Course: BSc (Hons) Health and Social Care.
Module: Independent Project (BMHP6020_LON).
Output: Dissertation Viva Presentation.
Lecturer: Eleni Koutsogeorgou.
Student Name: Ogo-oluwa Mafimisebi.
Student ID: 1914926.
Date: 17th January 2023.

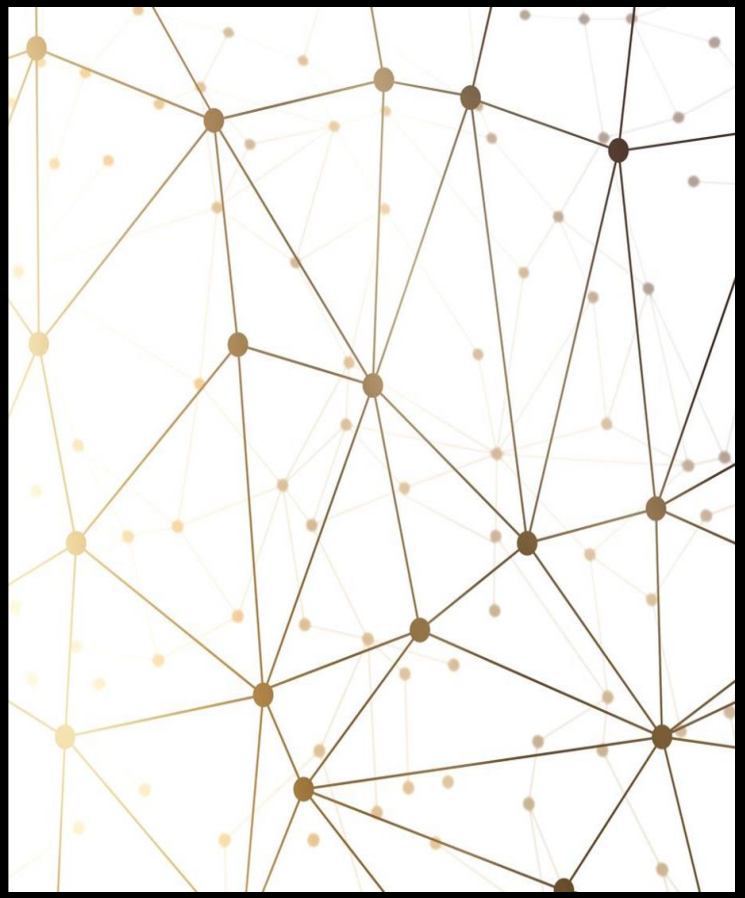
Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

I. CHAPTER 1 INTRODUCTION:

TOPIC: The effect of Covid-19 on people living with dementia and their caregivers in the United Kingdom.

RATIONAL: Several research studies have shown that the Covid-19 outbreak disproportionately impacts people with dementia who are at risk of infection and death. And as someone aspiring to be a mental health professional, I need to investigate the impact of Covid-19 on these populations and their caregivers and the practises that promote excellent dementia care.
AIM: to investigate the consequences of Covid-19 on people living with dementia and their caregivers in the United Kingdom.

OBJECTIVE:
(1) To investigate the impact of loneliness, isolation, and shortage of services on people living with dementia and their caregivers in the United Kingdom during Covid-19.
(2) To examine the experiences of dementia patients and their caregivers in the healthcare and social services setting during Covid-19.
(3) Critically evaluate the psychological impact due to Covid-19 on people living with dementia and their caregivers.
(4) To highlight some recommendations for improvement on how the government can protect people living with dementia and their caregivers during the Covid-19 outbreak.



CHAPTER 2: BACKGROUND

In Wuhan, Hubei Province of China, in December 2019, a pandemic of pneumonia of unidentified origin was registered in this city. Pneumonia issues were epidemiologically associated with the Huanan Wholesale Seafood Market. a novel respiratory disease whose genome findings reveal it to be a novel coronavirus connected to SARS-CoV. Thereafter, called the severe acute respiratory condition coronavirus 2 or SARS-CoV-2 (Ciotti et al., 2020)

GLOBAL: For instance, In France dementia patients and their caregivers were vulnerable to the Covid-19 outbreak and its consequences. From March 17, 2020, to May 11, 2020, a nationwide lockdown was imposed by the Government of which during this period, people were only permitted to leave their houses to buy important items, and seek medical assistance (Borg et al., 2021).

