



Dementia Care in China

Huali Wang, MD/PhD

Peking University Institute of Mental Health

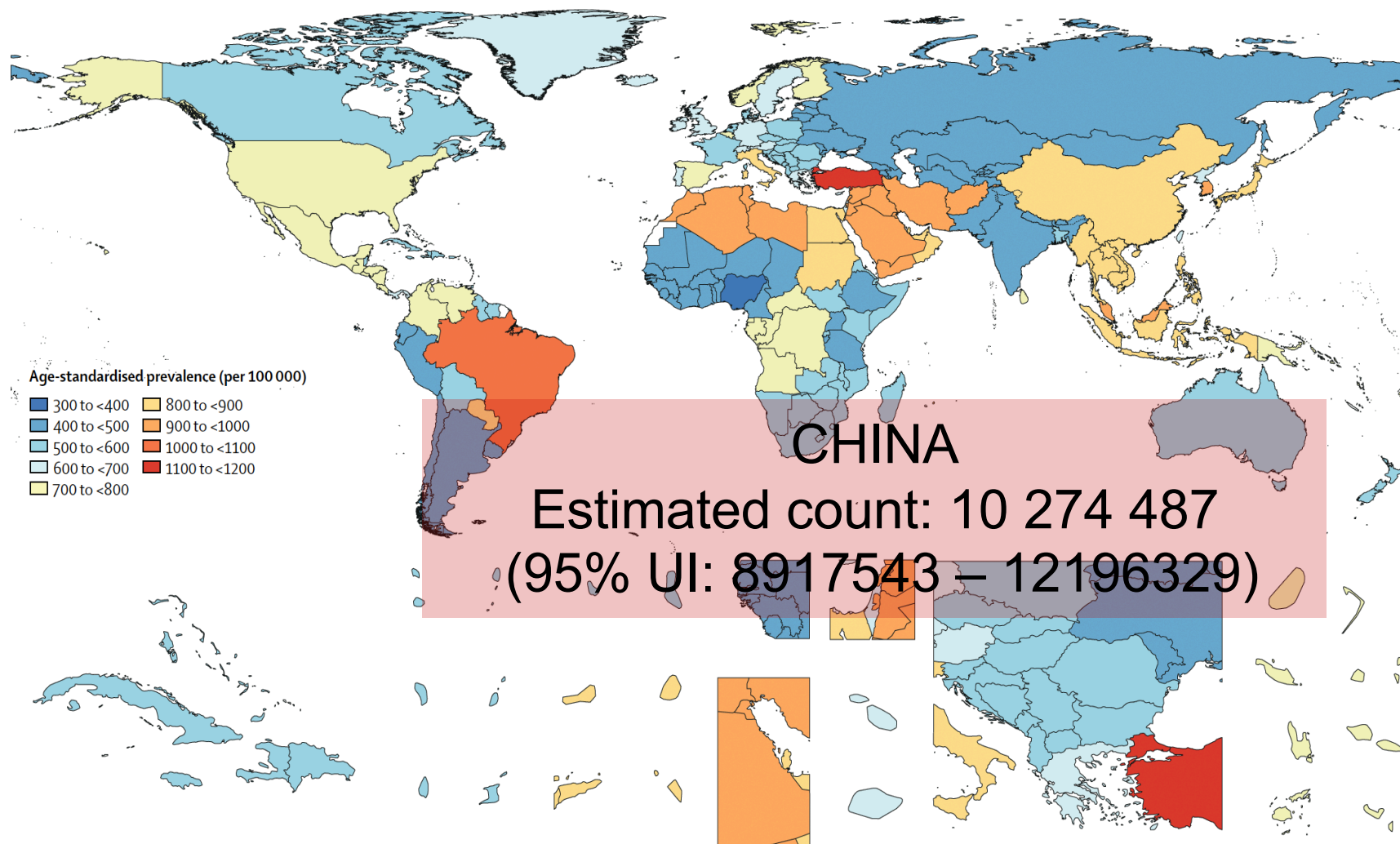
Beijing Dementia Key Lab

National Clinical Research Center for Mental Disorders

Email: huali_wang@bjmu.edu.cn



