Sharing responsibility for mental health and dementia prevention: the Australian path

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Dementia

- Dementia describes a group of diseases
- Impact the brain
  - Memory, thinking, behaviour, ability to perform everyday activities
  - Examples include Alzheimer’s disease, stroke
- Chronic or progressive
- No cure
- One of the major causes of disability worldwide for older people
- Long term physical, social, economical, psychological impact on individuals, families and friends.
Dementia

- **Worldwide**, 50 million people have dementia.
- 10 million new cases every year.

Every 3 secs
someone in the world
develops
DEMENTIA
Dementia

AUSTRALIA

- People with dementia:
  - 354,000 (1.5% total population) (2016);
  - 100 people per 1,000
- Dementia screening is low in primary care.

MEXICO

- People with dementia:
  - 86,000 (0.07% total population) (2014)
  - 8.6 people per 1,000
- Dementia Screening is low in primary care.

Dementia is the 2nd most common cause of death in Australia
Australia

• Population: 24.6M (2017)
• Size: 7,692,024 square kilometres

Mexico

• Population: 129.2M (2017)
• Size: 1,972,550 square kilometers
Australia

Only 2% of Australia's population lives in the yellow area

Princess Alexandra Hospital (Woolloongabba, Brisbane)

Brisbane, Queensland

Brisbane (famous stormy weather)

https://www.buzzfeed.com/simoncrerar/mind-boggling-australian-maps
Delaying Dementia Onset

There is evidence that dementia risk reduction strategies are effective.

There are barriers to prevent effective implementation of strategies in public health.

General Practitioners can contribute by discussing strategies with their patients to reduce their risk.

Delaying the onset of dementia by 5 years would halve the number of newly diagnosed people with dementia by 2050.

50% less new cases
Dementia Risk Reduction

1. Smoking
2. Alcohol
3. Poor Nutrition/Obesity
4. Physical Inactivity
5. Social Isolation
6. Depression
Depression

Depression is a common mental disorder

1. More than 300M people of all ages suffer from depression
2. More women than men suffer from depression
3. Depression is a leading cause of disability. At its worst, it can lead to suicide
4. Depression is a risk factor for dementia.

There are different treatment options for depression
Depression

AUSTRALIA

One in SEVEN AUSTRALIANS will experience DEPRESSION in their lifetime.

DEPRESSION is the 3rd HIGHEST burden of disease in AUSTRALIA #3

Suicide is the 10th highest cause of death

The annual cost of DEPRESSION in AUSTRALIA is $12.6 BILLION

MEXICO

1 out of EVERY 8 MEXICAN CITIZEN suffers a depressive disorder.

SUICIDE is ranked the 23rd HIGHEST cause of death in MEXICO

Depression-RELATED disability represents 9.8% of the TOTAL [burden of disability-adjusted life] years
What are the policy and implementation opportunities?
Implementation Opportunities

Family and friends provide most of the care. Carers experience physical, emotional, and financial stress. Prevention activities can provide support.

Majority of people who develop dementia will be in low- and middle- income countries. Mental health and chronic disease issues are common in these countries.

Incorporating messages of dementia risk reduction into existing lifestyle messages about Chronic Disease risk reduction in General Practice may increase the effectiveness of both messages.
**Australian Dementia Framework 2015-2019**

**Prevention**
1. Increasing awareness and reducing risk

**Access**
- 3. Accessing care and support post diagnosis
- 4. Accessing ongoing care and support
- 5. Accessing care and support during and after hospital care
- 6. Accessing end of life and palliative care

**Diagnosis**
2. The need for timely diagnosis

**Research**
7. Promoting and supporting research
Significant shift in government policy

- Links all levels of government
- Hosted at primary care level by Primary Health Networks
- Strong focus on suicide prevention
- Strategies to support consumers and carers to guide their own care needs
- Priorities the needs of Aboriginal and Torres Strait Islanders
- Addresses the link between physical and mental health and wellbeing
- Establishes the National Disability Insurance Scheme (NDIS) for funding
The Australian Health System

