wellbeing and independence in older people



Quality standard

Next >

Review decision date: March 2015

Review decision:

No update required - published guidance still current

Next review date: TBC

This guidance was previously entitled 'Mental wellbeing and older people'.

This guidance is for all those involved in promoting older people's mental wellbeing. It focuses on practical support for everyday activities, based on occupational therapy principles and methods. This includes working with older people and their carers to agree what kind of support they need.

Mental wellbeing in over 65s: occupational therapy and physical activity interventions

NICE guidelines [PH16] Published date: October 2008

- Guidance
- Tools and resources
- Evidence
- History

Tools and resources

Tools to help you put the guidance into practice.

Clinical audit

Audit support

[Download](#) Audit support 14 January 2009 Word 486.5 KB

Costing report

Costing report

[Download](#) Costing report 22 October 2008 PDF 133.46 KB

Implementation advice

Endorsed resource - Living well through activity in care homes

[View](#) Implementation advice information

Endorsed resource - Living well through activity in care homes

Slide set

Slide set

[Download](#) Slide set 12 November 2008 PowerPoint 256 KB

Shared learning

[View](#) Shared learning information

Guidance into practice

About the Into practice guide
Using NICE guidance and quality standards to improve practice

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Living well through activity in care homes - the toolkit

Free resource - Living well through activity in care homes: the toolkit

Click on the images to access the different sections of the toolkit.

For optimum use, download the section you require and click on File/Save As. By saving this resource to your own computer it will be easily to hand whenever it's needed.

It will also allow for changes to the audit and action planning forms to be made quickly and efficiently to record improvements in the care home.

Please ensure you are using Adobe Acrobat Reader and if you are using a tablet or mobile phone download the Adobe Reader mobile app.



Living well through activity in care homes:
the guide for residents, their family and friends



Living well through activity in care homes:
care home owners and managers



Living well through activity in care homes:
care home staff resources



Living well through activity in care homes:
care home inspectors



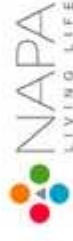
Living well through activity in care homes:
occupational therapists



The development of the toolkit



This toolkit is endorsed by the following 10 organisations:



Living well through activity in care homes: care home owners & managers

Exercise and physical activities

It has been shown that regular physical exercise has many benefits, including strengthening bones, preventing falls and promoting mental wellbeing. To many people the word 'exercise' conjures up images of 'keep fit' and jogging. However, there are many activities that can be used for residents who have limited mobility and strength – ball games, darts, skittles, and the list goes on.

See the checklist for physical activities

What the activity can do for the residents

Movement – sitting; standing; walking; bending; stretching; balance and coordination; improve mobility and strength; help prevent falls.

Sensory – seeing and hearing instructions; body awareness.

Emotional – ease tension and aid relaxation; opportunity to compete; increase confidence; brighten mood by the release of endorphins (natural substances released by the body during exercise).

Cognitive – understanding and following instructions and 'rules' of the game; sequence; memory.

Social – having fun; interacting with others.

What do you need?

Facilities

Space with a selection of equipment.

Staff/skills

You can run simple physical activities such as skittles. However, you will need training for specific exercise programmes.

What to be aware of

You need to be aware of residents' medical conditions and how these may affect their ability to exercise. If a resident is feeling pain or discomfort then stop.

A number of organisations run training courses that you or other staff members could attend. Alternatively, the care home could consider employing somebody on a sessional basis to provide this type of activity; for example, Tai Chi.

The National Institute for Health and Care Excellence (NICE) and the Chief Medical Officers for the UK recommend 30 minutes of physical activity a day on 5 or more days a week (The 30 minutes can be broken down into 10-minute bursts.)

Think of the residents in your service. What would you need to do to try this activity?

PREVIOUS
PAGE

CONTENTS

NEXT
PAGE

- Care needs
- Dementia

Related SCIE content

- Getting to know you
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- Adult safeguarding
- Sexual, reproductive and mental health
- Parental substance misuse
- Parental mental health and families
- Mental Capacity Act
- Managing knowledge to improve social care
- Personalisation
- Fair Access to Care Services (FACS)
- Open Dementia programme
- Managing risk, minimising restraint
- Interprofessional and inter-agency collaboration
- Law and social work
- Communication skills
- Residential child care
- Children of prisoners
- Poverty, parenting and social exclusion

eLearning: The Open Dementia Programme

Published: 2009

The Open Dementia eLearning Programme is aimed at anyone who comes into contact with someone with dementia and provides a general introduction to the disease and the experience of living with dementia. This programme is designed to be accessible to a wide audience and to make learning as enjoyable as possible and so allows users to fully interact with the content and includes video, audio and graphics to make the content come alive. In particular the programme includes a considerable amount of new video footage shot by both the Alzheimer's Society and SCIE where people with dementia and their carers share their views and feelings on camera.