NATIONAL: the Covid-19 outbreak restrictions have affected the health and well-being of caregivers of people living with dementia that lived in the community (Sriram et al., 2021)

LOCAL: Covid-19 contaminations in elderly people and those living with dementia in some of the mental health wards in the city of London, analyses suggest that people living with dementia or living in group situations or who were inpatients already or admitted as inpatients, are more exposed to infections from coronavirus and have a higher rate of deaths from the virus compared with people that live in the community (Livingston et al., 2020)

CHAPTER 3 METHOD:

METHODOLOGY: **research methodology is a process for methodically addressing a research problem. (Kothari, 2004)**

SECONDARY: Any further analysis of an existing dataset that presents interpretations, conclusions, or awareness that are surplus to, or different from, those presented in the first report on the inquiry as a whole and its main results (Johnston, 2017).

SEARCH STRATEGY: The search was conducted primarily through online databases, including PubMed, Sage journals, ProQuest, EbscoHost, Springer journals, and the University of Wales Trinity Saint David library database.
Databases were referred to as either "Covid-19" OR "Coronavirus" OR "Pandemic" Effect AND Impact on Family OR Patients AND People living with dementia OR dementia caregivers AND UK OR England OR Scotland AND Wales OR Norther Ireland AND "social isolation". OR "social network" AND quality of life OR "lack of services" either " AND "interpersonal network" AND "social support network".

EXCLUSION CRITERIA: Exclusion criteria are characteristics of potential study participants who meet inclusion criteria but have additional characteristics that could impede the success of the study or increase their risk of a negative outcome (Patino and Ferreira, 2018).

CHAPTER 3 METHOD:

INCLUSION CRITERIA:

(1) Primary research articles that have been published in scientific publications.
(2) Articles published in the English language.
(3) work that was published between November 2019 and October 2022.
(4) Publications dealing with any anywhere in the United Kingdom, England, Scotland, Wales, or Northern Ireland. Publications that deal with the reported data of Covid-19 effect on dementia patients and their carers (not included studies reporting only data from caregivers, health professionals, parents, carers, or other proxies.

DATA ANALYSIS: First, abstracts were screened for eligibility based on the study's aim. In cases where the title of a paper seemed relevant, but the abstract was lacking or it was unclear whether it linked to the effect of Covid-19 on PLWD and their caregivers' components, it was included in the next phase i.e., screening of full text.

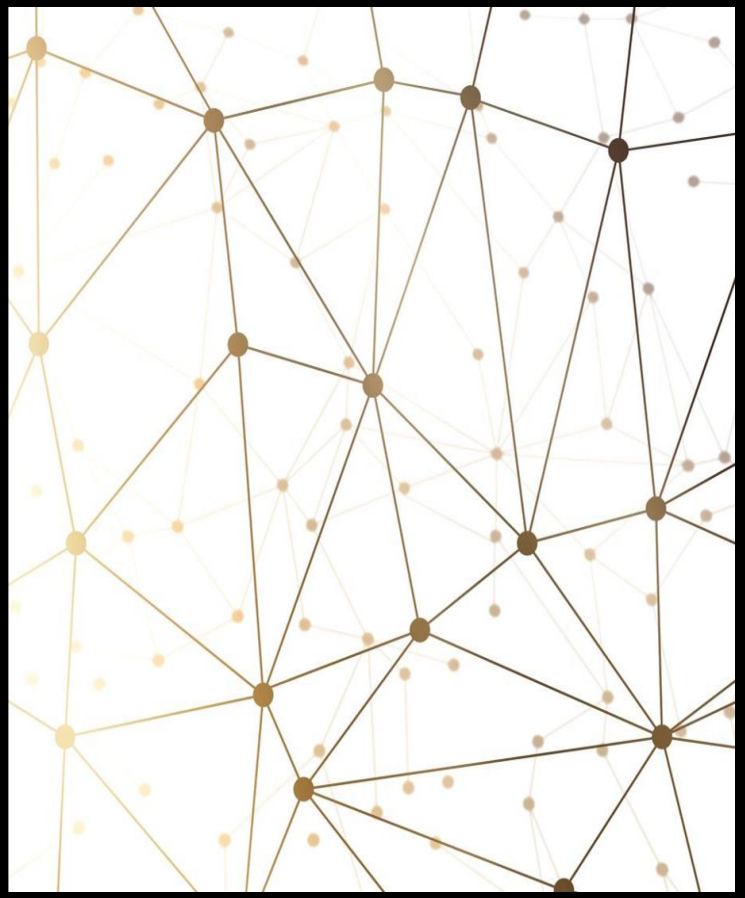
ETHICAL CONSIDERATION: Evaluations or secondary research do not require any ethical approvals or informed consent from the participants (Radhika, 2019).

