

# Making a Difference in Dementia: Nursing Vision and Strategy



Demonstrating 6Cs in dementia practice

## All nurses will:

<p><b>Care</b></p> <ul style="list-style-type: none"> <li>Know the person as well as their condition, focus on strengths and unmet need</li> <li>Respect and work in partnership with the person with dementia and their carer/family, and take time to listen and recognise the individual's views and preferences, use the carer/family to support the knowledge of the person with dementia</li> <li>Deliver person-centred care</li> <li>Support the right to dignity in care</li> <li>Value the individual and their story</li> <li>Connect families to resources and interest groups to support health and wellbeing</li> <li>Commit to an environment that is adapted for dementia care and that maintains safety and maximises wellbeing</li> </ul>	<p><b>Compassion</b></p> <ul style="list-style-type: none"> <li>Support people with dementia to live well and be independent for as long as possible</li> <li>Show empathy and kindness</li> <li>Act with integrity</li> <li>Help and support the carer/family to cope</li> <li>Ensure a person-centred approach that respects the individual and the things that matter to them</li> <li>Treat people as you would like to be treated</li> </ul>	<p><b>Competence</b></p> <ul style="list-style-type: none"> <li>Recognise the value of your role in dementia care no matter what speciality or field of nursing</li> <li>Understand the complex physical, mental health, emotional and spiritual needs of a person with dementia</li> <li>Recognise dementia is not a mental health issue exclusively, but brings cognitive, behavioural and physical changes</li> <li>Endorse best practice</li> <li>Support advance care planning, promoting choices and wishes as the condition develops</li> <li>Understand the complexities of dementia care, the wider pathway and supporting services</li> <li>Promote dementia awareness</li> <li>Work within Mental Capacity Act</li> <li>Promote public health messaging, recognising that healthy heart advice also supports healthy brain</li> </ul>	<p><b>Communication</b></p> <ul style="list-style-type: none"> <li>Recognise every contact can contribute to early identification, diagnosis, support and treatment</li> <li>Work in partnership with the carer/family</li> <li>Communicate sensitively to support meaningful interaction</li> <li>Provide information and use knowledge and skills to provide seamless care between the person with dementia and their carer/family, linking with other support agencies as needed</li> <li>Use all available resources including networking, technology and social media to improve care and access to services</li> <li>Ensure all care is co-ordinated</li> </ul>	<p><b>Courage</b></p> <ul style="list-style-type: none"> <li>Make dementia everyone's business, and champion excellent dementia care</li> <li>Empower and support choice</li> <li>Stand up for people with dementia and their carers/families against discrimination</li> <li>Be proud to care for people with dementia and their carer/family</li> <li>Champion the importance of nursing in dementia care</li> <li>Challenge the system to ensure the individual's best interests are at the centre of service delivery</li> <li>Ensure principles of safeguarding</li> </ul>	<p><b>Commitment</b></p> <ul style="list-style-type: none"> <li>Reduce stigma around dementia, raise awareness and inspire others</li> <li>Make dementia care valued</li> <li>Commit to action such as the delivery of a dementia friendly environment and communities</li> <li>Deliver and support innovative and quality dementia services</li> <li>Commit to improving health and wellbeing for people with dementia and carers/families</li> <li>Use knowledge to influence and inform commissioning as appropriate</li> </ul>
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## Maximising the unique nursing contribution to high quality, compassionate care and support for people with dementia and their carers/families.

