



KERALA UNIVERSITY OF HEALTH SCIENCES, THRISSUR

ReCaB @ KUHS

A NEWSLETTER FOR RESEARCH CAPACITY BUILDING

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From the Editor's Desk

A society is considered relatively old when the fraction of the population aged 65 and over exceeds 8-10%. Kerala with 8.4 % of its population above 65 years as per the 2011 census is spearheading India's demographic transition. The rapid pace of demographic aging will increase long-term care needs. This obviously will add to the escalating costs of health care.

Dementia is a common health problem among older people. The affected individuals may need prolonged assistance and support from others. There are both direct and indirect costs due to dementia. Loss of productivity and cost of care adds to the economic burden. The societal costs of dementia are enormous (Dementia India Report 2010 & 2020).

Family is the usual source of support for people living with dementia (PLWD). However, families are becoming smaller in size. More women are taking up employment outside their homes to supplement the family income. We cannot leave the responsibility of home-based care to the families and hope that the traditional family network is capable of absorbing any amount of stress.

Families need assistance and support, especially when engaged in the care of PLWD in their household. There is a need to share responsibility among individuals, families, and the government.

Support to caregivers is crucial for sustaining long-term care. Governments and the society at large should step in and support these families. A public health framework will help in strengthening informal care.

How can the society or the government be of help? We can mobilize social forces to foster the interdependence that exists in our culture. The willingness to offer and provide much-needed assistance to a functionally impaired person is a virtue and a social responsibility. This is very much part of our cultural resource. The palliative care movement in Kerala promoted this and created a social network of volunteers backed by professionals to facilitate community care. Similarly, we can generate a pool of trained volunteers to support home-based dementia care in Kerala. The mhGAP Intervention Guide developed by the WHO can be used as resource materials. Department of Social Justice has taken the lead in this and has announced "Ormathon" a statewide initiative to support people living with Dementia. We will be happy to support this wholeheartedly. We look forward to the support and involvement of all health care professionals in this endeavor.

Dr. K. S. Shaji
Dean Research
Editor



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A NEWSLETTER FOR RESEARCH CAPACITY BUILDING

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A Dementia Care Training Program for Health Volunteers

Please see a feasible short training program that will allow community health workers to understand dementia as a public health issue. This will enable them to identify cases in the community and offer much-needed support to the families.

Time frame:

- A total 16-hour program may be conceived
- Out of this 12 Hours will be for formal interactive learning.
- The additional four hours will be for informal interaction between the trainees
- A two-day program with forenoon and afternoon sessions would be suitable

Core content

1. Identification of Dementia
2. Assessment of Dementia
3. Management of Dementia
4. Providing Caregiver Interventions

Who should attend the training program?

- Health Volunteers willing to be part of a community care program
- Accredited Social Health Activists (ASHAs)
- Community Health Workers
- Public Health Nurses
- Social workers
- Health Visitors

Who should conduct the training program?

- Team of Health Professionals (Doctors, Nurses, Psychologists, Social Workers) with good knowledge & experience in dementia care. They should have access to training modules.

Feasibility Issues

- **Demand/Need:** The increasing need for services is now more apparent in Kerala and urban India. The nuclear family households may need more help. The pool of non-specialist healthcare providers, especially those who form part of the outreach services will benefit from this training. They can act as home care advisors.
- **Cost:** Affordable. Training can be made simple and costs can be contained by using existing infrastructure and volunteers.
- **Manpower for Training:** Take support from the community mental health programs in the districts as well as from the Medical Colleges.
- **Integration with other programs:** Careful collaboration between departments of health, medical education, and social justice will be useful.

Overview of the Training Program

Pre-training session: Introduction and distribution of Training Material: 30 minutes.

Session 1: Identification of Dementia (7-brief, interactive sessions which use slides, case vignettes, cartoons, and handouts)

- o Normal Aging
- o Cognitive functions
- o Aging and cognitive decline
- o Forgetfulness in dementia
- o Other symptoms of dementia
- o Causes of Dementia
- o Diagnosis of Dementia

Session 2: Assessment of Dementia (6-brief, interactive sessions which use slides, case vignettes, cartoons, and handouts)

- o Assessment of cognitive functions
- o Assessment of behavioral symptoms
- o Assessment of Activities of Daily living
- o Assessment of for other illnesses
- o Assessment of the setting of care
- o Assessment of Burden of care

Session 3: Management of Dementia (6-brief, interactive sessions which use slides, case vignettes, cartoons, and handouts)

- o Need for specialist care
- o Need for medical care
- o Need for nursing care
- o Information and Education
- o Drugs
- o Non-drug interventions

Session 4: Providing Caregiver Interventions (6-brief, interactive sessions which use slides, case vignettes, cartoons, and handouts)

- o Counseling skills
- o Supporting the caregiver/s
- o Tips for better care
- o Health and well-being of the carers
- o Need for sustained support
- o Need for specialist support

(If you are interested in community-based dementia care and research, please contact us by e-mail to newsletter.recab@kuhs.ac.in).