CHAPTER 4 RESULT:

Following the screening of the articles, 21 articles were chosen to have their complete texts examined to determine whether they were suitable for ultimate inclusion. And eleven of the studies were removed from the total of twenty-one for a variety of reasons, in the end, ten articles were chosen as viable candidates for more qualitative thematic research analysis.

THEMES 1 CHANGES IN QUALITY OF LIFE. The effect of COVID-19 and other restrictions imposed by the government on the quality of life of people who have recently been diagnosed with dementia and the people who care for them. People with dementia have maintained their quality of life during the pandemic. however, it is possible that this came at the expense of the quality of life of their family caregivers, which may have decreased during this period (Hick, B. et al. 2022)

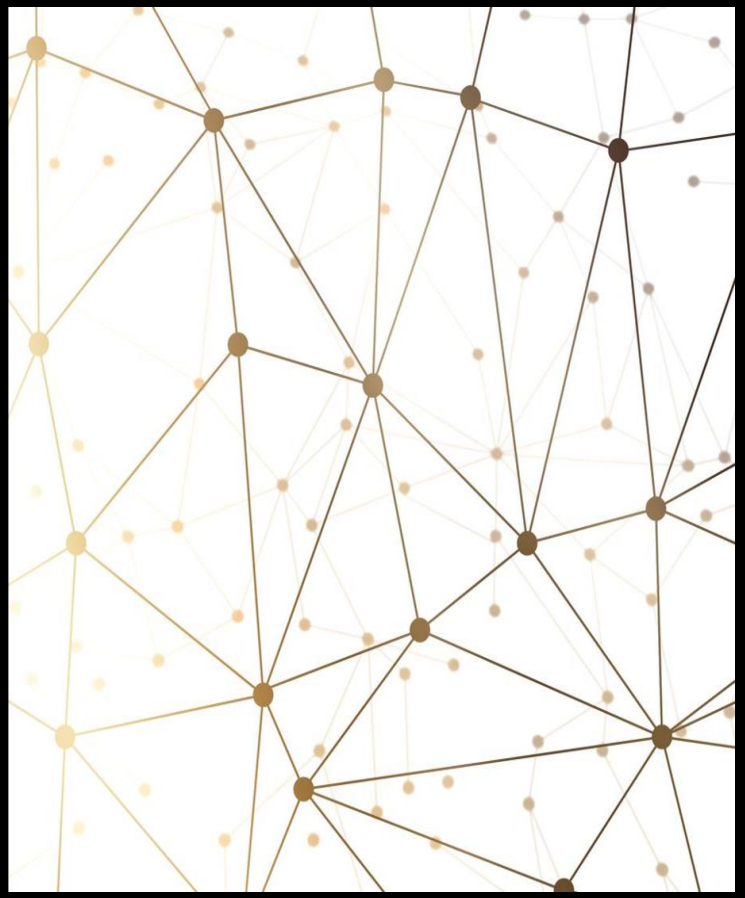
THEME 2 CHANGES IN DAILY ROUTINE. Several family caregivers spoke of the deterioration of dementia patients during the lockdown and expressed the opinion that this was because there was less socialisation and stimulation available to them (Cousin, E. et al., 2022)



CHAPTER 4 RESULT.

