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Assessment 2: viva voice

Experiences in Covid 19 on elderly people with
dementia in UK

Module: Introduction to Research (BMHP5005)

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Introduction

Globally, people are living longer. Today, the majority of people may anticipate living into their 60s and beyond. Between 2020 and 2050, the number of people 80 and older is projected to treble, reaching 426 million (WHO, 2022).

Dementia strikes one person globally every three seconds. In 2020, there will be more than 55 million dementia sufferers in the world. Its population is anticipated to double every 20 years, rising to 78 million in 2030 and 139 million in 2050.

The aim of this study is analyse the experiences in covid 19 on people with Dementia living in uk, Through of following objectives 1. Conduct a systematic literature review 2. comprehend the different statistics and policies 3. compare the research findings 4. Develop themes according with the fundings 5. Provide recommendations for future research.

Methods

Search strategy

With the purpose of exploring the experiences in covid 19 in older adults with dementia, a bibliographic of primary research of relevant publications, academic articles in databases such as Pubmed, Cochrane, Proquest, University Library and Google Scholar.

Keywords Dementia, COVID 19, elderly people.

Data collection

In this research, the review of academic articles will adopt thematic analysis. Thematic analysis is a technique for drawing conclusions and concepts from data and involves identifying, assessing, and documenting themes or patterns (Javadi, Zarea, 2016).

Inclusion criteria

Articles would include in this review if they met seven inclusion criteria: Primary research, original research, academic articles, written in the English language; full-text, published between January 2019 and March 2023; people above 65 years old who are living in the United kingdom ; and focused In the experiences in COVID-19 on people with dementia. The general search methodology was based on the following terms: “SARS- CoV2,” "COVID 19",“ Cognitive Impairment,” “Alzheimer's Disease,” “Dementia,” “elderly people, ”among multiple combinations with the AND and OR connectors.

Methods

Exclusion criteria

Exclusion criteria will restrict to reviews, secondary research, meta-analyses, randomized controlled trials, abstracts and original clinical trials. articles Published before January 2019 Articles in languages other than English, people under 65 years old, people outside the United Kingdom. Duplicate search results will be removed. Articles focused on clinical outcomes in terms of incidence and mortality of dementia comorbidities in patients with COVID-19 will also excluded from this investigation.

Ethical considerations

The use of secondary data is a highly ethical practise in and of itself because it maximises the return on any (public) investment in data collection, eases the burden on respondents, ensures the replication of study findings, and thus encourages greater openness in research methods and the integrity of research work.

Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
(Tuijt et al., 2021)	From the perspectives of various dementia patients living at home and their caregivers, discuss the experiences of the COVID-19 restrictions' effects in England.	Thirty dementia sufferers and 31 caregivers were enlisted for a qualitative study, and they were interviewed remotely. Thematic analysis was used to transcribe and examine the data.	Changes in living arrangements, Maintaining simple routines that included leaving the house for exercise and stimulation, as well as strong familial caring ties, all contributed to the wellbeing of the dementia sufferer and their caregiver. Due to the restrictions placed on them, people with dementia have reported some negative psychological and cognitive effects, including an increase apathy, irritability, or anxiety that was fueled by a lack of social interaction.
(Dawson et al., 2023)	to investigate the experiences of dementia sufferers and the people who cared for them during the coronavirus pandemic in England and Wales.	A qualitative study that involved semi-structured interviews with 9 participants with dementia who were contacted by phone or email and included verbal informed consent was conducted.	The findings are consistent with participants' persistent desire to liberate from restrictions in order to resume important activities, and they show how this led to coping strategies to minimize the effect on wellbeing in the absence of institutional support and services.
(Dixon et al., 2022)	To determine the difficulties that dementia sufferers believed they had encountered as a result of COVID-19.	21 people with dementia who had recently received a diagnosis were recruited through an existing national cohort and given in-depth interviews as part of a qualitative research design. With the help of a framework, data was thematically analysed.	The findings included reduction of social contact, difficulties accessing and trusting health services, and practices hostile to dementia. On the other hand, people with dementia responded to the challenges by maintaining and expanding their social networks, learning new communication skills and hobbies, and valuing connection with peers.
(Hicks et al., 2022)	Study of the effect of COVID-19 on the quality of life for dementia patients and the family caregivers.	93 recently diagnosed dementia patients, and latent growth curve modeling was used to examine changes in quality of life.	Even though dementia patients showed no change, caregivers reported a significant decline in quality of life.

