

Top 10 unanswered questions about medicines in people living with dementia.

As determined by people living with dementia, their carers, family and friends, and healthcare professionals.



THIS PROJECT AIMED TO identify the Top 10 unanswered questions related to quality use of medicines for people living with dementia.

The views of people who live with medical conditions and those who treat and care for them provide important insights into what research is most needed. Getting their perspectives helps to make sure that the right research is being done and makes the best use of valuable research funding.

'Quality Use of Medicines': using medicines safely and effectively, and selecting the best treatment for the individual to obtain optimal health outcomes. It also means only using medicines when they are needed.

Our Work

We worked together with people living with dementia, their carers, family and friends, and healthcare professionals to find the Top 10 research priorities for quality use of medicines in people living with dementia. We used a multi-step research process.

- First, we assembled a Stakeholder Steering Group and recruited Partner Organisations to ensure that the process stayed focused on the views and perspectives of stakeholders, and also to help disseminate our findings.
- Second, a national survey asked consumers and healthcare professionals what questions they have about medicine use in people living with dementia. These questions were then assessed to determine whether there was an 'answer' - that is, had high quality research already been done?
- Third, we conducted a second national survey where we asked consumers and healthcare professionals to pick the unanswered questions that are the most important to them.
- These findings then informed a workshop where consumers and healthcare professionals worked together to determine the Top 10 priorities for research in quality use of medicines in people living with dementia.

Throughout this process we engaged with and heard from over 300 consumers and 150 healthcare professionals from across Australia.

What's next?

Our overall goal is to have research funding and research efforts in Australia directed towards these Top 10 questions. This will ensure that outcomes of research are directly relevant to the care of people living with dementia.

We cannot do this alone! Contact us to find out how you can help.

Consumer and healthcare professional **Top 10** unanswered questions about quality use of medicines in people living with dementia: priorities for research



- 1** How can shared decision making about medicines be achieved between healthcare professionals and people living with dementia and their carers?
- 2** What are effective ways to ensure that healthcare professionals have the necessary knowledge and skills to achieve safe, effective and appropriate medicine use in people living with dementia?
- 3** How can communication between healthcare professionals about medicines be optimised, especially at transitions of care, to achieve multi-disciplinary care for people living with dementia?
- 4** Which medicines are potentially harmful or unnecessary in people living with dementia and should be stopped? And how can deprescribing (cessation of harmful and/or unnecessary medicines) be achieved in people living with dementia?
- 5** When, how and in who should medicines be used to manage pain in people living with dementia?
- 6** How can people living with dementia and their carers be supported to manage medicines safely at home?
- 7** When and how should medicines be used to treat changed behaviours (previously referred to as behavioural and psychological symptoms of dementia)? Including for different types of dementia. And how to safely and effectively reduce the use of antipsychotics (for changed behaviours) in people living with dementia?
- 8** How can residential aged care facilities best achieve safe, effective and appropriate medicine use in residents with dementia?
- 9** When, how and in who should medicines be used to treat depression and anxiety in people living with dementia?
- 10** What is the optimal model for medicine reviews to achieve safe, effective and appropriate medicine use in people living with dementia? Including who should be involved, how often should reviews be conducted, and what follow-up is needed.

To find out more, contact us:

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More information can be found here www.unisa.edu.au/research/qumprc/our-research/optimising-medicine-use/#QUMDementia

More information about our methods and findings can be found here www.jla.nihr.ac.uk/priority-setting-partnerships/Quality-Use-of-Medicines-in-People-Living-with-Dementia-Australia/

More information about the James Lind Alliance can be found here www.jla.nihr.ac.uk/



This work was proudly supported by the Australian Association of Gerontology Research Trust and the Dementia Australia Research Foundation - 2019 Strategic Research Grant.

Date of publication: 23 March, 2022 | Project Lead: Dr Emily Reeve