THEMES 3 FEAR AND ANXIETY. When seeking assistance from support line staff, family caregivers expressed worries about the implications of care home admissions, such as a lack of visiting opportunities, the possibility of worsening of the individual's condition in the absence of the caregiver, and the fear of contracting Covid-19 in care homes (Aker, N. et al., 2021)

THEMES 4 LESS ACCESS TO HEALTHCARE AND SOCIAL SERVICES:
Staff Furloughs, redeployment to Covid-19 care, or clinical vulnerability hindered service operations. Some dementia services were able to adjust to rules and resource problems, but others, like memory testing services closed. Lack of space to conduct social distance made group social interaction and meaningful activity services vulnerable to closure. (Wheatley, A. et al., 2021)



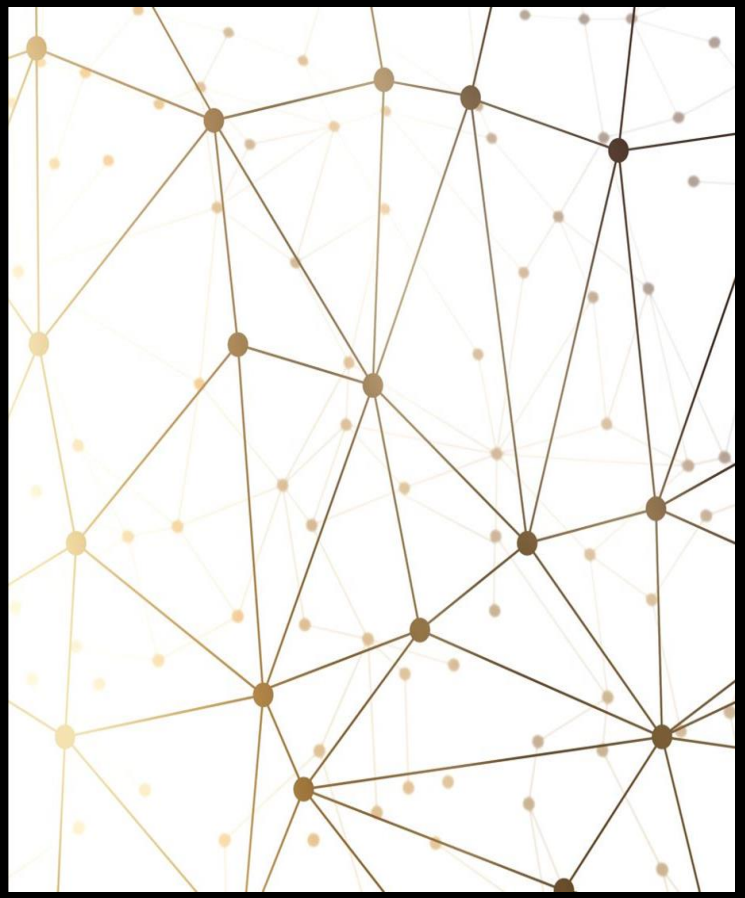
CHAPTER 4 DISCUSSION

Research indicated that family caregivers of dementia patients are more likely than the general population to experience the perceived burden of caregiving and stress from COVID-19. (Seo, H. et al., 2021)

STRENGTH: To compare expectations, knowledge, and concerns with actual results and experiences, the prospective approach made sure that participants' expectations and knowledge, accurately reflected the current situation (Thomson et al., 2020)

LIMITATION: Our Sample may have been biased toward younger individuals with early-stage dementia because of recruiting participants through social media and dementia groups. Participants neither claim nor are representative of those with the disease in its later stages. (Talbot and Briggs, 2021)