What it is and what it isn't

Covers: Views of dementia in the media; Facts and common misconceptions about dementia; Common symptoms, clinical terminology and causes of symptoms.

- View elearning resource
- View text-only version
- View printable version
- Download the SCORM 1.2 version
- Download the SCORM 2004 version
- Learning record



Living with dementia

Covers: The person with dementia as a unique individual; The importance of knowing their background and life history; Abilities people with a dementia retain in spite of the difficulties they face; How dementia impacts on families, friends and community and the support that is needed.

- View elearning resource
- View text-only version
- View printable version
- Download the SCORM 1.2 version
- Download the SCORM 2004 version
- Learning record

Download



Open Dementia E-learning programme QCF mapping



Related SCIE content

Dementia Gateway

NICE/SCIE: Dementia - supporting people with dementia and their carers in health and social care (NICE clinical guide 42)

Short-notice care home closures: a guide for local authority commissioners

What do you think?



Please send us your comments and suggestions about 'The Open Dementia elearning programme'. It will help us to continue to improve our work in the future.

Complete our feedback form.



Keep up to date

Register for a SCIE account to hear about our latest resources, news and events and to use all of our services.

Mental wellbeing in over 65s: occupational therapy and physical activity interventions

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- Local practice

About the collection

dementia	Filter	Type	Published
Medication Monitoring for People with Dementia in Care Homes: Clinical Impact of Nurse-led monitoring		Shared Learning	July 2015
Living with Dementia - Improving Home Care		Shared Learning	June 2015
The role of Private domiciliary care for dementia care		Shared Learning	January 2014
Derby Dementia Support Service		Shared Learning	September 2013
Prescribing antipsychotic medications for the treatment of behavioural symptoms in people with Dementia, Milton Keynes 2012.		Shared Learning	April 2013
Service redevelopment: Integrated whole system services for people with dementia		QP Case Study	May 2012
Dancing down Memory Lane: Circle Dancing as a Psychotherapeutic Intervention in Dementia		Shared Learning	January 2011
Psychotherapy Service Provision for Carers of People with Dementia		Shared Learning	January 2011
Implementation and audit of Cognitive Stimulation Therapy on an acute admission/ assessment unit for people with dementia		Shared Learning	September 2009
Implement shared care prescribing guideline for drugs for dementia		Shared Learning	September 2009

Information for the public

The advice in the NICE–SCIE guideline covers:

- what support and treatment you can expect to be offered, including drugs and other therapies
- the services that are available to help people with dementia, including health and social care services
- how families and carers may be able to support people with dementia and get support for themselves.

Ensure wellbeing and safeguarding responsibilities are met

NICE Quality Standards can help you to:

- Provide meaningful, person-centred activities
 - [Supporting people to live well with dementia](#)
 - [Mental wellbeing of older people in residential care](#)
- Reduce medication errors
 - [Medicines management in care homes](#)
- Monitor for malnutrition
 - [Nutrition support in adults](#)
- Prevent falls
 - [Falls assessment and prevention](#)
- Reduce healthcare-related infections
 - [Infection prevention and control](#)
- Avoid delirium and monitor for depression
 - [Delirium](#)
 - [Mental wellbeing of older people in residential care](#)

Regulation - CQC

Andrea Sutcliffe, Chief Inspector for Adult Social Care at the CQC

“At the CQC we are asking the questions that matter to people. We’re asking whether services are **safe, caring, effective, responsive** to people’s needs, and **well led**.”

“And the way that we can do this is by identifying **key lines of enquiry** – so the questions that we will ask when we go out on inspections. We will also identify what the characteristics are of the services that we see, so whether they are good, outstanding, require improvement or are inadequate.”

“This quality standard will inform the questions that we ask, and help us to provide the understanding of what ‘good’ and ‘outstanding’ practice looks like in this area.”

<https://www.youtube.com/watch?v=RxwHM0JsdyI>

Keeping up to date

- Sign up for the NICE News
- Log on to the website and register your details at www.nice.org.uk
- Register as a Stakeholder for Social Care Guidance and Quality Standards:
socialcaresh@nice.org.uk
- Email:
deborah.ocallaghan@nice.org.uk

