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## **P16: Report on a Dementia Prevention Workshop Organized through Multidiscipline Intervention: An Examination of Intervention Approach through the Evaluation of Group Reminiscence Method and Mental Aspect**

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**Objective:** This is a report of a workshop for local residents organized by university researchers in various fields with the aim to develop a dementia prevention method. The five academic fields involved in the project are Health & Sports, Psychology, Food Nutrition, Music, and Nursing.

**Methods:** Dementia Prevention Workshop took place once a week between October 2021 and July 2022 except for some intervals due to surges in Covid-19 infection cases. Dual task exercises were conducted at each session, followed by groupworks by researchers of Psychology, Nutrition, Music, and Nursing Science taking turns. Psychologists facilitated the understanding of assertion, nutritionists held lectures on food life designed for dementia prevention, musicians played instruments, and nurses intervened through the Group Reminiscence Method. The Nursing Science experts conducted evaluations at the beginning and the end of each session using SF-36 and CES-D and checked the participants' mood before and after the reminiscence session with Japanese UWIST mood adjective checklist (JUMACL).

**Results:** 16 participants took the measurement after the workshop, and their average age (SD) was 72.9 (5.5). In the overall evaluation, the participants' motor ability improved ( $p < .05$ ), and they retained cognitive functions. In SF-36, no statistically significant differences were observed before and after the classroom. Compared to the data from 2017, the scores in the social aspect were lower. In CES-D, the scores significantly worsened after the workshop, with some participants' scores exceeding 16 points, which is the depression cutoff point. In JUMACL, the Tense Arousal (TA) related to the arousal state and the Energetic Arousal (EA), which is supposedly related to intellectual activities, both improved after the session.

**Conclusion:** In a single evaluation before and after a group reminiscence session, the state of relaxed concentration with a suggested connection with intellectual activities, but the overall evaluation result throughout the workshop project suggested the need to reinforce the approach to the mental aspect because of some participants observed with decreased scores in the mental aspects with depressive tendency. We will establish an intervention plan by also incorporating the impact of Covid-19-related depression.

## **P19: Effects of a Post-diagnostic Support Programme on self-efficacy among persons with dementia and family members**

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**Background:** Persons newly diagnosed with dementia and their family member is imperative often experience uncertainty and inadequate support. This study aims to evaluate a post-diagnostic support programme guided by the 5 Pillars Model proposed by Alzheimer Scotland on the self-efficacy among persons with early dementia and their family members.

**Methods:** A prospective cohort study design was conducted between 2019 and 2022. Subject recruitment was conducted in four non-government organizations. A multi-domain empowerment programme, covering various aspects about dementia knowledge, management skills, peer support, future decision-making and community resources, was developed. The programme was provided to people newly diagnosed of early dementia in small group format over 2 months and to family members individually through an eLearning platform over 9 months. Self efficacy in dementia management of people with dementia and their family members were measured using Chronic Disease Self-efficacy Scale and Caregiver Self-efficacy Scale (CSES), respectively, whereas caregiving burden was measured using Zarit Burden Interview (ZBI). Study outcomes were measured at baseline, immediate and 6-month post-intervention. Paired t-tests were performed to detect within-subject changes over time.

**Results:** A total of 151 persons with early dementia and 294 family caregivers completed assessment at baseline and follow up. Self-efficacy in dementia management reported by persons with dementia at 6-month post-intervention was significantly higher than that reported at baseline ( $p = .021$ ) and immediate post-intervention (i.e. 2-month follow up) ( $p = .006$ ). Family members reported a significantly higher CSES score ( $p < .001$ ) and subscale scores in thoughts ( $p = .001$ ) and disruptive behaviour management ( $p = .001$ ) at 9-month follow up, but significant reduction in caregiving burden ( $p < .001$ ) was only noted among those who perceived higher burden than the local norms at baseline (ZBI score  $\geq 25$ ,  $n = 110$ ).

**Discussion:** This study provides empirical evidence that post-diagnostic support would empower persons with early dementia and their family members on adapting the impacts brought by dementia. Further study on examining the longer term effects on care outcomes and health service utilisation would be valuable.

## **P20: Effects of Transitional Care Program on Reducing Nursing Home Placement in People with Dementia**

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**Objective:** People with dementia are more prone to premature nursing home placement after hospitalization due to physical and mental deconditioning which makes care-at-home more difficult. This study aimed to evaluate