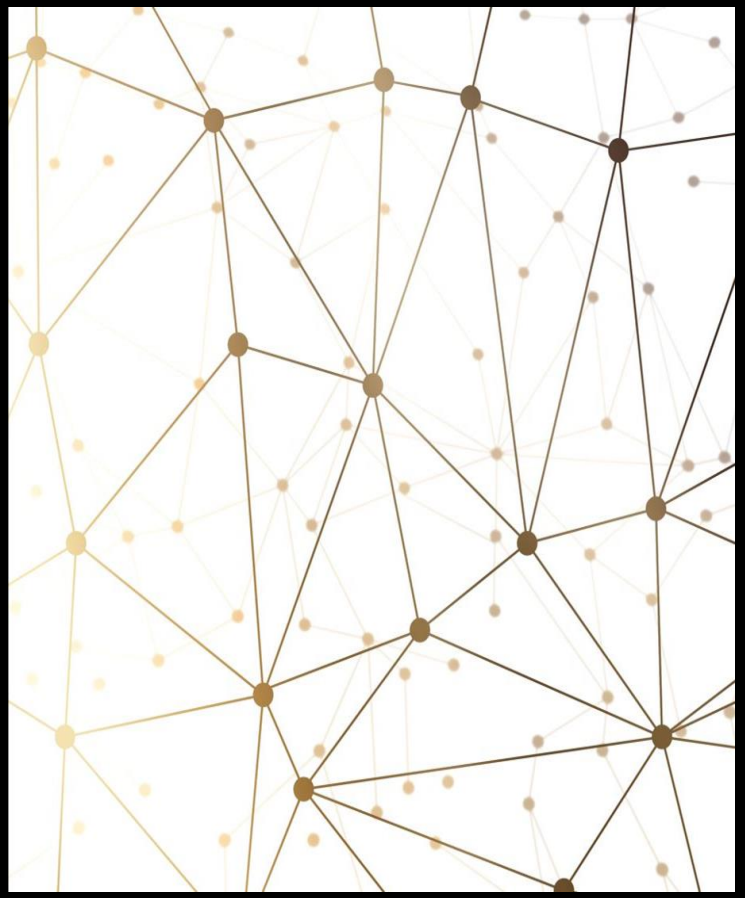
PROCESS OF REFLECTION: This research has made me gain an understanding of a variety of areas that related to how the Covid-19 pandemic affected people who had dementia as well as the care who took care of them. And I am confident that this study will be useful and instructive to me after I graduate and start working as a mental health professional.



CHAPTER 5 RECOMMENDATION

Restrictive policies significantly decreased the availability of health and social support services, which increased already-existing burdens or added to them. To help, ensure a supportive network, and lessen the stress of caregivers, better psychological support and innovative healthcare strategies are required. These include the use of remote patient monitoring and digital communications and addressing technological barriers will be better.

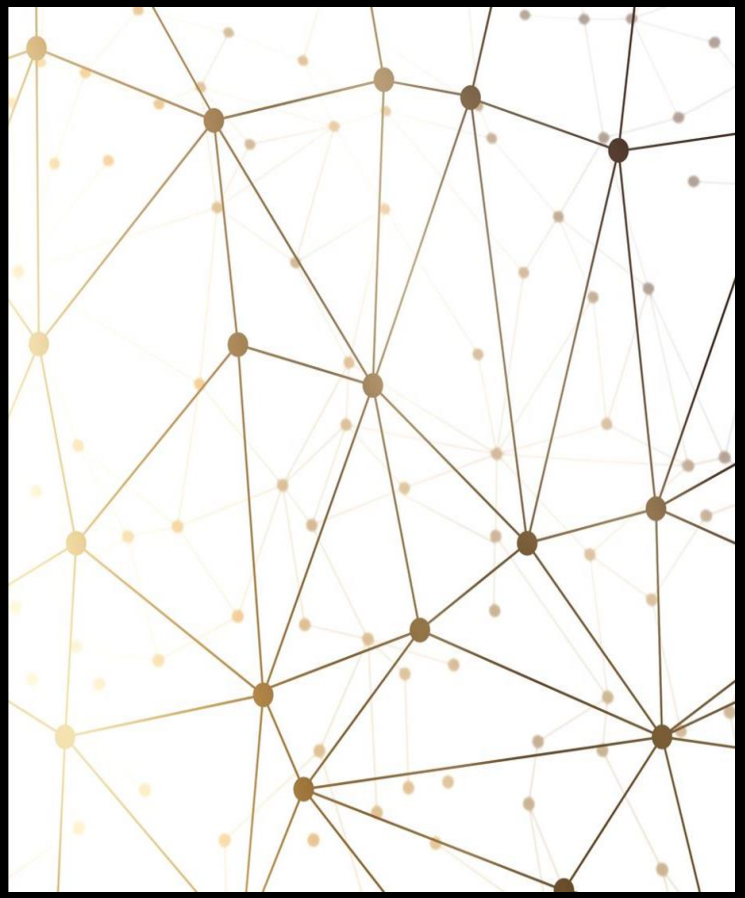
Patients' and caregivers' changing social and medical needs. Additionally, information on diverse samples' ethnicities, cultural and socioeconomic backgrounds, and types of care relationships Additional high-quality research is required, and prospective data will aid in monitoring any that are conducted. Throughout the pandemic, it should also be encouraged to meet specific needs and allocate healthcare resources (Carbone, A. et al., 2021).



