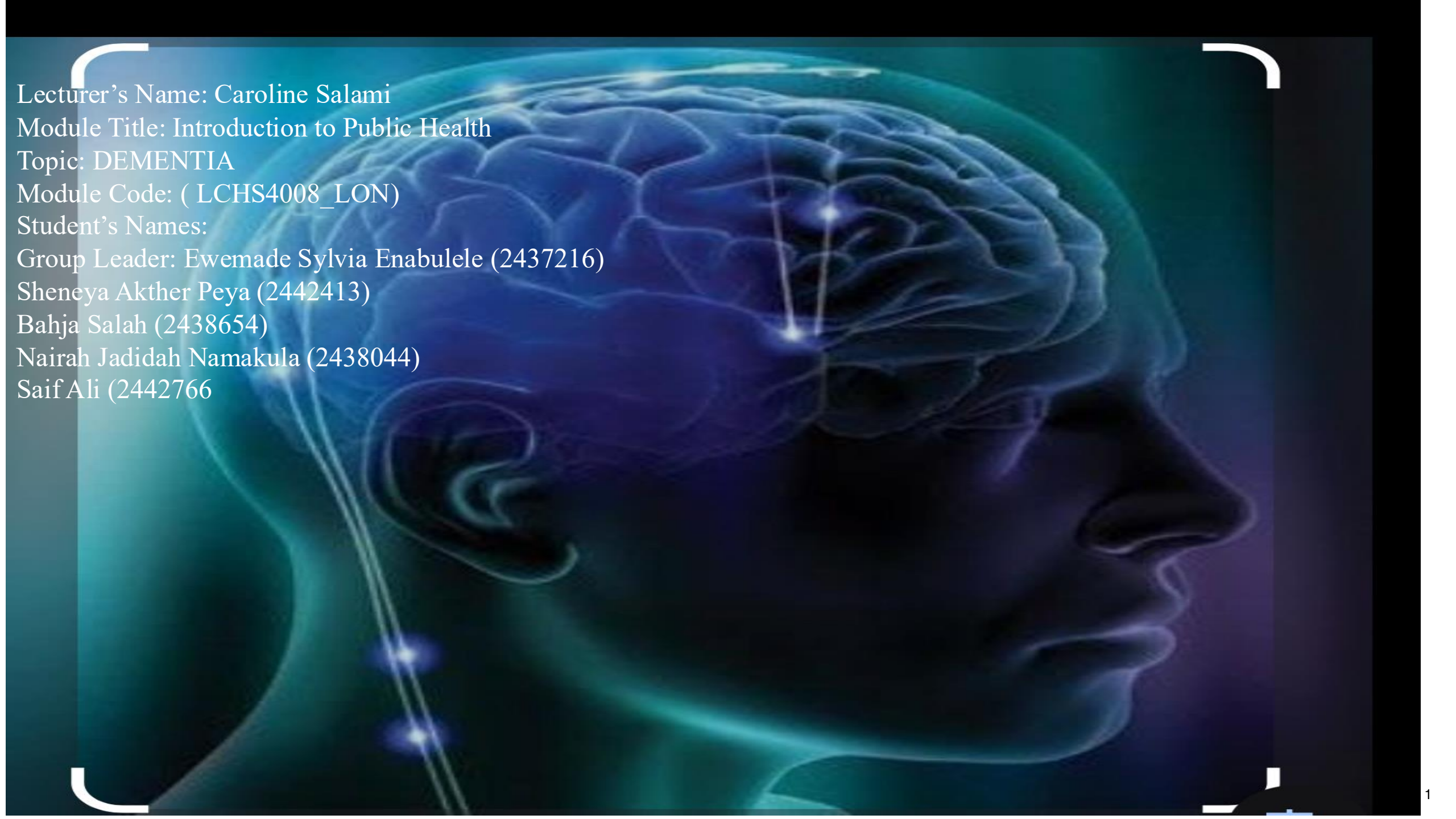