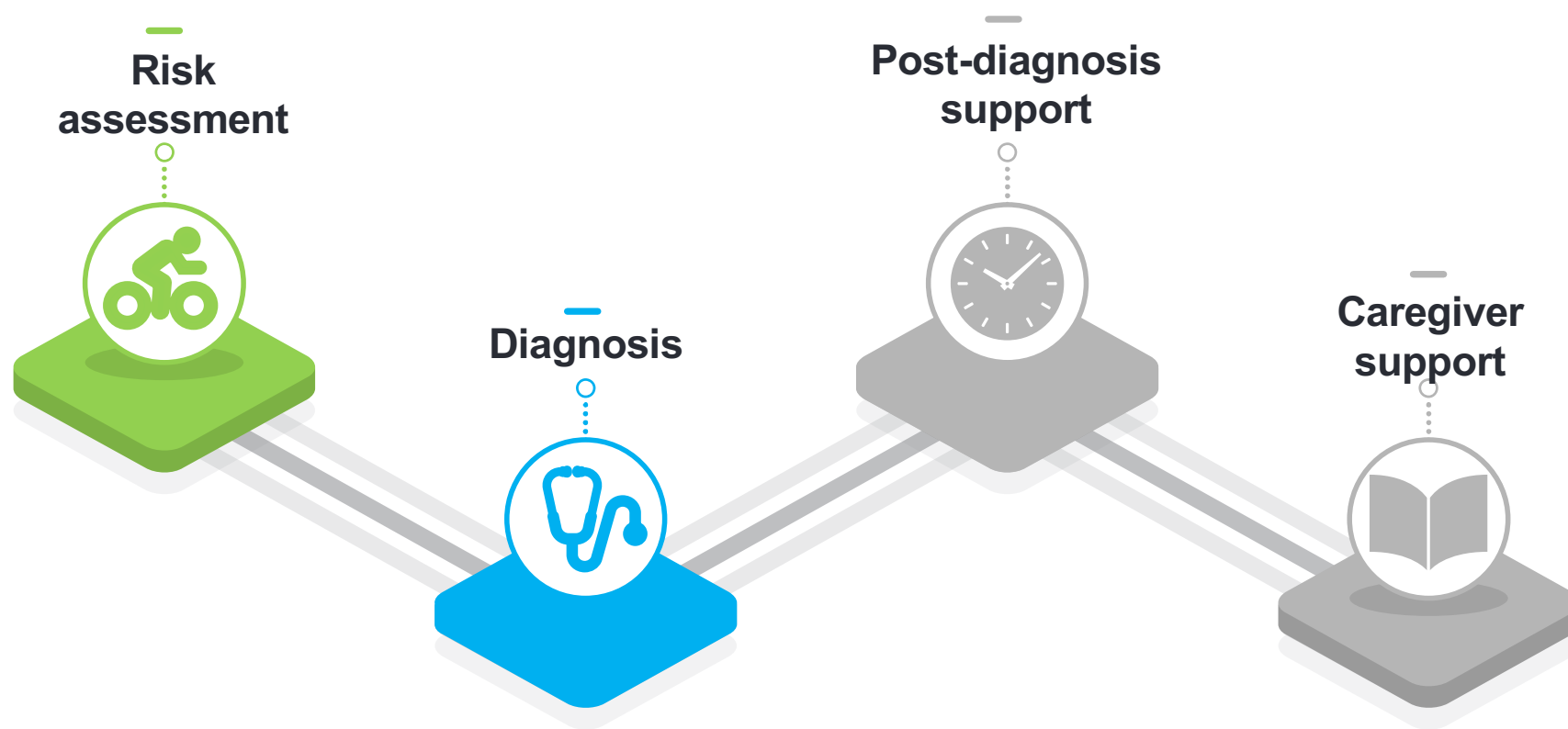
Prevalence of AD and other dementias



GBD 2016 Dementia collaborators. *Lancet Neurology* 2018.
[http://dx.doi.org/10.1016/S1474-4422\(18\)30403-4](http://dx.doi.org/10.1016/S1474-4422(18)30403-4)