CHAPTER 5 CONCLUSION

During the Covid-19 pandemic, we discovered that the process of sharing specific information with caregivers—including family members, medical professionals, and long-term care providers—and matching their perceptions to the goals and priorities of care for older people living with dementia, strengthened relationships and reaffirmed trust. Conversely, the degree of infection spread in the UK and the disparities in each caregiver's capacity to access and choose accurate and pertinent information about Covid-19 increased "anxiety during the Covid-19 pandemic" and led to a "gap in perception" regarding infection control.

Throughout the COVID-19 restrictions, caregivers strive to continue providing physical, emotional, and practical support to persons living with dementia in the community. To prevent a future caregiver crisis, formal caregiving services, telecare solutions that work for them, and additional support for respite are necessary, as these types of pandemic restrictions may occur again.



REFERENCES

Aker, N. et al. (2021). 'Challenges faced during the COVID-19 pandemic by family carers of people living with dementia towards the end of life', BMC health services research, 21(1), pp. 996–996. Available at: https://doi.org/10.1186/s12913-021-07019-6. (Accessed: 17-10-2022)

Borg et al. (2021). Mental Health of People with Dementia During COVID-19 Pandemic: What have we learned from the first wave? *Journal of Alzheimer's Disease*, [online] pp.1531–1541. Available at: https://www.content.iospress.com/articles/journal-of-alzheimer's-diseases/jad210079?utm [Accessed 30 July. 2022].

Carbone, E.A. et al. (2021) 'The Mental Health of Caregivers and Their Patients with Dementia During the COVID-19 Pandemic: A Systematic Review', Frontiers in Psychology, 12, pp. 782833–782833. Available at: https://doi.org/10.3389/fpsyg.2021.782833. [Accessed 02 December 2022].

Ciotti et al. (2020). The COVID-19 Pandemic. *Taylor and Francis*, [online] 57(6), pp.365–388. doi:10.1080.

Cousins, E., de Vries, K. and Harrison Dening, K. (2022) '"Four walls and a garden": Exploring the experiences of families affected by dementia during the COVID-19 pandemic', Dementia (London, England), 21(3), pp. 810–829. Available at: https://doi.org/10.1177/14713012211059021. [Accessed: 14-10-2022]

Hicks, B. et al. (2022) 'A cohort study of the impact of COVID-19 on the quality of life of people newly diagnosed with dementia and their family carers', Alzheimer's & dementia: translational research & clinical interventions, 8(1), pp. e12236–e12236. Available at: https://doi.org/10.1002/trc2.12236. [Accessed: 01-10-2022]

REFERENCES

Johnston (2017). *Secondary Data Analysis: A method by which the Time Has Come.* [online] Available at: https://www.qqml-journal.net [Accessed: 2 Oct. 2022].

Kothari. (2004). *Research Methodology.* [online] NEW AGE INTERNATIONAL PUBLISHERS. Available at: doi:97881-9224-2488-1 [Accessed: 11 Jul. 2022].

Livingston (2020). Prevalence, management, and outcomes of SARS-CoV-2 infections in older people and those with dementia in mental health wards in London, UK: *THE LANCET Psychiatry*, [online] 7(12), pp.1054–1063. Available at: https//www.sciencedirect.com/science/article/abs/pii/S221503662030434X [Accessed: 10 Aug. 2022].