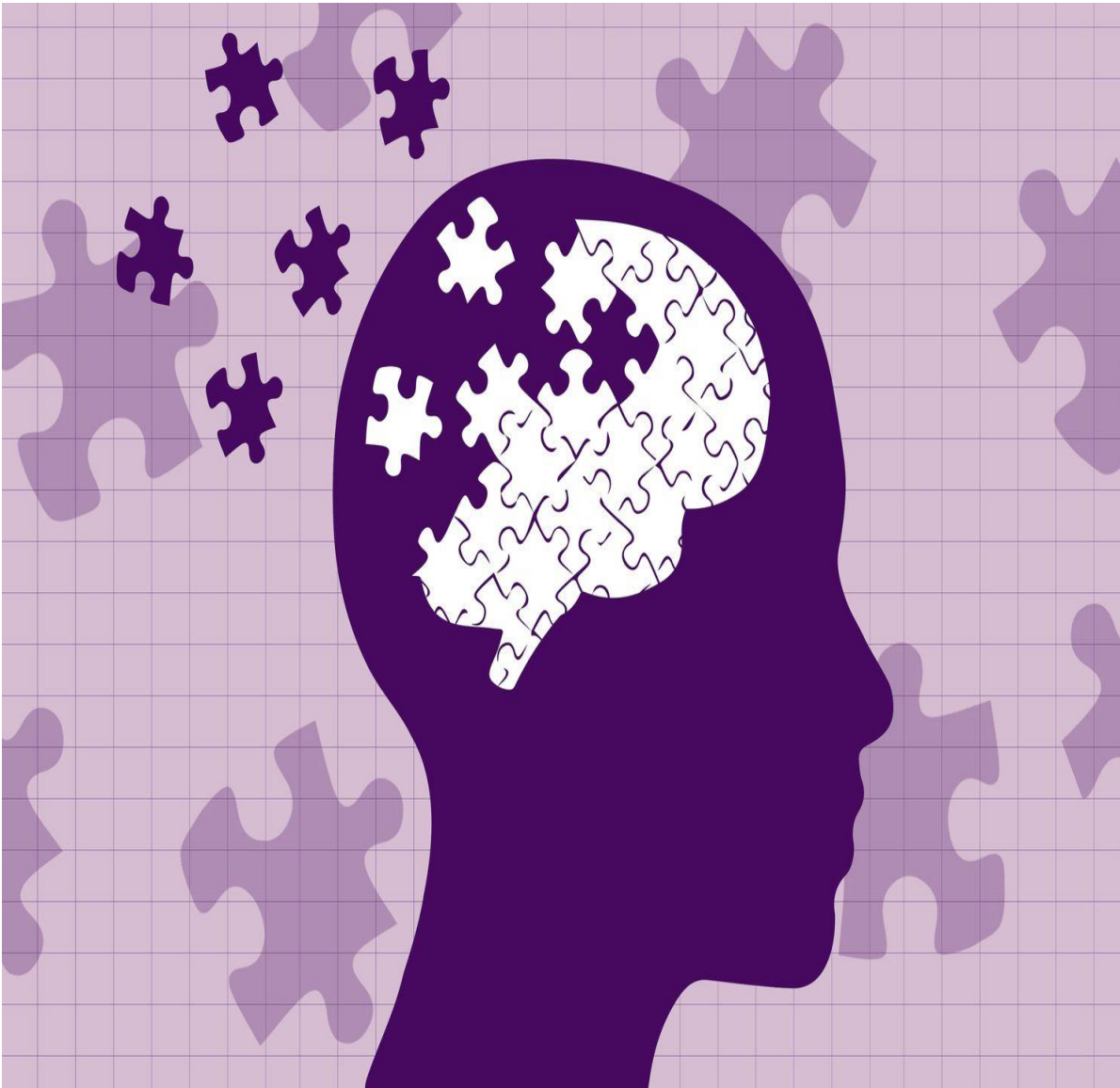