### Key Facts

- Dementia is a term that is used to describe a collection of symptoms including memory loss, problems with reasoning, perception and communication skills. It also leads to a reduction in a person's abilities and skills in carrying out routine activities such as washing, dressing and cooking.
- The most common types are: Alzheimer's disease, Vascular dementia, Frontal-temporal dementia and Dementia with Lewy bodies- all progressive conditions, which means symptoms are likely to get worse over time. The progression will vary from person to person and each will experience dementia in a different way.
- The number of people with dementia is increasing and presents a significant and urgent challenge to health and social care, both in terms of the number of people affected and the associated cost.
- There are currently 800,000 people with dementia in the UK (670,000 in England) and this number is expected to double in the next 30 years. Dementia is predominantly a disorder of later life, but some people under 65 are also affected. These figures may be low as they refer to formal diagnosis.
- People with Down's syndrome are significantly more likely to develop dementia compared with the general population: 1 in 3 of those aged 50 to 59 and more than half of those 60 & over. People with learning disabilities other than Down's syndrome are three to four times more likely to develop dementia: 1 in 10 of those aged 50 to 65, 1 in 7 of those aged 65 to 75, 1 in 4 of those aged 75 to 85 and nearly three-quarters of those aged 85 or over. Alzheimer's Society. (2011). [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### Purpose

This vision was developed in recognition of the needs for a much greater common understanding and awareness across all fields of nursing on what the nursing contribution to the Prime Minister's Challenge on Dementia is and what constitutes good quality in dementia nursing care, public health prevention, treatment and support.

- It describes and defines what is expected of all nurses in order to meet the level and quality of care we all expect, every time, right now and in the future within all care settings.
- The Vision and Service Model is set in the context of the broader national nursing strategy - Developing a Culture of Compassionate Care, NHS Commissioning Board / Department of Health, December 2012 [www.commissioningboard.nhs.uk/nursingvision/](http://www.commissioningboard.nhs.uk/nursingvision/) which includes the six Cs - for dementia nursing values and behaviours together with the six priority actions for maintaining health and wellbeing outcomes relating to dementia care.

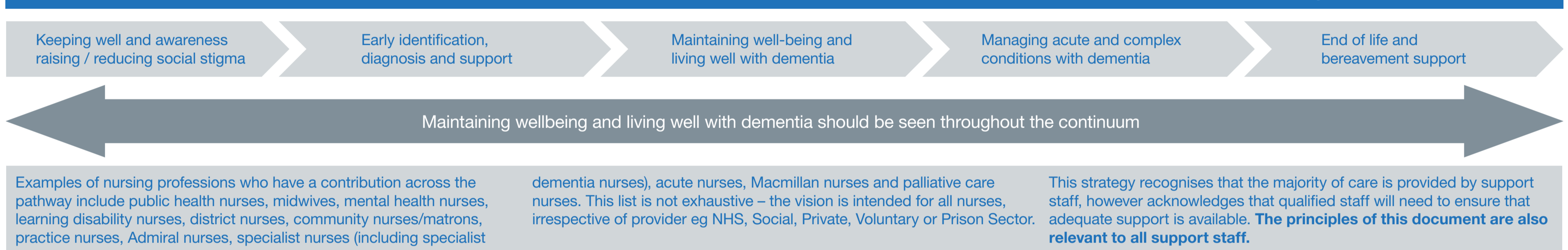
All nurses contribute to the stages of the dementia pathway to:

- achieve
- improve
- and sustain better outcomes

so that all people with dementia, at all ages are able to lead quality lives for longer.

Specialist support and advice may be required at any stage as a result of a person's complex needs. This will be specific to some nurses and additional to the work that all nurses do.

