Leveraging Collaborations and Technology for the Dementia Care Gap in LMICs

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Disclosure slide

• I have nothing to disclose





Outline

- Introduction
- Overview of burden/ gaps
- Existing health care patterns
- Evidence based interventions
- Barriers
- Future directions

Overview-Burden of Dementia

- Increasing burden of dementia worldwide
- Dementia is higher in low-income and middle-income countries (LMICs)
- Rapid demographic transition and population growth in LMICs compared to HICs
- About 2/3 of people with dementia globally reside in LMICs
- Guidelines and policies for dementia care are largely unavailable or poorly/ partly implemented in most LMICs
- Limited resources available for the increasing burden
- Inequitable access to diagnosis and care
- Poorly coordinated health care pathways/ dearth of training/ Late presentation
- The family (females) bears the burden of care in most LMICs especially in sub-Saharan Africa (sSA)

*LMICs (Low-income and middle-income countries) *HICs (High-income-countries)

Overview- Care gaps

- Transverse resources (personnel, funds), treatment, and research
- Lack of relatively accurate estimates for the treatment gap for dementia in LMICs
- Estimated to be between 80%-90% in most LMICs countries e.g (Nigeria, India, Somaliland, etc.)
- Identifying the gaps helps to tailor interventions
- Primary care is pivotal in reducing the dementia care gap
- Evidence from HICs and some LMICs show decrease in prevalence addressing it at primary level of care
- Prevention potential of dementia is estimated to be over 40-50% in LMICs
- Essential to tackle modifiable risk factors

12 modifiable risk factors as proposed by Livingstone et al. (2020)



• Livingston, Gill et al. "Dementia prevention, intervention, and care: 2020 report of the Lancet Commission." *Lancet (London, England)* vol. 396,10248 (2020): 413-446. doi:10.1016/S0140-6736(20)30367-6



	Relative risk for dementia (95% Cl)	Risk factor prevalence	Communality	Unweighted PAF	Weighted PAF-			
Early life (<45 years)								
Less education	1.6 (1.3–2.0)	40.0%	61.2%	19.4%	7.1%			
Midlife (age 45–65 years)								
Hearing loss	1.9 (1.4–2.7)	31.7%	45.6%	22.2%	8·2%			
Traumatic brain injury	1.8 (1.5–2.2)	12.1%	55.2%	9·2%	3.4%			
Hypertension	1.6 (1.2–2.2)	8.9%	68·3%	5.1%	1.9%			
Alcohol (>21 units/week)	1.2 (1.1–1.3)	11.8%	73·3%	2.1%	0.8%			
Obesity (body- mass index ≥30)	1.6 (1.3–1.9)	3.4%	58·5%	2.0%	0.7%			
Later life (age >65 years)								
Smoking	1.6 (1.2–2.2)	27.4%	62.3%	14.1%	5.2%			
Depression	1.9 (1.6–2.3)	13.2%	69.8%	10.6%	3.9%			
Social isolation	1.6 (1.3–1.9)	11.0%	28.1%	4·2%	3.5%			
Physical inactivity	1.4 (1.2–1.7)	17.7%	55·2%	9.6%	1.6%			
Diabetes	1.5 (1.3–1.8)	6.4%	71.4%	3.1%	1.1%			
Air pollution	1.1 (1.1–1.1)	75.0%	13.3%	6.3%	2.3%			

Data are relative risk (95% CI) or %. Overall weighted PAF=39·7%. PAF=population attributable fraction. Weighted PAF is the relative contribution of each risk factor to the overall PAF when adjusted for communality.

Table 1: PAF for 12 dementia risk factors

Fig. 7- updated life-course model of potentially modifiable risk factors for dementia, including the three new risk factors. Livingston, Gill et al. "Dementia prevention, intervention, and care: 2020 report of the Lancet Commission." *Lancet (London, England)* vol. 396,10248 (2020): 413-446. doi:10.1016/S0140-6736(20)30367-6



Existing health care patterns

- What are the health care patterns for dementia care?
- The family is the bedrock of dementia care in most LMICs (sSA)
- Dementia care is primarily by family members
- Diagnosis was considered the purview of psychiatrists and neurologists
- The pathway to care is usually tortuous

Where are we now in addressing the dementia care gap? Do we reinvent the wheel ?

- Interrelationship of family dynamics and their communities
- integrated memory care, MIND at home (maximizing interdependence)
- Home management/ Community care model
- Collaborations and community-based care
- Technology (post COVID-19 pandemic)
- Advancements in preventive, therapeutic and rehabilitative domains
- Varying levels across the 132 LMICs, some more than others
- Case study- Nigeria and Pakistan/India/Bangladesh











Evidence based interventions-Collaborations (Nigeria)

Community focused collaborations

- Community health workers
- Faith based organisations
- Non-Governmental / GovernmentalOrganisations

Alzheimer's Disease Association of Nigeria ADAN National Senior Citizen Centre NSCC

- Volunteers
- Research focused collaborations
- The African Dementia Consortium

Current practice

- Transition from basic advocacy to dedicated dementia awareness (The WHO 2017-2025 public health dementia plan)
- Population awareness, primary prevention, and lifestyle modifications (early identification, blood pressure control, exercise, diet, alcohol/nicotine reduction etc.)
- Pharmacologic and non-pharmacologic approaches-Cognitive stimulation therapy
- Training/ Task shifting strategies
- Multidisciplinary approach- involvement of other physicians, non specialist health workers, volunteers, civil societies, religious and community leaders etc.
- Support services memory groups, respite care, day-care centers, and community-based social activities
- Research on dementia –biomarkers, genetic and epigenetic markers
- Use of culturally appropriate tool (The IDEA Study Screening Instrument)

Collaborations for dementia care- Nigeria contd.