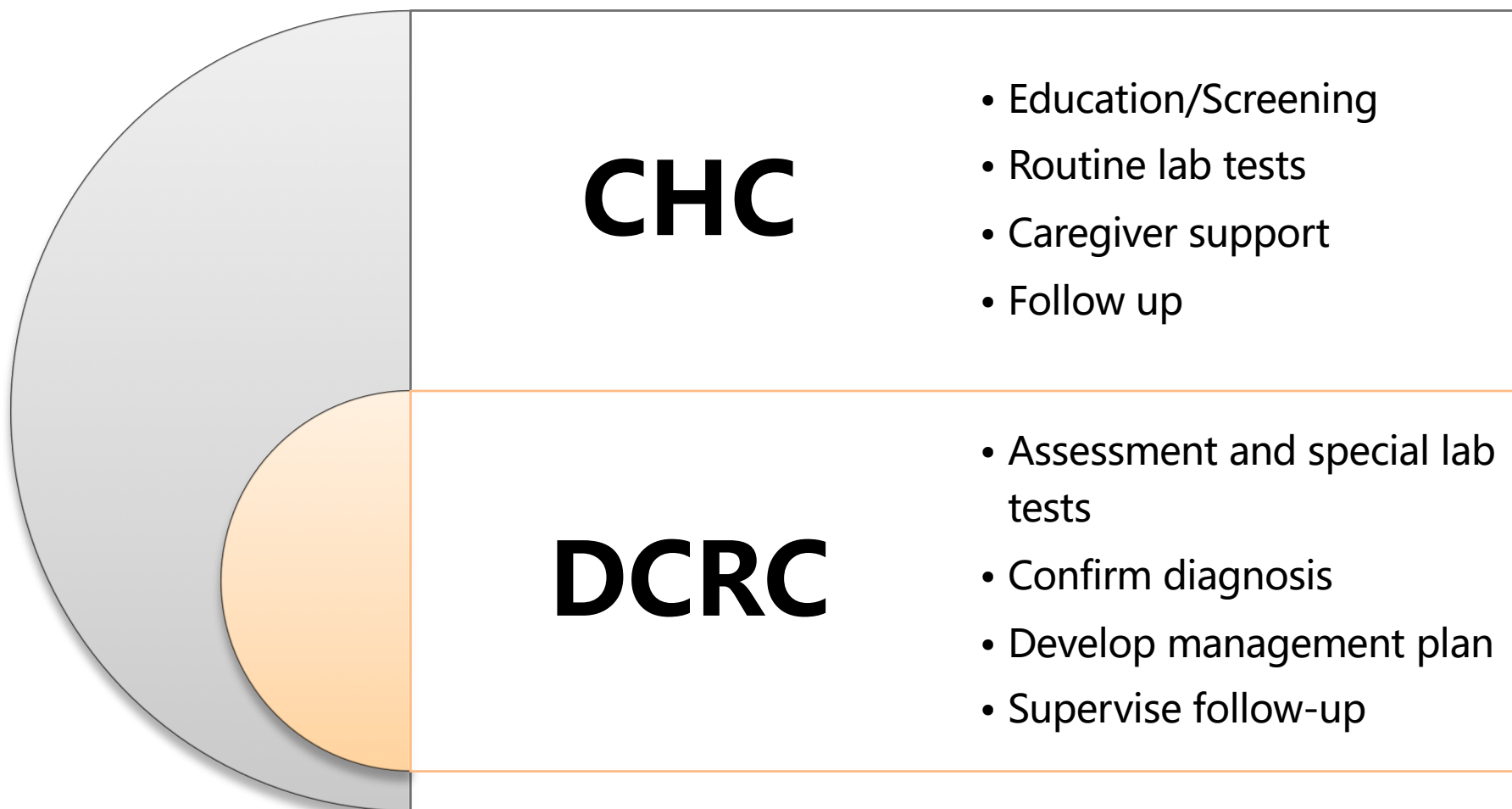
Continuum of dementia care



Wang H, et al. *Journal of Global Health*, in press

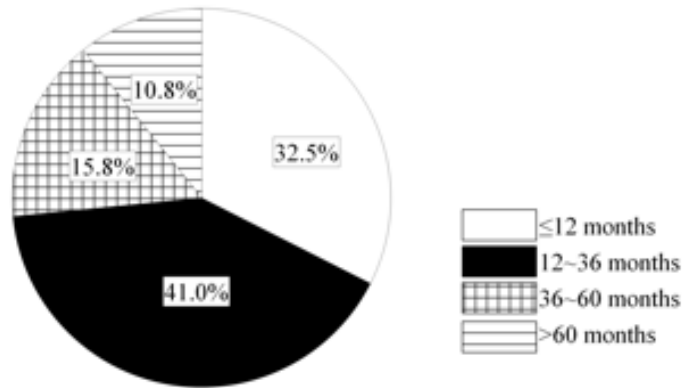


