

health of the caregivers are lacking, mostly those analyzing the influence of factors such as behavioral and psychological symptoms of the dementia, caregivers' dysfunctional thoughts, and caregivers' ambivalent and guilt feelings. The aim of this presentation will be to describe the findings from the Madrid Caregivers Longitudinal Study, that consist in a two year follow-up of family caregivers of people with dementia. Several models will be described testing the longitudinal effect of psychosocial variables on caregivers' distress (depression and anxiety) and cardiovascular health (measured through biomarkers of inflammation). The practical implications of the findings will be discussed.

## **P13: Supporting physical health for mental health consumers, in a community setting**

**Author:** Anne Hoolahan, Clinical Nurse Consultant, Older Peoples Mental Health Service Northern Sydney Local Health District NSW, Australia

**Background:** Older people with mental illness are likely to have increased difficulty in accessing health services due to social isolation and functional disability. It is well reported that people with mental illness are also more likely to have chronic and complex medical needs, be frail and be socially isolated. They are two times more likely to have respiratory disease, have cardiovascular disease, have metabolic syndrome, have diabetes, six times more likely to have dental problems and more likely to die earlier than the general population.

**Objective:** The physical health program developed by the Northern Sydney Local Health District (NSLHD) community Older Peoples Mental Health Service (OPMHS) was part of a statewide project, facilitated by the Older People's Mental Health Policy Unit, Mental Health Branch, NSW Ministry of Health, where a variety of strategies were developed and implemented, to support the physical health of older mental health consumers using a biopsychosocial approach.

**Methods:** NSLHD focused on providing OPMHS clinicians with the opportunity and resources to support older people with mental illness with their physical health and wellbeing, in particular Cardiometabolic Health, both screening and supporting interventions to address abnormalities and proactively support healthy lifestyle strategies. In each of the three community services, the program was led by a senior clinician who supported their team clinicians to carry out physical health assessments and planning.

**Results:** The program commenced in July 2020, with the percentage of consumers of OPMHS who had regular metabolic monitoring completed, increasing from less than 10% to over 75%. Proactive person centred consideration and discussion including aspects of the consumers physical health and socialisation opportunities took place between clinicians, consumers and carers whilst their reviewing care in the community setting.

**Conclusion:** The improvements have been sustained through a variety of strategies, in particular, capacity building within the multidisciplinary teams and the provision of the necessary resources 2023 IPA International Congress\_Lisbon, Portugal Anne Hoolahan to carry out physical health monitoring and health promotion activities. Appropriate pathways were developed to escalate medical support recognised and sustain physical and psychological supports post discharge.

**Biography:** Anne Hoolahan is a clinical nurse consultant in the Northern Sydney Local Health District, Older Peoples Mental Health Service. Anne qualified as a registered nurse in Sydney in 1990. Anne has worked in a

variety of inpatient and community roles caring for older people before specialising in older people's mental health. Anne holds a DipTeach (Ed) | MEd (Adult) | GradDipApSc (Nursing) | GradDipHlthSc (Geront) | GradCertMHLth (Older People).

## **P16: Report on a Dementia Prevention Workshop Organized through Multidiscipline Intervention: An Examination of Intervention Approach through the Evaluation of Group Reminiscence Method and Mental Aspect**

**Authors:** Atsuko Tokushige, Kanji Watanabe, Tetsuhiko Sakata, Yasuko Fukuda, Naoto Otaki, Tomoko Ichinose, Keisuke Fukuo

**Objective:** This is a report of a workshop for local residents organized by university researchers in various fields with the aim to develop a dementia prevention method. The five academic fields involved in the project are Health & Sports, Psychology, Food Nutrition, Music, and Nursing.

**Methods:** Dementia Prevention Workshop took place once a week between October 2021 and July 2022 except for some intervals due to surges in Covid-19 infection cases. Dual task exercises were conducted at each session, followed by groupworks by researchers of Psychology, Nutrition, Music, and Nursing Science taking turns. Psychologists facilitated the understanding of assertion, nutritionists held lectures on food life designed for dementia prevention, musicians played instruments, and nurses intervened through the Group Reminiscence Method. The Nursing Science experts conducted evaluations at the beginning and the end of each session using SF-36 and CES-D and checked the participants' mood before and after the reminiscence session with Japanese UWIST mood adjective checklist (JUMACL).

**Results:** 16 participants took the measurement after the workshop, and their average age (SD) was 72.9 (5.5). In the overall evaluation, the participants' motor ability improved ( $p < .05$ ), and they retained cognitive functions. In SF-36, no statistically significant differences were observed before and after the classroom. Compared to the data from 2017, the scores in the social aspect were lower. In CES-D, the scores significantly worsened after the workshop, with some participants' scores exceeding 16 points, which is the depression cutoff point. In JUMACL, the Tense Arousal (TA) related to the arousal state and the Energetic Arousal (EA), which is supposedly related to intellectual activities, both improved after the session.

**Conclusion:** In a single evaluation before and after a group reminiscence session, the state of relaxed concentration with a suggested connection with intellectual activities, but the overall evaluation result throughout the workshop project suggested the need to reinforce the approach to the mental aspect because of some participants observed with decreased scores in the mental aspects with depressive tendency. We will establish an intervention plan by also incorporating the impact of Covid-19-related depression.

## **P19: Effects of a Post-diagnostic Support Programme on self-efficacy among persons with dementia and family members**

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