Lecturer's Name: Caroline Salami
Module Title: Introduction to Public Health
Topic: DEMENTIA
Module Code: (LCHS4008_LON)
Student's Names:
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UNDERSTANDING DEMENTIA



- ❖ Dementia encompasses a range of symptoms of this disease which impacts memory and thinking, and decision-making. The disease gradually impacts on people's daily functioning and independent living (Tyczyńska et al., 2024).
- ❖ Common symptoms include forgetfulness
- ❖ Difficulty concentrating
- ❖ Challenges with communication with people
- ❖ Changes in mood and behaviour.
- ❖ Peoples with dementia can also exhibit poor judgment and also difficulty completing familiar tasks and confusion regarding time or place.

Sheneya akther peya (2442413)

UK EPIDEMIOLOGY



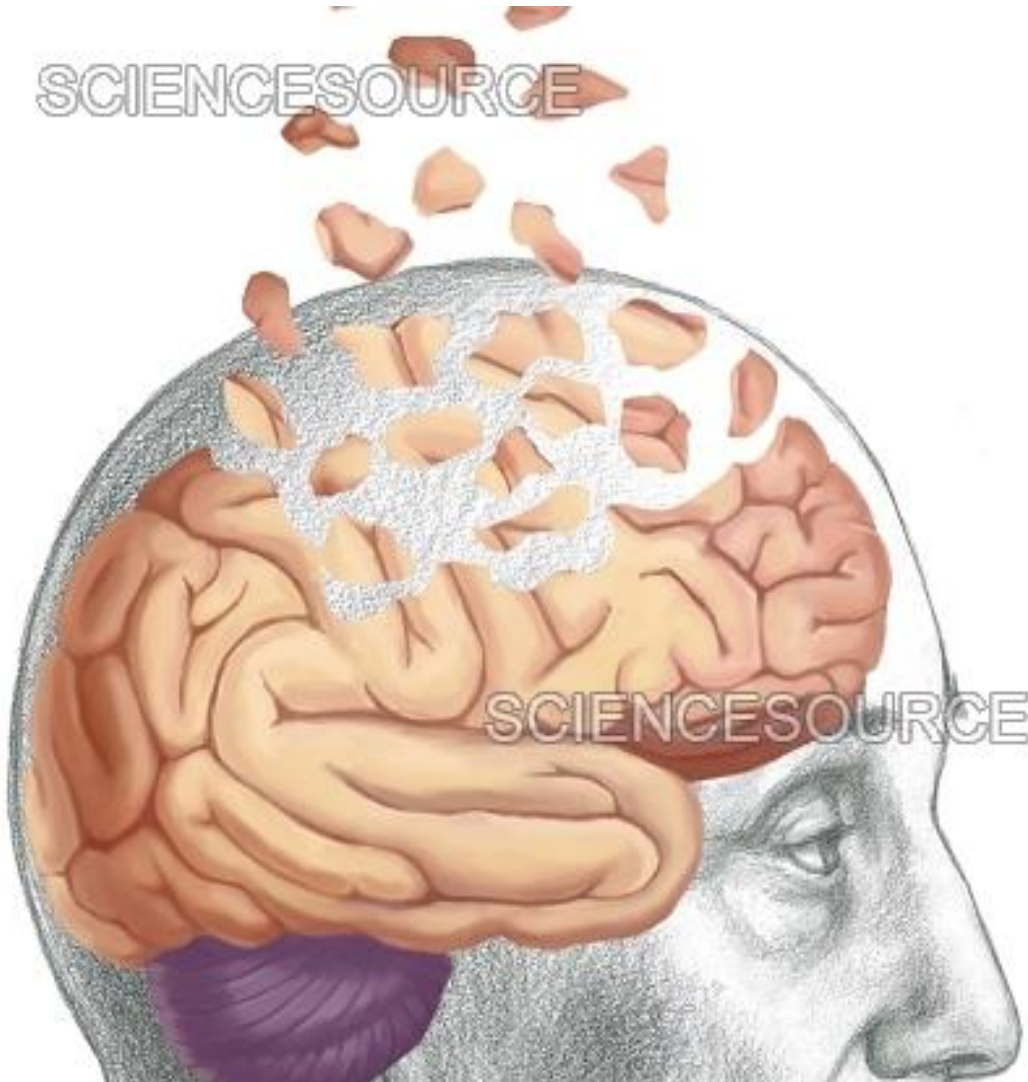
- ❖ The dementia affects approximately 850,000 people with the number expected to rise to over 1 million by 2025 In the UK. This enhance is largely for the aging population with dementia being more prevalent in individuals aged 65 and older (Budson & Solomon, 2021).
- ❖ Data from the UK Epidemiology chart shows that dementia affects a higher percentage of women than men is initially for women's longer life expectancy.
- ❖ The incidence rate of dementia increases the sharply with age with a notable enhancement in cases among those over 80.

Public Health Burden & Impact



- ❖ Dementia disease places a significant public health burden on healthcare systems and society
- ❖ Older people faces many problems for this disease.
- ❖ The direct medical costs of dementia are substantial which is including hospital visits and the long-term care facilities, and medications.
- ❖ Dementia costs the UK economy over £26 billion annually,
- ❖ A figure that is expected to enhance as the number of cases increases (Miller & Boeve, 2016).
- ❖ These caregivers can experience burden and these need external support to manage the demands of care.