DCRC-CHC Collaborative Dementia Management





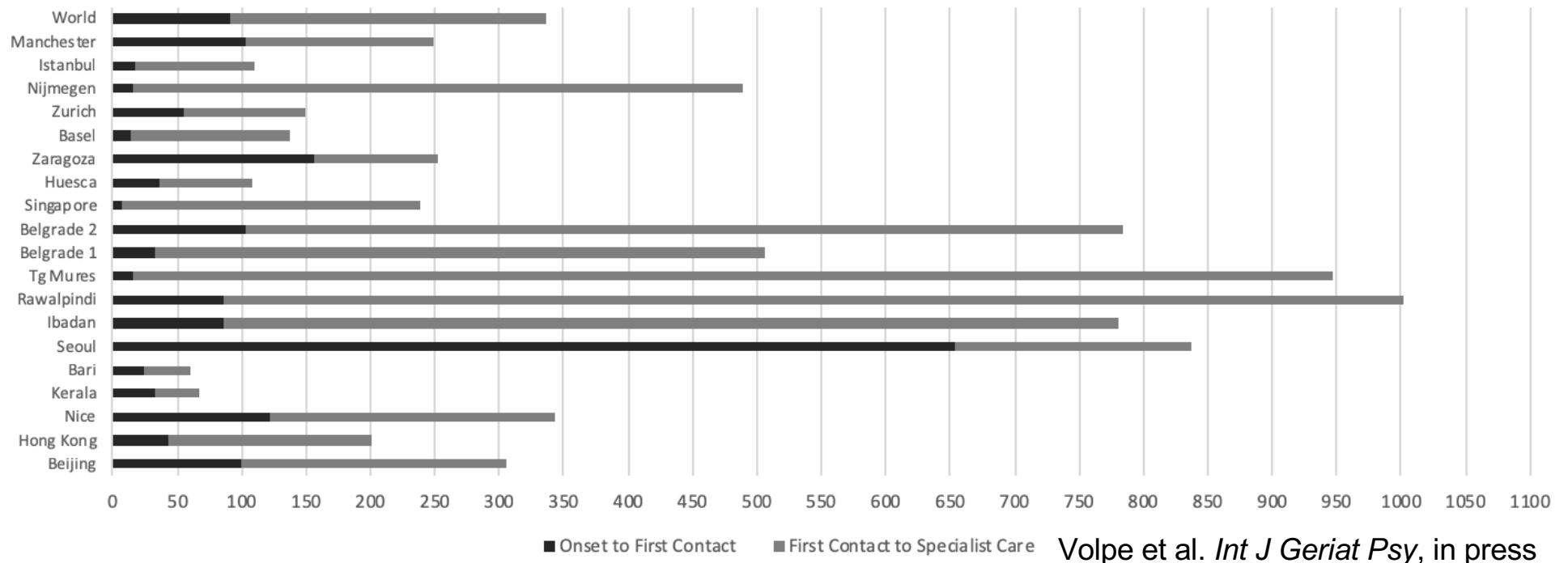
Delayed seeking for dementia diagnosis



Seeking for diagnosis is delayed for average 2 years.

