

Early Psychosocial Intervention: Through A Memory Clinic: A Randomised Controlled Trial

Submission date 23/01/2004	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 23/01/2004	Overall study status Completed	☐ Statistical analysis plan
		☐ Results
Last Edited 19/09/2013	Condition category Nervous System Diseases	☐ Individual participant data
		☐ Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
PCC1040C Moniz-Cook

Study information

Scientific Title

Study objectives

The aim of this study was to replicate a previous pilot (Moniz-Cook et al 1998) within a randomised controlled designed. In the pilot study, families recruited to a Community Primary Care led Memory Clinic were taught early memory management crisis preventive strategies over six sessions following diagnosis, and then offered crisis preventive support. At 18 month follow-up the experimental group did better on patient, caregiver and services outcomes. Question: Can early psychosocial intervention offered to older people with dementia and their families, through a Community Memory Clinic, improve their quality of life?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Nervous system diseases: Dementia

Interventions

Following the memory clinic assessment, all families met with the team (psychiatrist or psychologist and a nurse) to discuss the diagnosis and receive advice on future management. Following this, they were randomised to the experimental condition, 'memory clinic' early psychosocial intervention group for support by a memory clinic nurse, or to the 'usual care group' - psychogeriatric community multidisciplinary team, for support by a community psychiatric nurse (CPN). The independent University of York Telephone Randomisation Service allocated patients to each group using the following stratification criteria: MMSE scores (i.e. above and below MMSE 22) and 'domestic situation' (i.e. living with or without a caregiver). The design was essentially pragmatic in order that it could be easily extrapolated to NHS practice. Case audit of 'usual' practice for the control group was compared with what occurred in the experimental group, to explore 'what works for who?'

The memory clinic 'early intervention' multi-component programme was individualised to patient and family need and included:

1. Psycho-education and further discussion of the impact of diagnosis on day to day life with management advice, including a written individualised crisis preventive advice booklet.
2. A home-based crisis preventive memory management programme.
3. A behavioural depression-prevention programme.
4. Monitoring of physical health in families.
5. Review of psychotropic medication.
6. Arranging practical and social services if necessary.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Patient Measures: The Mini-Mental State Examination - Diagnostic Interview Schedule (MMSE - DIS) (Folstein et al., 1975). Rivermead Behavioural Memory Test (RMBT) Wilson et al., (1985); Cornell Scale (Depression in dementia), Alexopoulos et al., (1998) H.A.D - Anxiety & Depression, Zigmond, A.S., & Snaith, R.P. (1983); Memory Difficulties Locus of Control Adapted from 'Recovery Locus of Control', Partridge & Johnston (1989).

Caregiver Measures: Problem Behaviour checklist, Gilleard, C. (1984); Revised Memory and Behaviour Problem Checklist, Teri L. et al., (1992); H.A.D. - Anxiety & Depression, Zigmond, A.S., & Snaith, R.P. (1983). General Health Questionnaire - 28 (GHQ - 28), Goldberg, D. (1981). Short Sense of Competence Scale, Vernooij-Dassen et al., (1997).

Services Measures: Psychosocial Intervention Checklist 0 an independently rated questionnaire on observed use of psychosocial support; case note audit of number and types of nurse contacts and families and audit of medication prescriptions from GP's.

Key secondary outcome(s)

Not provided at time of registration

Completion date

31/10/2000

Eligibility**Key inclusion criteria**

Patients over the age of 65 years who were diagnosed with an 'early dementia in a Memory Clinic'.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

Not Specified

Key exclusion criteria

1. Patients below 65 years of age
2. Prescription of anti-dementia drugs, e.g. Aricept, Exelon
3. Longstanding Receipt of Social Service Care
4. Presence of premorbid enduring mental health problems/chronic mood problems, and thus, previous (or ongoing) contact with psychiatric services
5. Onset of dementia greater than 4 years and Mini-Mental State Examination (MMSE) score <14

Date of first enrolment

31/05/1998

Date of final enrolment

31/10/2000

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Department of Clinical Psychology (Older Adults)

Hull

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HU3 2SG

Sponsor information

Organisation

NHS R&D Regional Programme Register - Department of Health (UK)

Funder(s)

Funder type

Government

Funder Name

NHS Executive Northern and Yorkshire (UK)

Results and Publications

Individual participant data (IPD) sharing plan**IPD sharing plan summary**

Not provided at time of registration