SURVEILLANCE & DATA SYSTEM (PHOF,GDO)



- ❖ The surveillance and data collection systems are crucial to identify the challenges posed by dementia.
- ❖ The Public Health Outcomes Framework and the Global Dementia Observatory are tools utilised to monitor the dementia's prevalence, incidence and the effect it has on society.
- ❖ These systems collect data on several metrics which is effectively including the diagnosis rate access to care and the overall burden of dementia.
- ❖ The PHOF aims on tracking the health outcomes of dementia in the UK as the GDO is a global initiative to effectively monitor the dementia all over different countries.
- ❖ These data systems offer the policymakers to assess trends in dementia prevalence that address at-risk populations, and determine resource needs for dementia care.

Medication and Emerging Therapies of Dementia

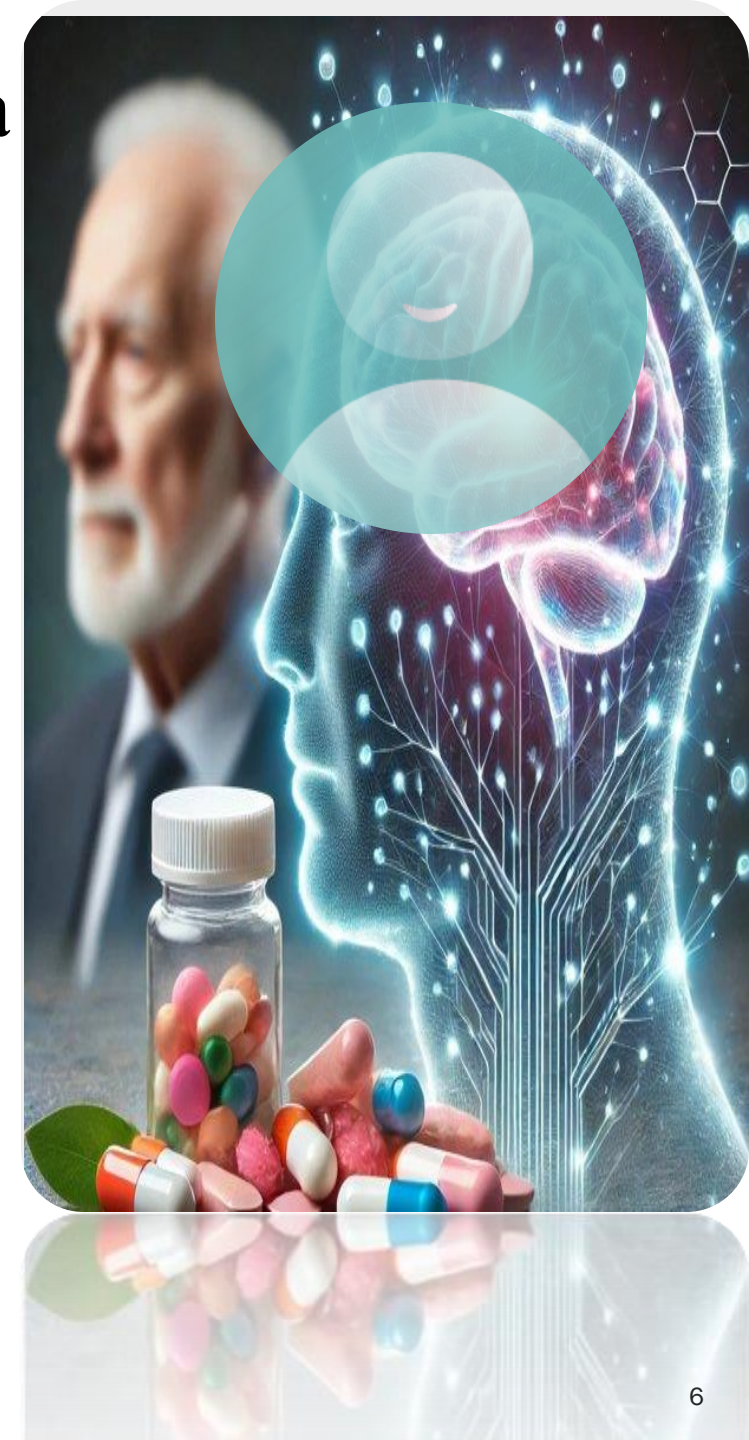
- In the UK, there are several medications and therapies available for managing dementia symptoms and slowing disease progression. Here are some of the key treatments and emerging therapies