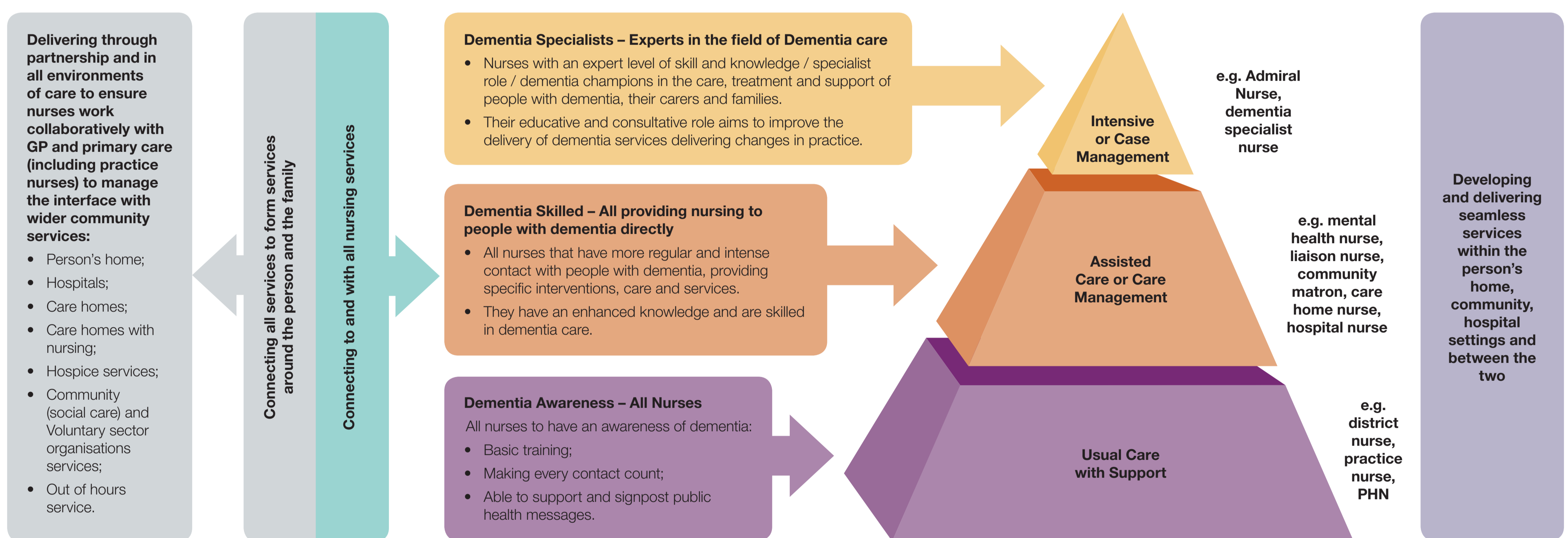
## All nurses and midwives may contribute to the care of people with dementia and/or their families at any stage



## To make this happen within dementia care (all settings including care homes and nursing homes) nurses need to take the lead in the 6 areas below:

<p><b>Maximising health and wellbeing. Helping people to stay independent</b></p> <ul style="list-style-type: none"> <li>Contribute to dementia friendly communities that understand how to help.</li> <li>Lead, deliver and evaluate care nearer home.</li> </ul>	<p><b>Working with people to provide a positive experience</b></p> <ul style="list-style-type: none"> <li>Know the characteristics of dementia, understand the experience, recognise the signs of distress resulting from dementia and respond to the individual's anxiety to support their understanding of the events they are experiencing and promote wellbeing.</li> </ul>	<p><b>Delivering care and measuring impact</b></p> <ul style="list-style-type: none"> <li>Be research aware and committed to delivering evidence based care.</li> </ul>	<p><b>Building and strengthening leadership</b></p> <ul style="list-style-type: none"> <li>Act as a professional role model for all nurses, providing leadership and support to the team in improving dementia care.</li> </ul>	<p><b>Ensuring we have the right staff, with the right skills and attributes in the right place</b></p> <ul style="list-style-type: none"> <li>Undertake dementia awareness training and develop expertise through competencies.</li> </ul>	<p><b>Supporting positive staff experience</b></p> <ul style="list-style-type: none"> <li>Enable time to care and support colleagues to provide a dementia friendly environment.</li> <li>Develop future nurse leaders by providing excellent practice placements.</li> </ul>
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# Model for Dementia Nursing