Zhao M, et al. *International Psychogeriatrics* 2016

Time needed to reach specialist dementia care

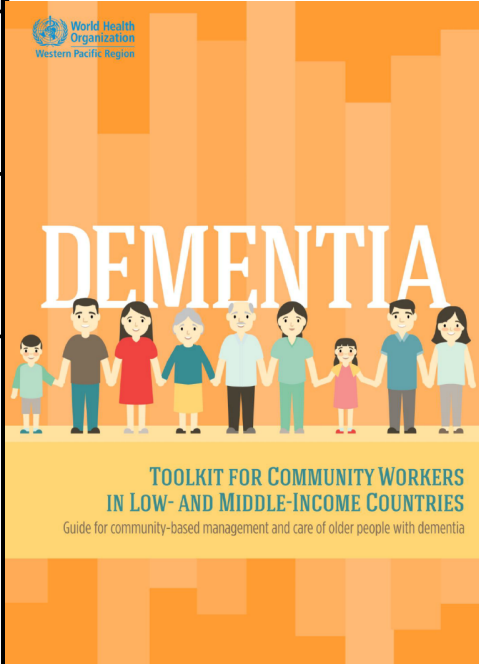


Volpe et al. *Int J Geriatr Psy*, in press



Community-based management

Setting	Level	Main activities
Community	Primary	<ul style="list-style-type: none"> Early detection and screening Health education and promotion
Hospital	Secondary	<ul style="list-style-type: none"> Diagnosis and treatment Education for PWD and family members
	Tertiary	<ul style="list-style-type: none"> Memory clinic Diagnosis, treatment and rehabilitation project Training PCP, health service providers, and NGO staff Developing public-awareness raising campaign



Chiu E & Chiu H. Int Psychoger 2006

WHO WPRO, 2018



Community Training and Education

记忆健康进社区

老年痴呆基础知识与基本技能
培训教程

合作单位
北京大学精神卫生研究所（第六医院）
北京市丰台区卫生和计划生育委员会

二零一六年九月

- > 420 community doctors and social workers trained
- 95% of trainees grasped the screening skill
- Screening rate reached 30%

认知功能自评

怀疑有认知功能损害的老年人
可以用痴呆筛查量表进行认知功能自评

以下各条目是指最近几年内在具体时间段内由于认知障碍或记忆问题而不是躯体问题引起的改变。

“记忆”和“遗忘”	是/有改变	否/无改变	不确定	不适用
1. 判断力有困难 例如在商店买东西时 误入男性服装部 购物上不好决定 买了不合适的礼物等				
2. 对安全感到 焦虑或犹豫不决				
3. 是否经常目的不明确(例如: 找不到存钱处, 邮递到同一件事, 或找不到商店)				
4. 学习新时使用工具, 电视或小孩读物(如电视, 杂志, 交通规则, 燃气灶, 热水器, 微波炉, 空调等等)方面存在困难				
5. 忘记正确的日期和季节				
6. 是否经常感到服务问题(如: 在商店购物, 在银行, 医院, 洗衣店等)				
7. 忘记过去的时间有何困难				
8. 每天能否看报(或记忆方面)有困难				

请将“是, 有改变”的条目在7项或7项以上, 建议记忆力门诊进一步检查。

痴呆患者的药物与非药物干预

药物干预:
目标: 延缓痴呆进展(改善认知能力和日常生活能力), 减少并发症和精神行为症状。

非药物干预:
① 改善生活技能训练
② 认知生活技能训练
③ 继续交流: 交流时注意对方, 正确应答, 避免重复, 一定是一件事, 不要从其中岔开话题, 不要勉强去做不擅长的事。
④ 痴呆患者的干预, 需要社会支持, 家属和志愿者的帮助和支持。

奉献给痴呆患者家属 —— 给自己留出时间, 关心自己!

