

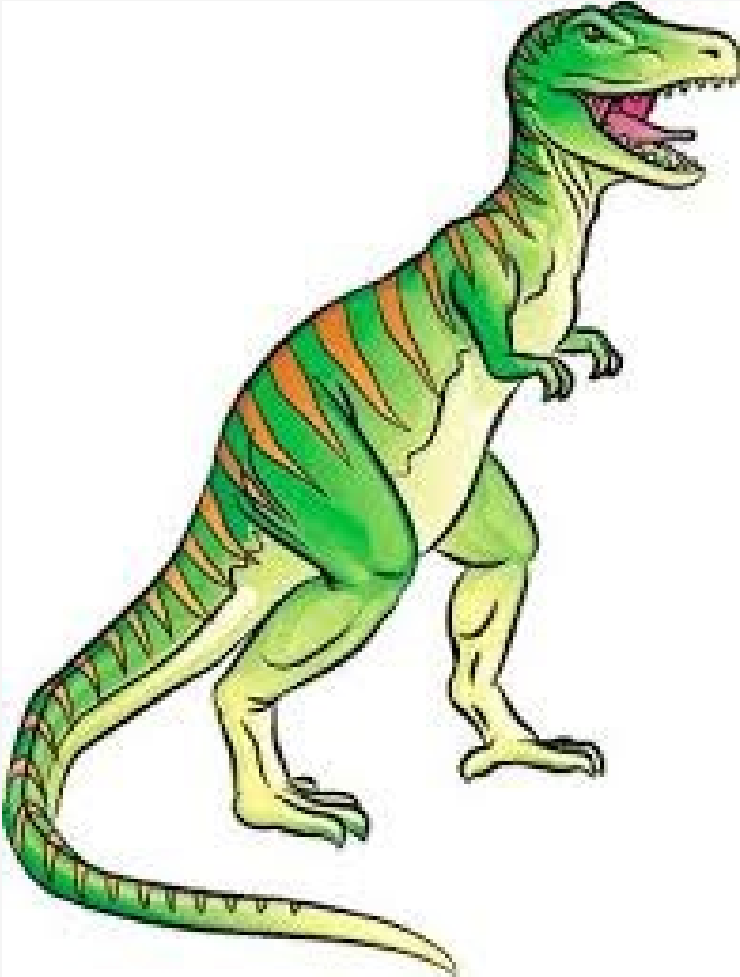


Brain Health and MCI a doorway to diagnosis

Emma Fromings

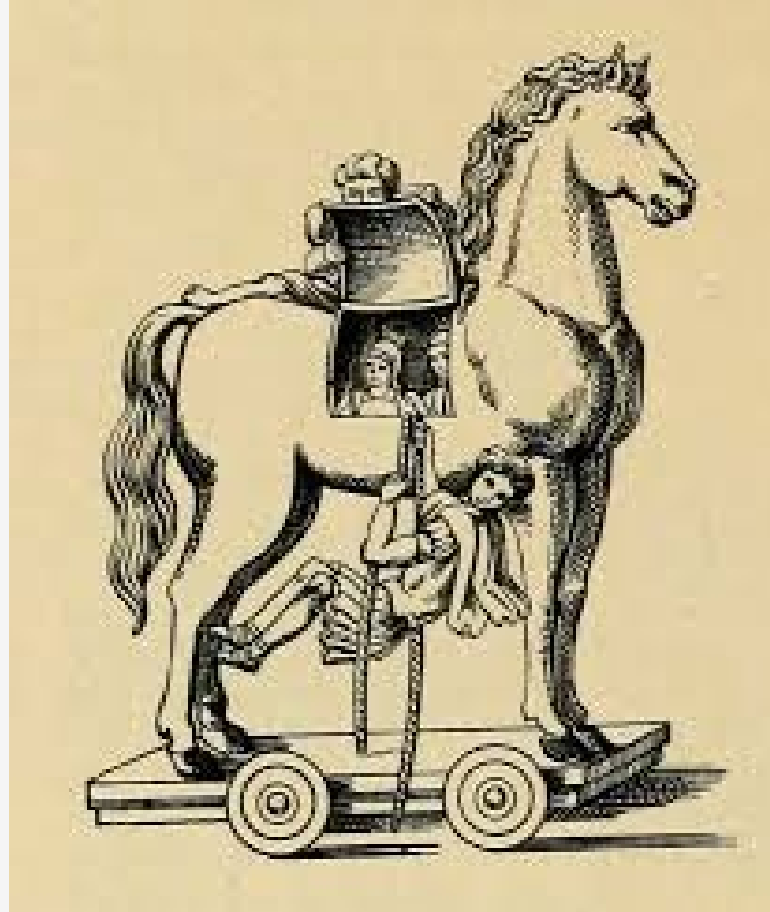


A bit of a dinosaur...



- Mental Health nurse training
- Porirua Psychiatric Hospital
- Specialist older persons psych unit
- Aged Care Facility
- Home care provider
- Dementia Wellington
- YODAT
- Primary Care

Seeing from the inside



Health Improvement Practitioner



Would you like to learn new skills to improve your health, wellbeing and quality of life?