There are three types of cholinesterase inhibitor that may be used for Alzheimer's disease:

- Donepezil
- Rivastigmine
- Galantamine

Emerging therapies:

- Research is ongoing into new drugs like semaglutide, which may help treat Alzheimer's disease by improving insulin sensitivity and potentially interacting with receptors involved in learning and brain cell protection.
- These treatments aim to provide vital support for both those living with dementia and their carers, helping to improve the quality of life and maintain independence. It is important to note that while these treatments can help manage symptoms, they do not cure dementia and are not available on the NHS. ("New Alzheimer's Treatments - Alzheimer's Research UK")



Lifestyle behavioral changes of Dementia.

- In the UK, dementia often leads to significant lifestyle and behavioral changes, especially as the condition progresses. These changes can be distressing but are common and manageable with the right support.
- Common Behavioural Changes in Dementia Repetitive behaviors: Asking the same question or performing the same task repeatedly is common, often due to memory loss or anxiety. Restlessness and agitation: This may include pacing, fidgeting, or wandering, especially in unfamiliar or overstimulating environments. Sleep disturbances.
- People with dementia may wake frequently at night, experience confusion about time, or reverse their sleep-wake cycle and shadowing.
- Following a caregiver closely can be a sign of insecurity or fear. Loss of inhibitions: Some individuals may act in socially inappropriate ways, such as undressing in public or making rude comments. Hoarding or hiding items: This behaviour may stem from confusion, fear of losing things, or a need for control. Social withdrawal: Reduced interest in social interaction or activities can result from confusion, fatigue, or depression. (NHS, 18 Aug. 2023)



Medication: antibiotics, antivirals and antifungals.



- Dementia is a major health challenge in the UK, affecting over 982,000 people and ranking as a leading cause of death. While there is no cure.
- Emerging research explores whether common medications like antibiotics, antivirals, and antifungals used to treat bacterial, viral, and fungal.
- Infections could play a role in reducing dementia risk or even reversing symptoms in specific cases. This is based on the hypothesis that infections and inflammation may contribute to dementia development, particularly in Alzheimer's disease, by damaging brain cells or disrupting neural connections. (*Alz & Dem*; 21 Jan 2025)

Bahja Salah (2438654)

Recommendations of Dementia prevention.

- Dementia is a common and debilitating syndrome with enormous impact on individuals and societies.
- It affects 10% of those 65 years or older and 35% of those 90 years or older.
- Dementia has got forms and Alzheimer's is one of the most common that is approximately 0.7 of all cases.
- The rest results from diverse causes for example lifestyle, nutrition, and personal behavior.

(Reuben, Kremen and Maust, 2024)

Nairah Jadidah Namakula (2438044)



