**DeAR-GP**User Guide



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## Foreword

Research has shown that between 75% and 89% of care home residents have dementia. and that many of these residents are undiagnosed (Lithgow, Jackson, & Browne, 2012; Stewart et al., 2014).

A dementia diagnosis will aid the understanding of care workers, family members and friends, leading to better support of the person with dementia. It can lead to more appropriate care and support, may give the person with dementia the opportunity to plan for the future and depending on the type and stage of dementia specific treatments or interventions may be available.

Co-designed by the Health Innovation Network, the **De**mentia **A**ssessment **R**eferral to **GP** tool (DeAR-GP) supports care workers to identify people who are

showing signs of dementia and refer them to their GP or another healthcare professional for review. Once completed, DeAR-GP acts as a communication aide between care workers and GPs.

This user guide provides a step-by-step process of how to implement DeAR-GP in care homes in your local area. Drawing on experience gained in a small scale pilot, a number of resources and step-by-step guides are provided.

We thank you for your interest and support in further evaluation of DeAR-GP.

Dr Hugo de Waal Clinical Director

Aileen Jackson Associate Clinical Director

Dementia programme, **Health Innovation Network** September 2015

"We know that missed diagnoses in care homes are a major reason why diagnosis rates are low in some greas. The Health Innovation Network's 'DeAR-GP' empowers care workers to identify care home residents living with memory problems for review by their GP."

Dan Harwood, Clinical Director, London Dementia **Strategic Clinical Network** 



Download our **Dementia Assessment** Referral to GP Form

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# DeAR-GP process

#### Governance and planning

- DeAR-GP is approved for use by the relevant stakeholders (e.g. CCG, Local **Authority, Mental** Health Trust, GPs. care homes etc).
- The process for using DeAR-GP is communicated to stakeholders.

#### **Training**

- The process and timescales are agreed.
- Care workers are trained to use DeAR-GP.

- Training plan for care workers
- Guide for care workers
- Guide for care home manager

#### Identification

- Care worker identifies a person with symptoms of cognitive impairment and discusses with manager.
- Care worker checks to see if the resident has a known dementia diagnosis.
- Care home manager consults with family if this is appropriate.
- DeAR-GP completed by care worker and given to GP or other agreed healthcare professional for review.

- Guide for care home manager
- Guide for care workers
- Care home reporting tool

### Review by healthcare professional

- GP / healthcare professional decides whether to assess resident.
- If diagnosis is straightforward (e.g. severe dementia with no major behaviourial and psychological symtoms and well known to GP). GP can make diagnosis in line with current practice.
- If the diagnosis is not straightforward, they should refer the resident to the Memory Service for review.
- If the GP makes a non-dementia diagnosis he/she should manage or refer as appropriate.

#### Support

- If there are associated with the depression) refer to local services such as a Care Home Intervention Team / Care Home Support
- dementia, refer to Memory Service as the resident will need the usual care pathway of assessment for post-diagnosis

#### Reporting

- The project coordinator agrees with care homes when to follow-up to obtain results.
- The project coordinator reports results to the Health Innovation Network at periodic intervals.
- Reporting results to the Health Innovation Network is essential in order to gather evidence for the use of DeAR-GP and inform a wider roll-out.

#### Links

Reporting tool

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## Checklist



The use of DeAR-GP has been approved by the appropriate stakeholders. These may include:

- » The Clinical Commissioning Group
- The Local authority Adult Social Care department
- Local GPs
- The Mental Health Trust
- Care homes.



The process has been agreed with and communicated to relevant stakeholders

- It has been agreed with care homes who will provide training
- It has been agreed how DeAR-GP will be distributed to homes
- The process for care workers to refer to GPs or other healthcare professionals is established
- » GPs and/or other healthcare professionals such as specialist memory nurses know about the project and will review residents identified.



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### Checklist



#### You have engaged with the care homes

- » A meeting has been arranged with the care home manager (link to Care Home Managers guidance). A date for training care workers has been arranged (link to training for care workers, and care workers quidance)
- » A date has been agreed with the home manager to check on progress
- » A date has been agreed with the care home manager to collect the completed DeAR-GP forms (link to care home reporting tool)



GPs and/or other healthcare professionals have been identified to review completed DeAR-GP forms

- » The method of referral from care home to GP / healthcare professional is agreed and communicated
- » The GP / healthcare professional is aware of their options following an assessment



Healthcare professionals are aware that any diagnosis must be reported to the relatives and care home if the patient does not have capacity



Post-diagnostic support options are explained

- » Care homes can be offered additional support
- Relatives may wish to speak to a local dementia adviser (if available) and have been provided with the contact details of local services



The outcome of the referral has been recorded and reported to the Health Innovation Network (link to reporting tool)

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# Evaluation and data sharing

The DeAR-GP tool has been developed by the South London Health Innovation Network and tested in three care homes in south London

The results were very positive and suggested that the tool is likely to be a good indicator of a dementia diagnosis. We recognise that the test was done on a small scale, and we are keen to obtain further information about how it is being used to support a more robust evaluation.

Although the DeAR-GP tool is being provided at no charge, a condition of its use is that data is reported back to the Health Innovation Network during 2015/16.



guide, available here.



Please email your results to the **Health Innovation Network** on a quarterly basis, clearly labelling the email 'DeAR-GP results'.

### As a minimum dataset, we ask that you tell us:



Your location (borough or CCG)



Number of care homes involved



Number of DeAR-GP forms completed



Number of residents followed up by a GP or other Healthcare professional



Number of residents subsequently diagnosed with dementia

If you are able to provide any other supporting information, such as feedback from care workers/GPs etc. please do so.

If you would like to discuss anything regarding evaluation or data collection please email the Health Innovation Network on by clicking here.

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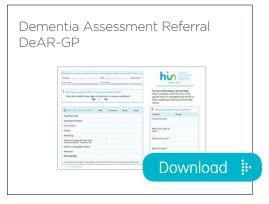
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# Supporting materials



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