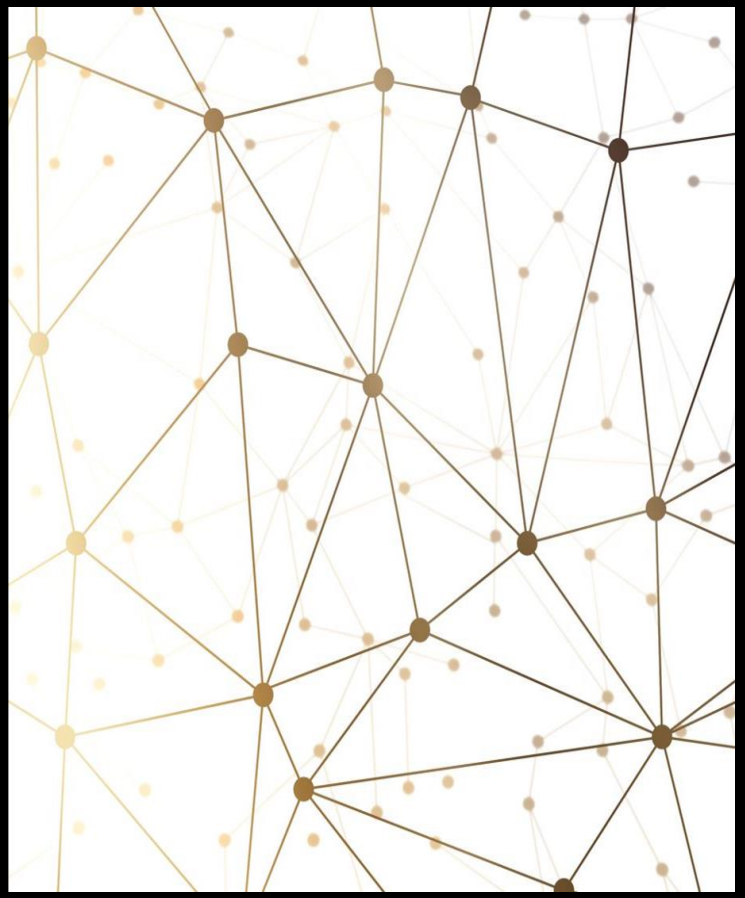
Radhika (2018). *Ethical Declaration.* [online] Available at: https://www.editage.com/insights/ethical-declaration-that-authors-should-provide-at-the-journal-submission-stage# [Accessed: 11 Oct. 2022].

Seo, H., Kim, S.M. and Park, J.M. (2021) 'Impact of the COVID-19 pandemic on the caregiver burden and quality of life in caregivers of patients with dementia', Alzheimer's & dementia, 17(S7), p. e049487–n/a. Available at: https://doi.org/10.1002/alz.049487. [Accessed: 11 November 2022].

REFERENCES

Sriram, V. et al. (2021). Impact of COVID-19 restrictions on carers of persons with dementia in the UK. Age and Ageing, [online] 50(6), pp.1876–1885. Available at: https://www.academic.oup.com/ageing/article/50/6/1876/6315067 [Accessed: 3 Aug. 2022].

Talbot and Briggs (2021). 'Getting back to normality seems as big of a step as going into lockdown': the impact of the COVID-19 pandemic on people with early to middle stage dementia. Age and Ageing, [online] 50(3), pp.657–663. Available at: https://academic.oup.com/ageing/article/50/3/657/6106227 [Accessed: 10 Aug. 2022].

Thomson CJ, Segrave RA, Racine E, Warren N, Thyagarajan D, Carter A. "He's Back so I'm Not Alone": The Impact of Deep Brain Stimulation on Personality, Self, and Relationships in Parkinson's Disease. Qualitative Health Research. 2020;30(14):2217-2233. doi:10.1177/1049732320951144

Wheatley. A, et al. (2021). Changes to post-diagnostic dementia support in England and Wales during the COVID-19 pandemic: a qualitative study. BMJ Journals, [online] 12(2). Available at: https://www.bmjopen.bmj.com/content/12/2/e059437 [Accessed: 24 Nov. 2022].