Visit our Health Improvement Practitioner – it's FREE

Our HIP has the knowledge and skills to help people with:

- Stress
- Grief
- Headaches or migraines
- Sleep problems
- Anxiety, depression or feeling down
- Chronic pain
- Drug and alcohol problems
- Coping with illness and health conditions such as:
 - diabetes,
 - asthma,
 - digestive and gut problems
- Family or relationship issues; domestic violence; parenting
- Gender identity, sexual orientation
- Making lifestyle changes like weight loss, quitting smoking

Appointments take less than 30 minutes and you can probably be seen TODAY.

Our Health Improvement Practitioner (HIP) is a member of our team and helps patients improve their overall health and wellbeing.

For appointments
Your doctor or practice nurse can introduce you to the HIP or you can ask for an appointment at reception.



 **ACCESS & CHOICE**
Wellbeing Support
Supporting the health and wellbeing of our communities

*Ko koe ki tēna, ko ahau ki tēnei kiwai o te kete:
You at that, and I at this handle of the basket. By working together, we move forward*

Registered Health Professional

Based in a medical practice

Available to see anyone of any age wanting to improve their mental or physical health

Help!

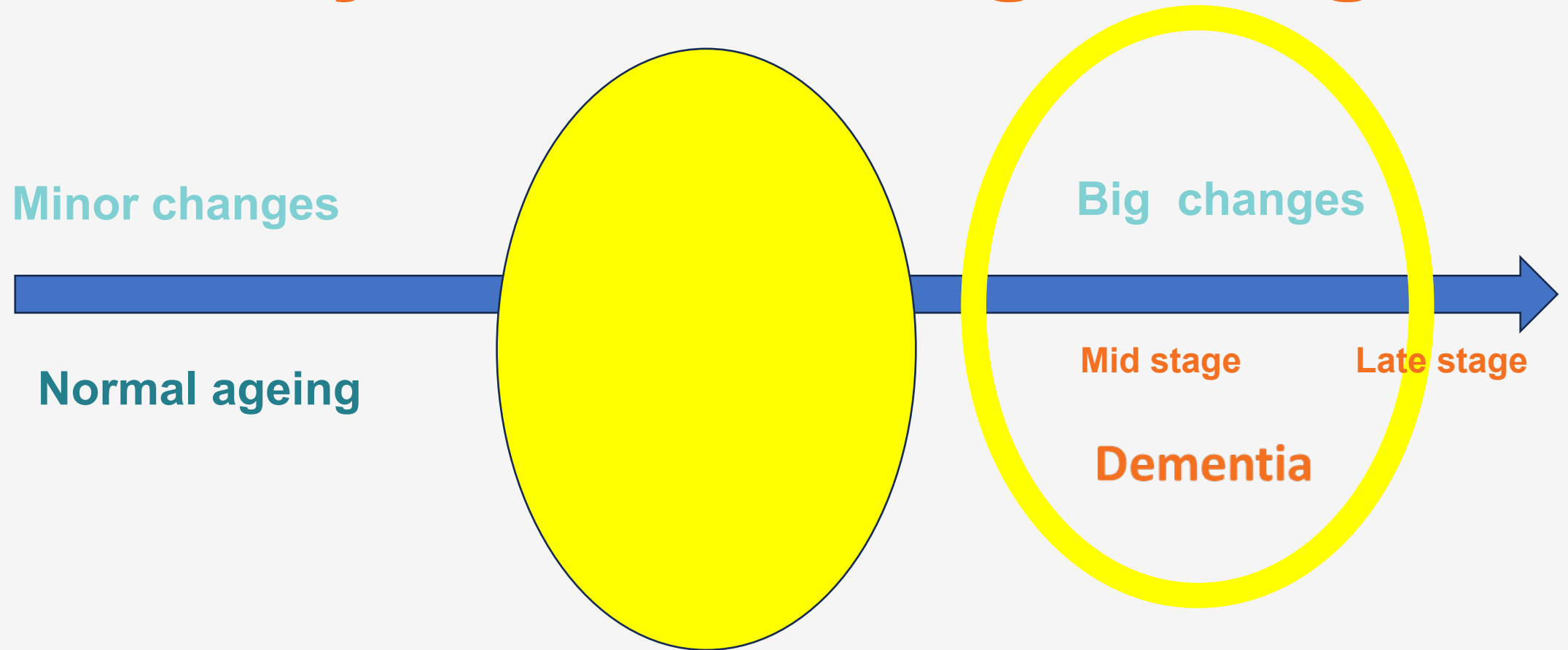


Solution

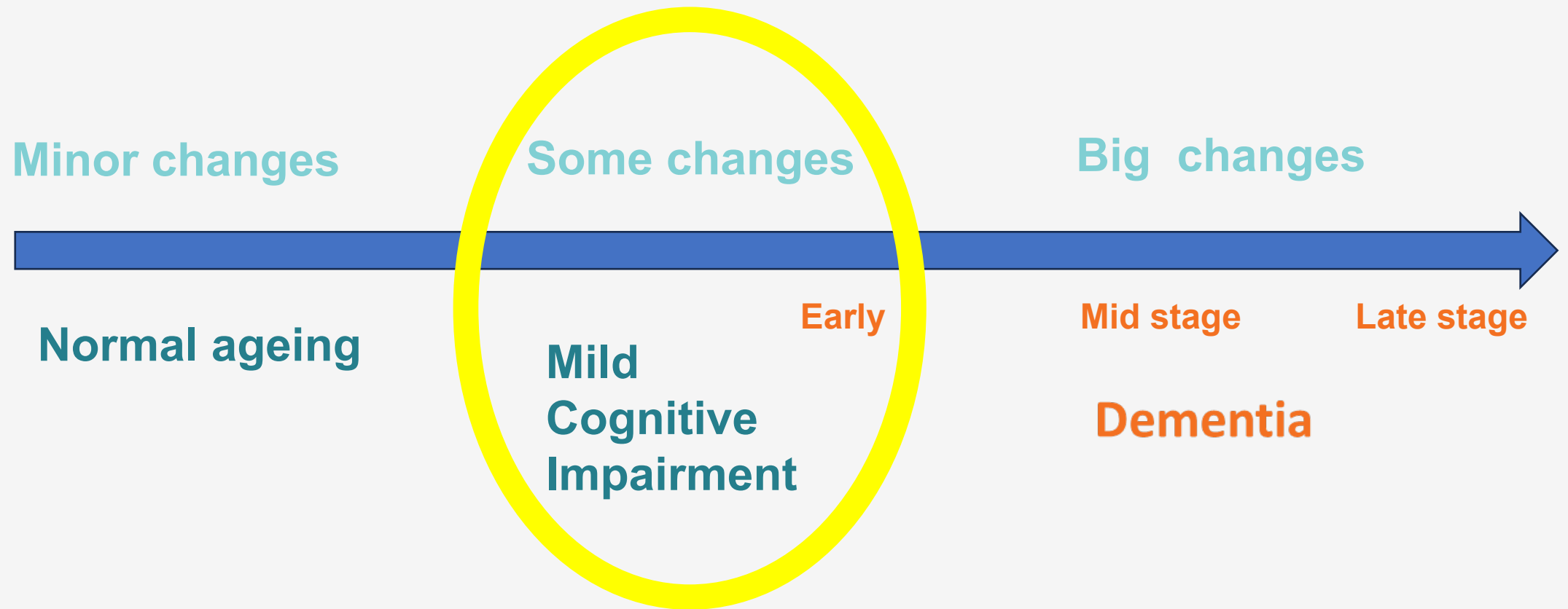


Get better at
recognising and
responding to
early changes in
memory or
thinking

Memory and thinking changes



Memory and thinking changes



Recognising MCI enables

**Enables timely
diagnosis of
dementia
before it becomes
a wareware**

- Maximise brain health
- Education
- Supports
- Future planning

Barriers to recognition and response

Fear and stigma

Lack of knowledge

Ageism

Cultural beliefs

Anosognosia

Nihilism

Brain Health & MCI project

Education - Primary care, General Public plus HIP's

Brain Health seminars and groups

Brain Health Team (in medical practice)