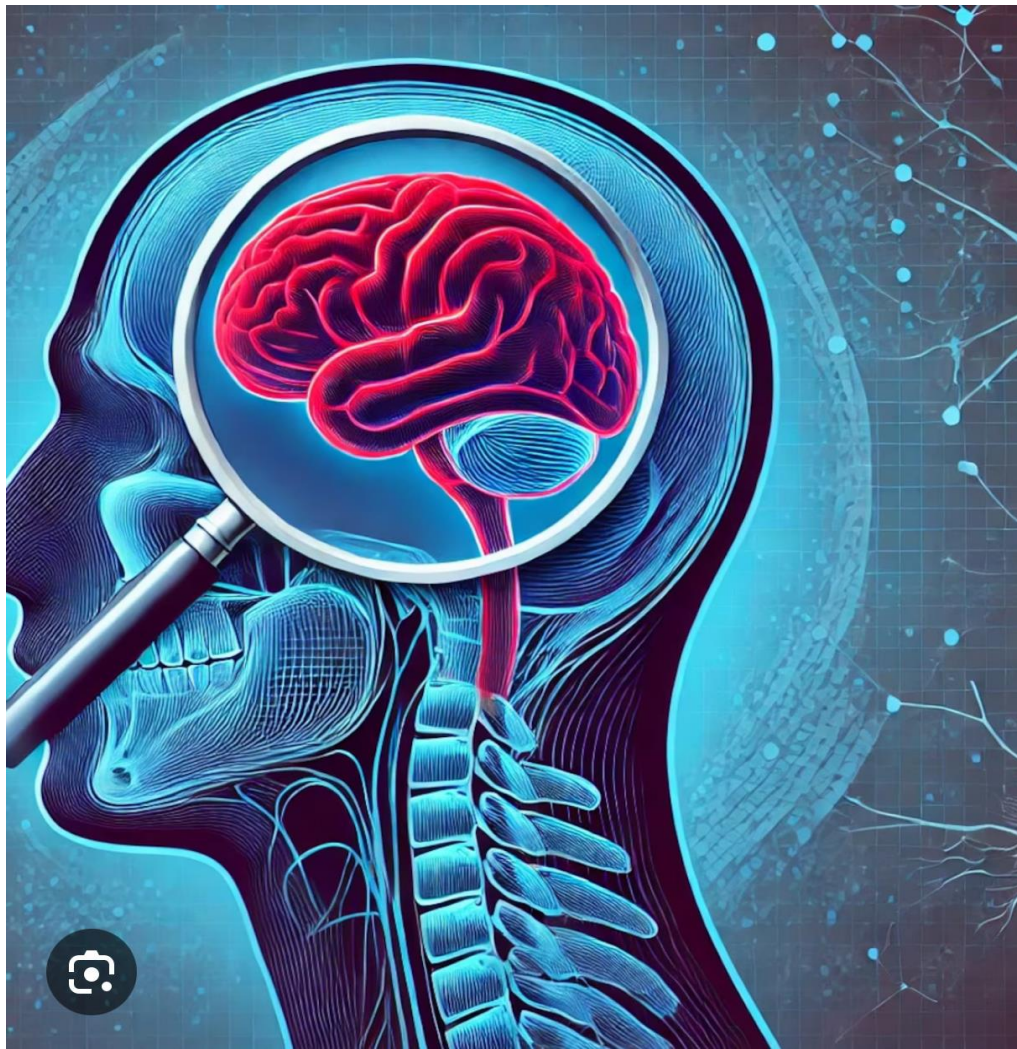
Improving Dementia Care in the Health System

- In 2015, 47 million people were estimated to be living with dementia globally, and this number is projected to rapidly increase however, I would recommend;
- Physical examination and undertake appropriate blood and urine tests.
- Going out for walks.
- Taking assessment of history from an individual with suspected dementia.
- Early diagnosis and memory clinics.
- Training staff in dementia-friendly care.
- Health promotion and community support.
- Dementia Friendly programmes (Alzheimer's Society).

(Rakesh et al., 2017)

Nairah Jadidah Namakula (2438044)





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(2442766)

Having healthcare be more proactive towards any infections or diseases

- One way we can help our healthcare industries is by making a better tonics and pills which the patient can consume with ease. By making sure we give them a right dose and enough substances to help them have no issues with digestions.
- We can use advanced to help see technology such as monitors to see the state of our patient's stability and how its coping with its health.
- By learning some different languages and sign language can help to communicate with patient more sufficiently and making sure our education system in the facility is up to date with all the process and procedures we can give support at our best to any diseases we come across.