## Key Documents

- Alzheimer's Society (2012) My Life Until The End: Dying Well with Dementia
- Alzheimer's Society 'top tips for nurses'
- Alzheimer's Society - Dementia 2012: A national challenge (March 2012)
- Common Core Principles for Supporting People with Dementia (Skills for Health and Skills for Care, 2011) for the Department of Health Workforce Advisory Group
- Dementia Action Alliance – National Dementia Group
- Dementia CQUIN
- Dementia friendly communities Champion Group
- Dementia UK - Admiral Nurses' Competency Framework
- DeNDRoN/National Institute for Health Research - Dementia Nursing Research
- Department of Health (2011) National dementia strategy: Equalities action plan
- Department of Health: Dementia Commissioning Pack (July 2011)
- Department of Health: Commissioning Services for People with Dementia
- Department of Health: Living well with Dementia: A National Strategy (February 2009)
- E-learning for healthcare models on Dementia
- Mental Capacity Act (2005)
- National Audit Office (2010) Improving dementia services in England – an interim report
- NHS Institute/Dementia Action Alliance – Call to Action, The Right Care, Creating Dementia Friendly Hospitals
- NHS Choices: Dementia, If you're worried, see your doctor
- NICE Dementia Pathway (May 2011)
- NICE Quality Standards for dementia
- Progress report to the Prime Minister on his challenge on dementia (November 2012)
- Royal College of Nursing - Dementia National Strategies and Standards
- Royal College of Nursing: Principles of Nursing Practice
- Royal College of Nursing - Measuring up to the Principles
- Royal College of Nursing: Dignity in Dementia - Improving Care in General Hospital Settings (2011)
- Royal College of Psychiatrists (2011) National Audit of Dementia
- The Prime Minister's Challenge on Dementia (March 2012)

## Acknowledgements

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### Task and Finish Group members

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| <p><b>Lesley Benham</b><br/>Manager of Dementia Services, Melcombe Community Hospital</p> <p><b>Patricia Higgins</b><br/>Memory Service Nurse Specialist, Oxleas NHS Foundation Trust, Bromley</p> <p><b>Elizabeth Parker</b><br/>Carer</p> <p><b>Robert Tunmore</b><br/>Nursing Officer – Communications, Department of Health</p> | <p><b>Ben Bowers</b><br/>Queen's Nurse, Professional Lead Community Nursing (Honorary), Hertfordshire Community NHS Trust</p> <p><b>Marie Hudson</b><br/>Queen's Nurse, Advanced Community Nurse</p> <p><b>Rebecca Sidwell</b><br/>Project Manager, National Dementia Strategy Implementation, Department of Health</p> <p><b>Christine Webb</b><br/>Modern Matron, Older People's Mental Health, RDASH/MHNA</p> | <p><b>George Coxon</b><br/>Director/Owner Classic Care Homes Ltd / Pottles Court &amp; Summercourt and MHNA Chair</p> <p><b>Vicki Leah</b><br/>Nurse Consultant for Older People, University College London Hospitals</p> <p><b>Vanessa Smith</b><br/>Head of Nursing Quality and Assurance / Mental Health of Older Adults and Dementia CAG, South London and Maudsley NHS Foundation Trust</p> <p><b>Sarah Whittle</b><br/>Dementia Strategy and CQUIN Manager, Bristol Community Health</p> | <p><b>Maya Desai</b><br/>Policy Advisor, The Queen's Nursing Institute</p> <p><b>Sally-Ann Marciano</b><br/>Carer</p> <p><b>Deborah Sturdy</b><br/>Director of Care, Red &amp; Yellow Care</p> <p><b>Sue Williams</b><br/>Community Dementia Nurse, Gloucestershire</p> | <p><b>Aileen Fraser</b><br/>Consultant Nurse Older People and Safeguarding Adults/NLC Clinical Fellow, Bristol Community Health</p> <p><b>Obi Amadi</b><br/>Professional Officer, Unite the Union (health sector)</p> <p><b>Ben Thomas</b><br/>Professional Officer, Mental Health Learning Disabilities, Department of Health</p> | <p><b>Karen Harrison Dening</b><br/>Head of Admiral Nursing (Interim) &amp; Practice Development Lead, Dementia UK</p> <p><b>Charlotte Nutting</b><br/>Learning Disability Practitioner, Enable Care and Home Support</p> <p><b>Rachel Thompson</b><br/>Dementia Lead, Royal College of Nursing</p> |
|---|--|--|---|--|---|
- Secretariat**
- Pauline Watts**  
Workforce Officer for Health Visiting, Department of Health
- Sue Hatton**  
Workforce Director, Department of Health
- Judy Walker**  
Health Visitor Programme, Department of Health