Medical Model management of acute conditions

Chronic Disease Model

Model of public mental health (Prevention and promotion)
The Australian Path

A snapshot of implementations to support a national approach to dementia/depression prevention from a:

• Chronic disease prevention model
• A mental health model;
• Utilising either:
  • Public health approach
  • Primary Care approach
Your Brain Matters

Nationally funded program to support dementia prevention
- Website with information
- 21 day challenge
- 5 step prevention focus
- Brain Matters APP
- Newsletter and email support

Step One - Look after your heart
Step Two - Be physically active
Step Three - Mentally challenge your brain
Step Four - Follow a healthy diet
Step Five - Enjoy social activity

Funded: Australian Government under the Chronic Disease Prevention and Service Improvement Fund
Screening for Depression/Cognitive Impairment

Implementation of the interRAI Acute Care Assessment System (development by Len Gray and team)
- Training in interpreting and supporting clinical change, using the AC quality indicator
- **Investigators and Collaborators:** Len Gray, Nancye Peel, John Hirdes, Brant Fries, Veronique Boscart, Bonnie Pimm

Eight Australian hospitals (Full Implementation)
- Hospitals in Queensland (In discussions)
- New Zealand to match our evaluation plan with their Acute Care implementation
- Tasmania Department of Health, Tasmanian Government. (n=4)

2017 2018 2019 2020

- Discussions with hospitals
- APR: IMPLEMENTATION TAS.
- Ethics: TAS

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Transforming nursing assessment...

...from this...

> 300 items
60 minutes +
30-70% compliance
Minimal decision support

...to this...

< 100 items
15 minutes
100% compliance
Extensive decision support

www.interrai.org
The interRAI Hospital Systems

**General Assessment**
- Emergency Department
  - interRAI ED Screener
  - interRAI ED-CA

**Specialist Assessment**
- Acute Hospital
  - interRAI AC
  - interRAI AC-CGA
  - interRAI MH

- Post Acute Hospital
  - interRAI PAC-Rehab
https://www.cihi.ca/
Tasmania
SCREENING AND PREVENTION
Chronic disease and mental health care plans available in primary care

- Referral with funding for support from specialists and allied health
- Each patient can access a number of services based on individual needs
- Care is managed by the GP formal review in a timely manner.

CHRONIC DISEASE MANAGEMENT PLAN
Requires that a chronic or terminal disease be present for 6 months
No list of eligible conditions.

MENTAL HEALTH CARE PLAN
A formal diagnosis is required by the GP of mental health disorder prior to mental health care plan
Plan supports funding of 10 visits
Digital Mental Health – Head to Health (Government)

https://www.beyondblue.org.au/

Find Australian mental health resources
Australia has great mental health services and resources, but it can be tough finding the ones that suit you best. We’ve made your search easier by hand-picking resources from publicly funded providers.

LINKS TO

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Translation through Social Media

METHOD:
Review research evidence to identify what was ready to be translated into practice

RESULTS:

Modifiable Chronic Disease Lifestyle strategies
- Discussed in General Practice

Modifiable Dementia Risk Reduction strategies
- Knowledge of risk reduction potential LIMITED
- Discussion in GP and community LIMITED
- Commonalities with Chronic disease strategies UNKNOWN
Translation through Social Media

- The effects of smoking
- Poor nutrition
- Alcohol use
- Physical inactivity
- Obesity

- Create Energy
- Demand Sleep
- Release Stress
- Seek Adventure
- Choose Nutrition
- Be Informed

The available evidence

The Knowledge Translation Project

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https://www.melindamartinkhan.com/

https://basickly.com/

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In summary – the Australian path

Support at a regional level

Linked National policies

Digital health and social media

Research Funding

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Thankyou

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