Info leaflets – Pathway flow chart, assessment and management checklists, anosognosia, hearing etc

Pacific programme - Brain Health Talanoa, CST Pacific

Brain Health Exercise programme

Nurse Practitioner feedback

“Having a HIP who we can make direct referrals for patients with MCI/ dementia has been a huge game changer. This service provides patients and their carers with support, hope and a clear direction”

Jane Clarke NP Waikanae Health

GP feedback

“The brain health workshops have been a huge hit with patients and enabled easier discussion about cognitive impairment during the consultation”

Dr Cat Rourke Tawa Medical

NASC feedback

“I have noted an increase in clients and their whānau’s health literacy, specially around MCI. With the HIP team walking alongside clients it is empowering them with knowledge regarding strategies and support available to them”

Tracey Cowling – Care Manager

NASC feedback continued

The ability to have open discussion with client's and their whānau seems to have improved their willingness to receive supports in the community at a time when it can make a difference to their situations.”

Whaiora/patient feedback

*“I feel freer, open,
more confident and
better able to function
in society”*

*“I don’t feel
scared anymore, I
have hope for my
future”*

*“I don’t feel so
alone, I have
hope, it was good
to meet others
experiencing
this”*

'CZero extra costsinding'

PHO regular
Primary Care Clinicians
education programme

ACC
Nuku Ora

Age Concern
U3A
WEA
Retirement Villages
Probus
Lions clubs

Health Improvement
Practitioners

Brain Health
Team

Long term care
funding

What we could do next...

- More Brain Health and MCI education
- More training for HIP's
- Better understanding of anosognosia
- Better driving assessment process
- Pacific cognitive assessment tool
- Mental Health support eg WellElder
- Better connection between Primary Care and Dementia organisations