*****Research focused collaborations

- The Ibadan Indianapolis dementia project- Prospective community survey
- The Ibadan Study on Aging- population based follow up survey
- The African Dementia Consortium (Community Engagement across the African Dementia Consortium (AfDC) Sites)
- READD The Recruitment and Retention for Alzheimer's Disease Diversity Cohorts in the Alzheimer's Disease Sequencing Project (READD-ADSP)
- First-ever large-scale, case control genetic epidemiological study involving PLWD and disease free apparently healthy control
- Create a critical resource of diverse ancestral groups (previously underrepresented in genomics research) for genetic studies of Alzheimer Disease
- The Origin of Alzheimer's Dementia- Understand genetic, ancestral and clinical features of AD in AA, community engagement

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Technology / Telepsychiatry

- Patient management / Caregiver support
- Awareness/Counselling
- Lifestyle management
- Patient monitoring and security
- Training/ Education
- Phone, Apps, Virtual assistance, Virtual communication platforms etc.
- SENSE-Cog Asia/ Europe



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Older adults and virtual mental health

LEAVING THEM BEHIND: OLDER ADULTS AND MENTAL HEALTH CARE IN THE ERA OF COVID EXPERIENCES FROM A NIGERIAN HOSPITAL

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INTRODUCTION

PSYCHIATR

ASA



Evidence based interventions- Asia

- SENSE-Cog Asia: A Feasibility Study of a Hearing Intervention to Improve Outcomes in People With Dementia
- Evidence-based
- Non-pharmacological interventions adapted to improve dementia-related outcome
- An adapted hearing support intervention- full assessment of hearing function, fitting of hearing aids, and home-based support from a "hearing support practitioner"
- Carried out in 3 phases- Phase 1 done in Pakistan, India, and Bangladesh
- Intervention was feasible and acceptable
- Improved quality of life in PLWD and BPSD/ Reduction in care burden
- Promising outcome but further studies recommended
- Others
- STRiDE
- LatAm-FINGERS



Challenges

- Cultural and religious beliefs
- Stigma
- Erosion of key informal care systems
- Unavailability resources
- Insufficient funds/ Out of pocket expenditure
- Inadequate/ depleting manpower/Apathy
- Rapid socio-economic transitions
- Globalisation/ Urbanisation
- Scanty research/ Siloed research
- Absent/ poor legislation and policies

Overview of challenges faced

Target areas	HICs	LMICs
Knowledge/perception	Age related problem Cognitive decline	Poor awareness Supernatural causes Memory loss/Age related
Personnel/ Funds/ Infrastructure	Available infrastructure Insufficient personnel	Grossly inadequate personnel and economic capital Inadequate training/ apathy/ Disinterest in sub-specialty Absent or inadequate infrastructure
Stigma	Low	High Witchcraft Punishment for misdemeanours Caregivers stigmatized
Diagnosis	About 75% PWD are underdiagnosed globally	Dementia diagnosis is less than 10% ? Appropriate testing tools III defined pathways
Treatment/ Management	Consideration of medicolegal issues/ end of life issue Care giver support Available medications and investigations	Pharmacological/ dilemma of shared care Psychotherapy/Co-morbidities Poor care giver support Medicolegal / End of life issues
Research	Most from HICs	Still scanty
Guidelines/ policies	Most	Few/ None

Future directions

- Target modifiable risk factors
- Task shifting/ Incentivise personnel
- Support responsive health systems
- Incorporate dementia (psychiatric) care into primary healthcare
- Merging dementia care with management of other chronic medical/ psychiatric conditions
- Support equity in access to dementia prevention, diagnosis, treatment and care
- Establishment and implementation of guidelines and policies
- Adoption of the GAP-Dementia by WHO
- Achieve the WHO Global Plan of Action on Dementia's target of diagnosing at least 50% of PLWD in 50 countries by 2025
- Effective funding mechanisms/ collaborations for research and public health interventions

Conclusion Perspectives

- Identifying these gaps guides tailored interventions that addresses the health needs of PLWD
- The family is the bedrock of dementia care in most LMICs
- Culturally considerate innovations that are patient centric, yet evidence based
- Improve the quality-of-life of PLWD and their caregivers/ families
- Leverage collaborations and community-based services for prevention, early detection, diagnosis and post diagnostic care





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