

Cognitive stimulation therapy (CST) as a sustainable intervention for dementia in developing countries.

Development and adaptation of the existing CST
manual and resources for use in sub-Saharan
Africa as part of the IDEA study.

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The IDEA study

Identification, and Interventions for Dementia in Elderly Africans

A three year programme for dementia



Grand Challenges Canada™
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NHS Trust



Cognitive Stimulation Therapy (CST)

- Group-based treatment for dementia.
- RCT evidence - similar improvements in cognition (esp. language) to cholinesterase inhibitors (dementia drugs).
- Treatment can be delivered by non-specialist trained staff.
- Designed in high-income countries – literate population.
- Potential for use in low-resource settings.



Dementia in sub-Saharan Africa (SSA)

- Current estimates are that 2.1 million elderly people have dementia in SSA .
- By 2030, this will increase by 74-90%.
- Severe lack of geriatricians, psychiatrists or trained mental health workers.
- Interventions and support for dementia non-existent in most areas.

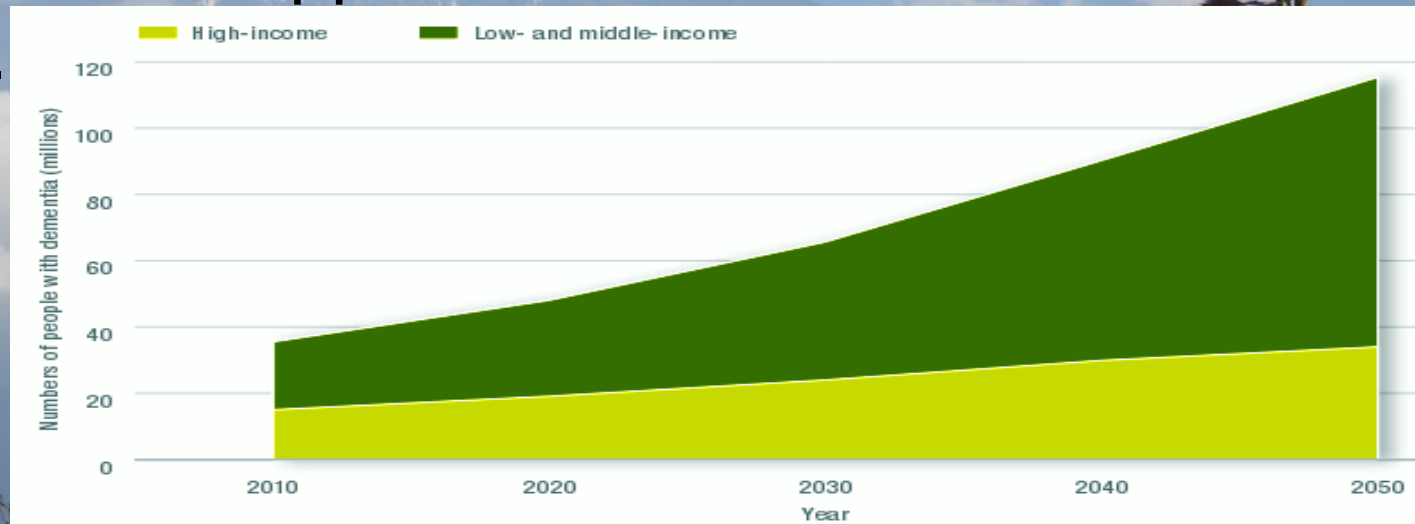
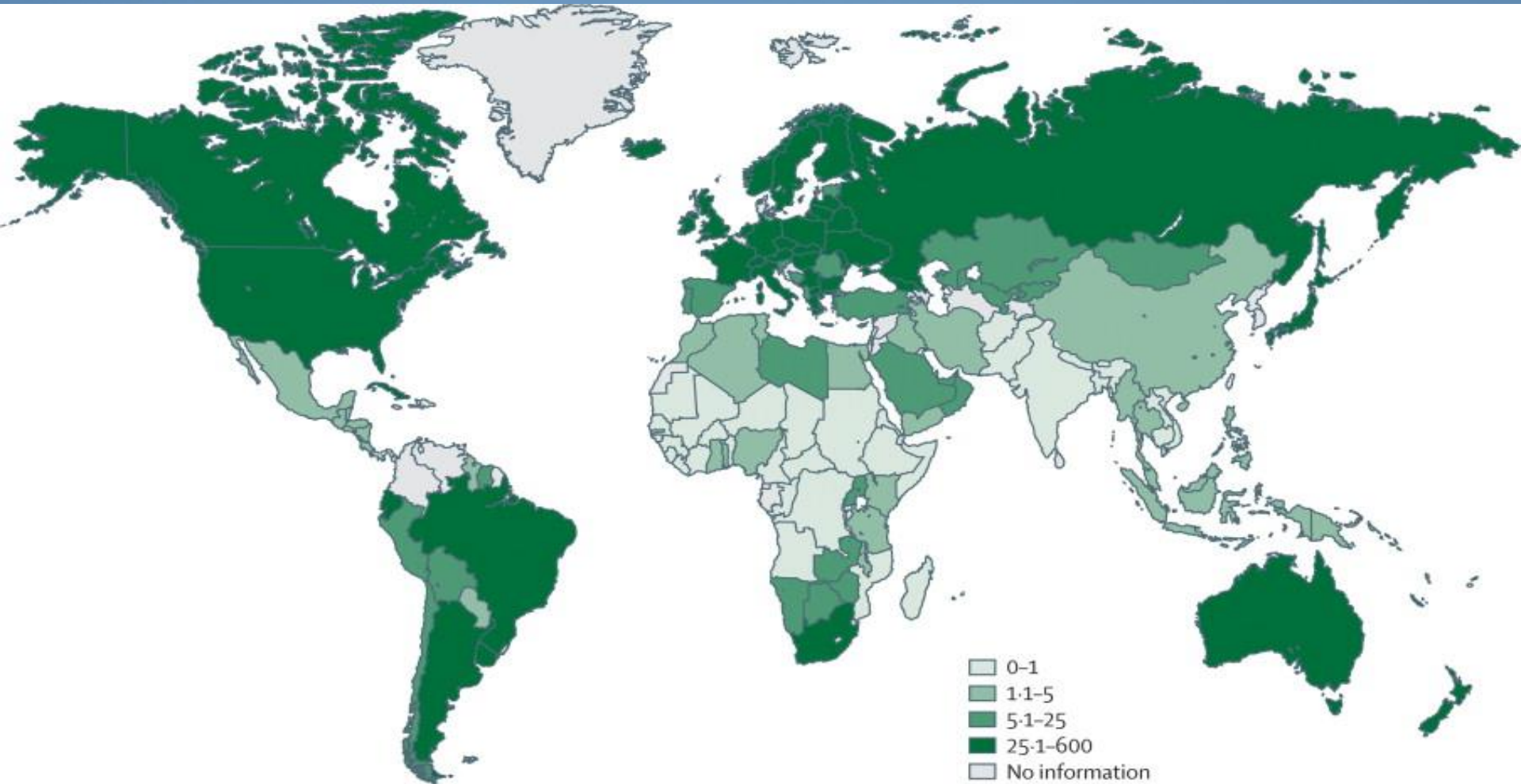