痴呆患者家属是否感到疲惫? 痛苦? 沮丧, 抑郁, 内疚, 孤独感。

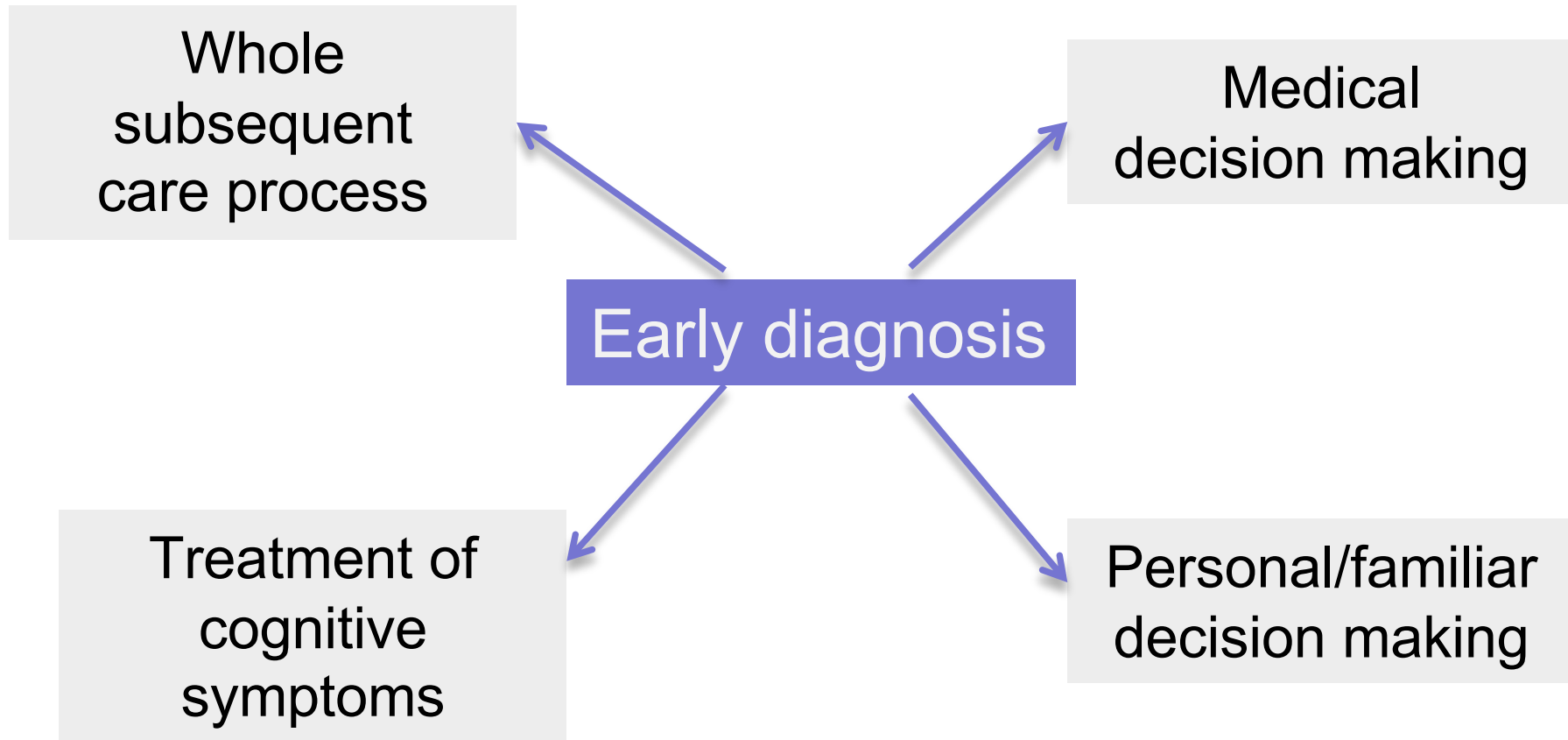
参加AD家属联合会的好处:
① 获得专业支持
② 获得同伴支持
③ 获得信息
④ 了解自己能得到哪些帮助
⑤ 从其他照顾者那里接受鼓励和支持