HEALTH PROMOTION AND DEMENTIA-FRIENDLY COMMUNITIES

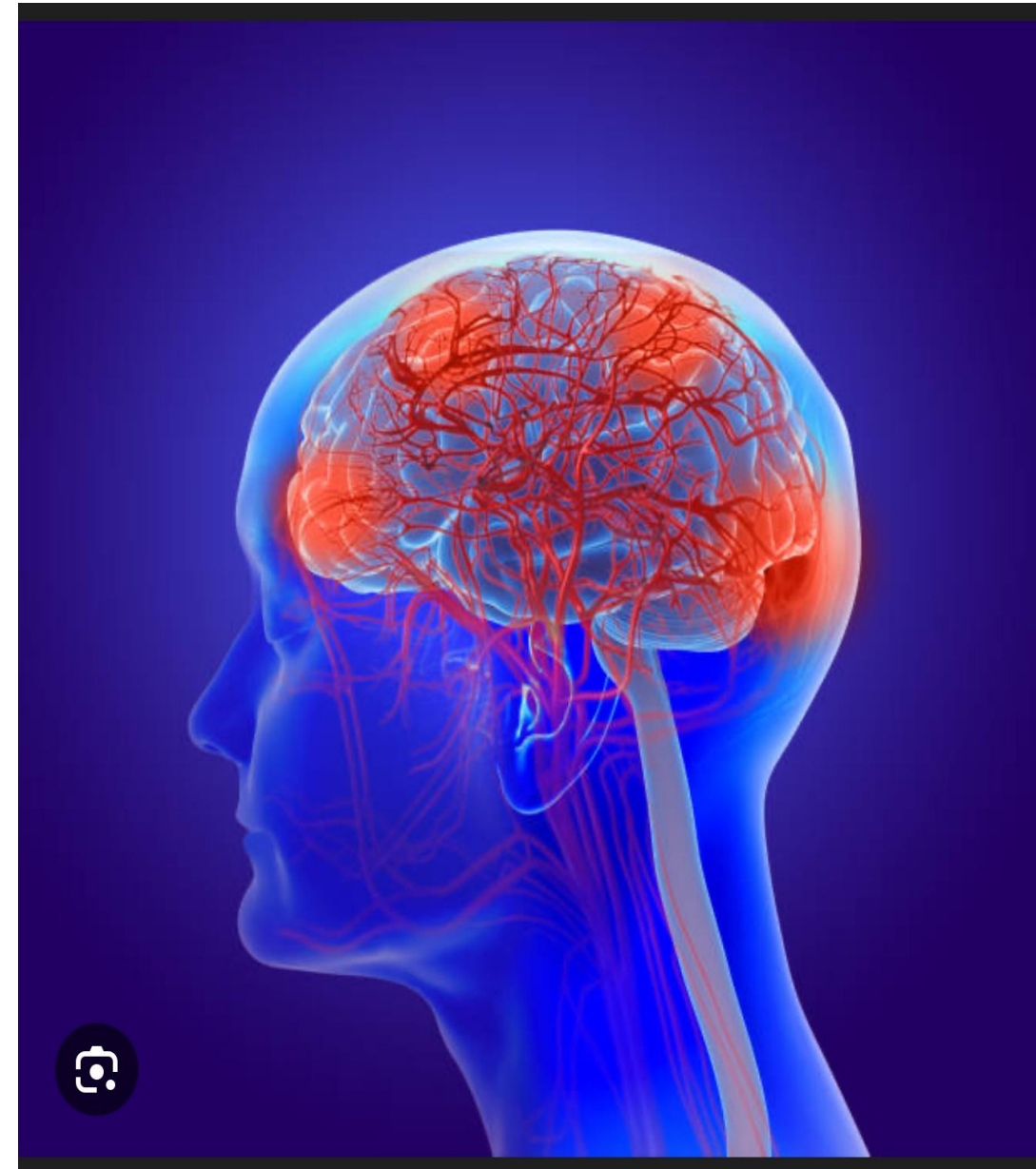
- Dementia Awareness Campaign Programs
- Workshops and community talks should be organized on Dementia symptoms, early detection and care strategies to educate staff, families and residents (NICE, 2018; WHO 2025).
- Health Monitoring and Screening Promotion
- Routine memory and wellbeing checks should be carried out in collaboration with local healthcare professionals for early intervention and ongoing support (NHS, 2023; Alzheimer's Society, 2025)
- Personal and Environmental Hygiene Maintenance
- Maintenance of clean, calm and organized environments to prevent infection and promote overall wellbeing of the individuals with dementia (Public Health England, 2021; GOV.UK, 2022)
- There is currently a policy balance between population-reach and targeted-reach, and high-agency and low-agency interventions, for dementia risk reduction in England. However, a predominance of population-reach, low-agency interventions may be required to match the scale of the challenge and improve equity
- Dementia Friends Programme (Alzheimer's Society, 2025)



Ewemade Sylvia Enabulele(2437216)

Conclusion

- Dementia is a growing public health concern that requires early detection, awareness, and community support.
- National strategies like the NHS Long Term Plan promote better care and prevention.
- Collaboration among healthcare professionals, families, and communities is key to improving quality of life.
- Help your loved ones remain safe and calm at home.
- Dementia remains a major public health challenge in the UK.
- Strengthening surveillance helps track cases and identify at-risk populations early.
- Prevention through lifestyle awareness, risk reduction, and early screening can slow disease onset, while robust support and care pathways ensure dignity and quality of life for those affected.
- Looking ahead, greater investment in early detection tools and carer support programs will be essential to reduce burden, promote independence, and build dementia-friendly communities across the UK.



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