FIG 2.3 Growth in numbers of people with dementia in high-income and low- and middle-income countries

Human resources for mental health (psychiatrists, psychologists, nurses, and social workers) per 100 000 population



Shekhar Saxena , Graham Thornicroft , Martin Knapp , Harvey Whiteford
Resources for mental health: scarcity, inequity, and inefficiency
[http://dx.doi.org/10.1016/S0140-6736\(07\)61239-2](http://dx.doi.org/10.1016/S0140-6736(07)61239-2)
The Lancet, Volume 370, Issue 9590, 2007, 878 - 889

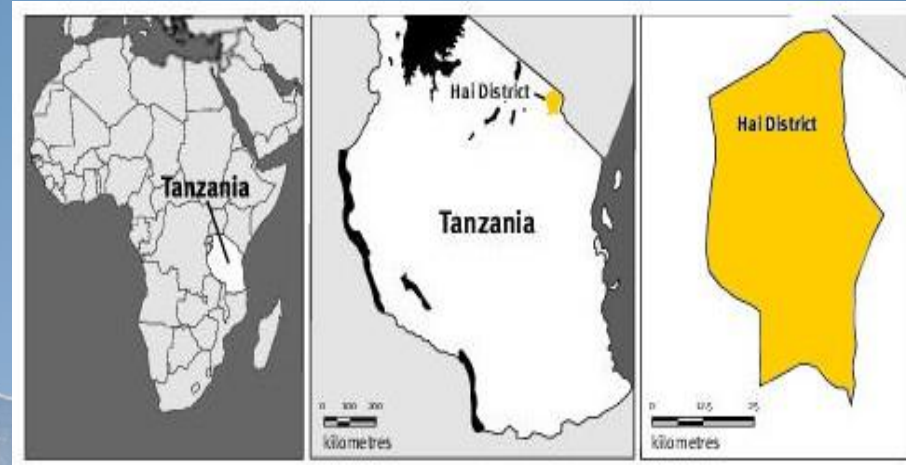
AIM

To develop an adaptation of the existing cognitive stimulation therapy (CST) manual and resources to make them suitable for use in SSA. The adaptations should take into account cultural differences as well as the limited equipment and staffing resources available in some settings



Hai demographic surveillance site, Northern Tanzania.