Results

As a result of the analysis four themes were derived relating to: 1. Family support 2. Negative Impact in Mental health 3. Discovering new skills.

Family support

Refers to how the dementia patients in COVID 19 had been supported by their family; practical assistance from family members was said to have maintained their wellbeing and to have given them a sense of security (Tuijt et al., 2021). This study was related to (Dawson, 2022) in which it was found that some dementia patients felt their families provided them with adequate emotional and financial support, while other patients valued additional support through calls and video calls. Another study (Trujillo, 2020) demonstrates how individuals with dementia who were recently diagnosed formed "support bubbles," typically with family members, and did so over the phone or via digital platforms whenever they felt they needed it.

Negative Impact in Mental Health

People with dementia who were formerly more independent and able to go outside experienced more distressing effects on their mental wellbeing, particularly anxiety and irritability (Tuijt et al., 2021). This is consistent with (Dawson, 2022) which discovered that after almost 2 years of restrictions, the impact of prolonged isolation and limited stimulation had, perhaps unsurprisingly, led to a marked decline in mental wellbeing for some, most notably in those aged 81 to 90 who lived alone. According to a different study (Dixon et al., 2022) it was more common for people to describe losing touch with important friends and family as upsetting or depressing, and in some cases, this would require treatment. As opposed to these studies (Hicks et al., 2022) found that, in general, the quality of life of people with dementia has remained constant throughout the pandemic, with the exception of those providing care for people with more severe dementia and those residing in more underprivileged areas.

Discovering new skills

Use of digital communications is crucial for many people with dementia, in reducing the loss of direct social interaction. They frequently acquired their IT skills to help with this, for example by using the local library's training resources, the internet, or, occasionally, the remote assistance of friends and family (Dixon et al., 2022). Caregivers reported that alternate activities were being planned using online tools like Zoom or WhatsApp. This, however, wasn't always a satisfactory replacement for regular social interaction (Tuijt et al., 2021).

Discussion of findings

At COVID-19, people with dementia talked about their experiences, emphasising the importance of family support, the negative effects on their mental health, and learning new skills. Family assistance is regarded by those with dementia as a pleasant experience, More than 90% of those surveyed concurred that their family members frequently "demonstrates compassion to them (Carey et al., 2022). In India, however, the government must pass rules for the care of elderly people and those more afflicted by dementia because of changes in family structure and culture (Singh, 2019).

Related with the negative effect on mental health A longitudinal study show that there was a significant decline in anxiety cases while an increase in depression cases (Giebel et al., 2021). On the other hand, people with milder degrees of dementia than those in more severe stages showed worsening symptoms of depression, anxiety, and insomnia maybe because they were more conscious of the effects of the epidemic (Cohen et al., 2020). According to participant scores in the study Effects of COVID-19 and Quarantine Measures on the Lifestyles and Mental Health of People Over 60 at Increased Risk of Dementia, there was an increase in depressive symptoms during the pandemic that was linked to living alone or being socially isolated at home.

Throughout COVID-19 By viewing digital technologies through a positive perspective, the study found discovered that social media and video chatting apps have the potential to significantly increase the social connectivity, wellbeing, and self-actualization of people with dementia (Talbot and Briggs, 2022). Other study show by effectively reducing the shrinking world that the pandemic may exacerbate, technology might preserve persons with dementia's social abilities and keep them connected to their families (Chirico et al., 2022).

Conclusion

It may be inferred from the results of this study that, in contrast to what was previously believed, older persons with dementia's experiences during COVID 19 were not entirely negative. It was noted that family considerations and the management of technical tools The majority of them developed into protective factors, but it's crucial to carry out additional research so that more evidence can be produced to back up these findings.

In order to address the negative effects on mental health and ensure assistance and social engagement for people with dementia who are experiencing isolation, it is crucial that more research be produced that contributes to confirm the findings. similarly to the pandemic.

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