Recent Publications

1. Global, regional, and national burden of disorders affecting the nervous system, 1990-2021: a systematic analysis for the Global Burden of Disease Study 2021. GBD 2021 Nervous System Disorders Collaborators. Lancet Neurol. 2024 Apr;23(4):344-381. doi: 10.1016/S1474-4422(24)00038-3. Epub 2024 Mar 14. PMID: 38493795
2. Thazhe Poyil N J, Vadakkekuttikal R J, Radhakrishnan C. Correlation of periodontal inflamed surface area with glycated hemoglobin, interleukin-6 and lipoprotein(a) in type 2 diabetes with retinopathy. World J Diabetes 2024; 15(4): 686-696 [PMID: 38680698 DOI: 10.4239/wjd.v15.i4.686]

News Updates

1. **WHO Published:** Risk-based food inspection system: practical guidance for national authorities.
Link: <https://www.who.int/publications/i/item/9789290620198>
2. **WHO Published:** WHO recommendations on the assessment of postpartum blood loss and use of a treatment bundle for postpartum haemorrhage.
Link: <https://www.who.int/publications/i/item/9789240085398>
3. **WHO Published:** The Selection and Use of Essential Medicines, 2023.
Link: <https://iris.who.int/bitstream/handle/10665/376570/9789240089266-eng.pdf?sequence=1>
4. **WHO Published:** WHO global sodium benchmarks for different food categories, 2nd ed
<https://iris.who.int/bitstream/handle/10665/376545/9789240092013-eng.pdf?sequence=1>
5. **WHO Published:** Medicines for HIV, viral hepatitis, and sexually transmitted infections in low- and middle-income countries.
Link: <https://iris.who.int/bitstream/handle/10665/376349/9789240080195-eng.pdf?sequence=1>
6. **WHO Published:** Global Malaria Programme operational strategy 2024–2030.
Link: <https://iris.who.int/bitstream/handle/10665/376518/9789240090149-eng.pdf?sequence=1>
7. **WHO Published:** Investing to Defeat Meningitis and Beyond.
Link: <https://iris.who.int/bitstream/handle/10665/376590/9789240090668-eng.pdf?sequence=1>
8. **WHO Published:** Trichiasis surgery for trachoma, 3rd ed.
Link: <https://iris.who.int/bitstream/handle/10665/376633/9789240089242-eng.pdf?sequence=1>
9. **WHO Published:** WHO operational handbook on tuberculosis. Module 6: tuberculosis and comorbidities, second edition.
Link: <https://iris.who.int/bitstream/handle/10665/376549/9789240091290-eng.pdf?sequence=1>
10. **WHO Published:** Report of the WHO Expert Committee on Selection and Use of Essential Medicines, 2023.
Link: <https://iris.who.int/bitstream/handle/10665/376570/9789240089266-eng.pdf?sequence=1>





Forthcoming Programmes

1. Faculty Development Programme in Nursing- 2nd Phase Batch I from 03/04/2024 to 05/04/2024 at KUHS Headquarters Thrissur
2. Faculty Development Programme for Nursing Faculty Phase II-Batch II from 08/05/2024 to 10/05/2024 at KUHS Headquarters Thrissur
3. Cynical Epidemiology Conclave from 11/05/2024 to 12/05/2024 at at School of Public Health, TVM.
4. Faculty Development program for Pharmacy Faculty Phase I-Batch IV 23/05/2024 to 25/05/2024 at KUHS Headquarters Thrissur

Call for Research Proposals/Fellowships

1. Biotechnology Industry Research Assistance Council (BIRAC) announces Prof. M.K. Bhan Mid-Career Research Fellowship. Link: https://www.birac.nic.in/desc_new.php?id=1117
2. United States-India Educational Foundation invites application for 2025-26 Fulbright- Nehru Post-Doctoral Research Fellowships.
Link: <https://www.usief.org.in/Fulbright-Nehru-Postdoctoral-Research-Fellowship.aspx>
3. ICMR invited Expression of Interest on “Evidence Synthesis for the Lung Cancer Guidelines: Conducting Systematic Reviews/Meta-Analyses”.
Link: https://main.icmr.nic.in/sites/default/files/seminars/Final_Lung_cancer_EOI_2.pdf
4. ICMR Invited Expression of Interest (EoI) for regional capacity building in systematic reviews in India SARANSH- Systematic Reviews and Networking Support in Health.
Link: https://main.icmr.nic.in/sites/default/files/seminars/EoI_SARANSH.pdf
5. ICMR invited Expressions of Interest on “Vascular complications of Diabetes”.
Link: https://main.icmr.nic.in/sites/default/files/seminars/ICMR_INSERTM_Joint_Call.pdf
6. International Centre for Genetic Engineering and Biotechnology (ICGEB) Call for Proposals 2024 CRP – Research Grants. Link: <https://www.icgeb.org/activities/grants/>
7. Biotechnology Industry Research Assistance Council (BIRAC) GCI Announces Call On Prof. M. K. Bhan Mid-Career Research Fellowship Program.
Link: https://birac.nic.in/cfp_view.php?id=91&scheme_type=6
8. Call for Mobility Plus Project Proposals. Link: <https://www.csir.res.in/sites/default/files/2024-04/CSIR-CAS%20Announcement%2019%20April%202024.pdf>
9. Department of Science & Technology invites application for Cognitive Science Research Initiative (CSRI). Link: <https://dst.gov.in/cognitive-science-research-initiative-csri>
10. Centre for Brain and Mind (CBM) and the National Institute for Mental Health & Neurosciences (NIMHANS) invites applications for Research Fellowships.
Link: <https://www.ncbs.res.in/cbm/research-fellowships>