- 2009 population 161,119
- Majority are subsistence farmers, some families grow cash crops (coffee or tomatoes).
- High level of illiteracy in elderly,.
- Little migration – most elderly were born in Hai.
- Most elderly people live with extended family.
- Main language swahili – some elders only speak tribal language.

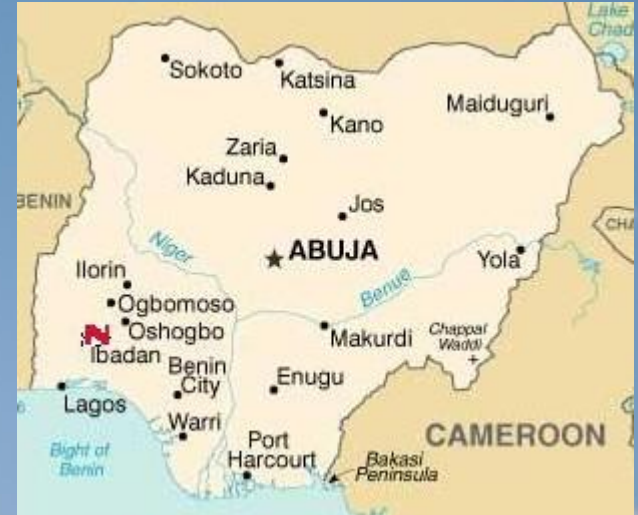


Lalupon site, Ibadan, Nigeria



Over 20 years work on dementia
Indianapolis-Ibadan Study – Mid
1990s to date.

Urban area, higher level of education
in elderly compared to Hai, Tanzania



Nursing and occupational therapy staff, medical doctors and a social scientist based in the Hai district, Tanzania, Ibadan, Nigeria and Newcastle, UK were trained in theory and use of CST in the UK.

This was followed by intensive clinical training on care of dementia in a UK setting.

Structured discussions within the team were used to adapt the key elements of CST for use in SSA.

Method



CST Manual Adaptation

- Adaptations made to both structure and setting of sessions due to cultural differences and practical constraints.
- A major consideration was adaptation of sessions for the large proportion of elderly people who had no formal schooling and were illiterate.
- Sessions involving written materials and other unfamiliar concepts such as maps and newspapers needed to be replaced.

Results



The process resulted in the production of a CST manual adapted for use in SSA. This adapted manual was discussed and approved by the authors of the original manual prior to commencement of a pilot study of CST for dementia at both study sites.

CST Pilot

Pilot studies have taken place in both study sites.

Both sites completed full programme of 14 sessions.

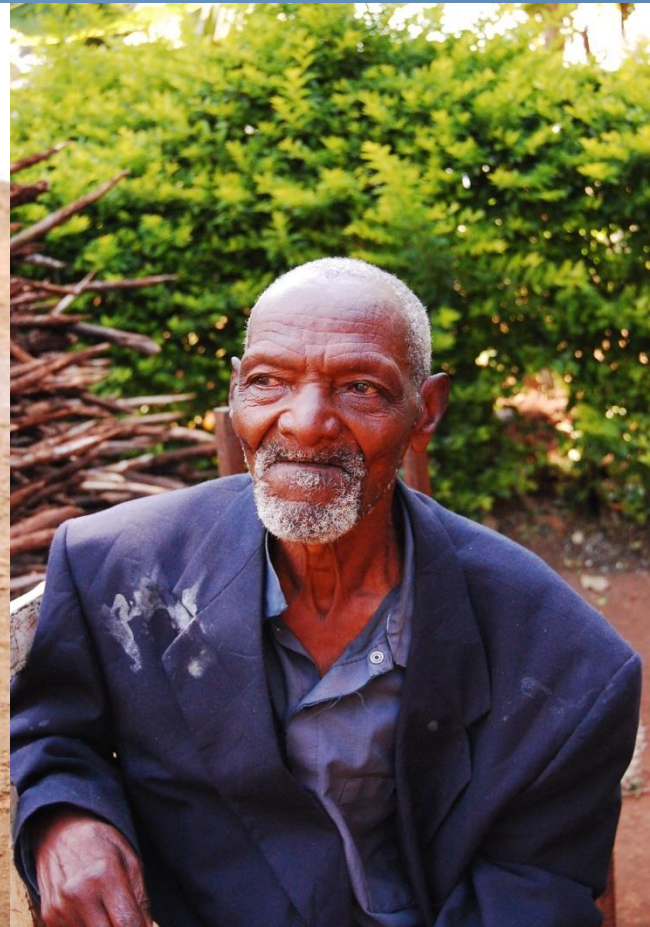
Demonstrated feasibility and acceptability of intervention to local population.

Positive feedback from carers reported for both sites.

A full controlled trial of CST is planned for both study sites starting September 2014.



Thank You



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