北京大学精神卫生研究所(第六医院)
记忆障碍诊治研究中心

- 65 lectures
- > 6000 participants attended
- Dementia literacy increased by 30%

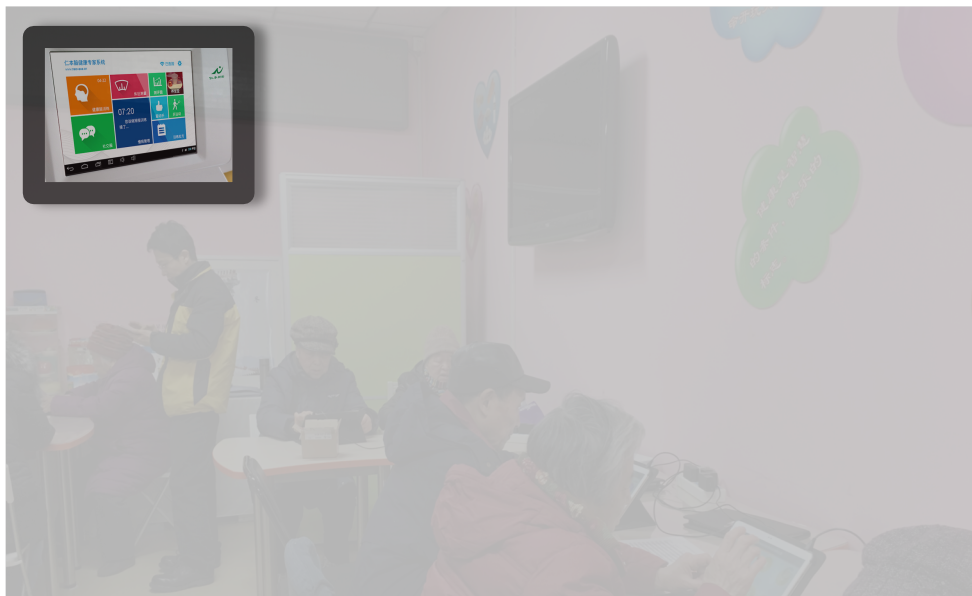


Diagnosis: pivot to care

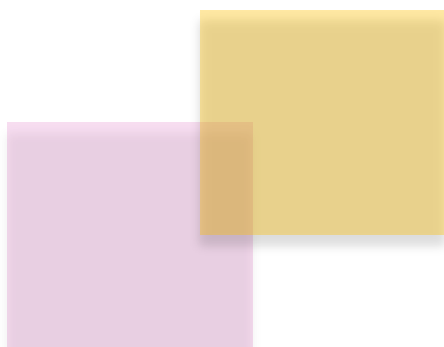




Cognitive Training



Caregiver Support





Summary

- Improving dementia care is prioritized in the agenda of healthy aging.
- The continuum of dementia care includes risk assessment, timely diagnosis, diagnostic support and caregiver intervention.
- Community-based management model may improve the accessibility of dementia care.
- Further studies are needed to explore the feasibility and cost-effectiveness in lower-resource areas.



Acknowledgement

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社区预防
Community Prevention

早期识别
Early Detection

全程管理
Continuum Care

Thank You!

Email: huali_wang@bjmu.edu.cn