

Support at Home: Interventions to Enhance Life in Dementia (SHIELD) – evidence, development and evaluation of complex interventions

Martin Orrell,^{1*} Juanita Hoe,¹ Georgina Charlesworth,¹ Ian Russell,² David Challis,³ Esme Moniz-Cook,⁴ Martin Knapp,⁵ Bob Woods,⁶ Zoe Hoare,⁶ Elisa Aguirre,¹ Sandeep Toot,⁷ Amy Streater,⁷ Nadia Crellin,⁷ Chris Whitaker,⁶ Francesco d'Amico⁵ and Amritpal Rehill⁵

¹Department of Mental Health Sciences, University College London, London, UK

²Clinical Trials Unit, Swansea University, Swansea, UK

³Personal Social Services Research Unit, University of Manchester, Manchester, UK

⁴Centre of Dementia Research and Practice, University of Hull, Hull, UK

⁵Health and Social Care Department, London School of Economics and Political Science, London, UK

⁶North Wales Organisation for Randomised Trials in Health (NWORTH) Clinical Trials Unit, Bangor University, Bangor, UK

⁷Research and Development Department, North East London NHS Foundation Trust, London, UK

*Corresponding author

Declared competing interests of authors: Bob Woods reports that Bangor University has received royalties from the sale of therapy manuals in the UK and the USA. Ian Russell reports that Swansea University has received funds from University College London for lectures and staff mentoring.

Published February 2017

DOI: 10.3310/pgfar05050

Plain English summary

SHIELD: evidence, development and evaluation

Programme Grants for Applied Research 2017; Vol. 5: No. 5

DOI: 10.3310/pgfar05050

NIHR Journals Library www.journalslibrary.nihr.ac.uk

Plain English summary

Dementia has an enormous social and economic impact and there is an urgent need to improve care. This research programme aims to improve the quality of life of people with dementia and their carers, and to help support people at home. Cognitive stimulation therapy (CST), which involves people with dementia participating in mentally stimulating games and other activities in groups, is beneficial for cognition and quality of life as well as being good value for money. Our 6-month clinical trial of continued weekly CST found that it improved quality of life and was good value. Many staff will run CST groups following a 1-day training course. The Carer Supporter Programme (CSP) involves ex-carers of people with dementia helping new carers with support and information. In a large clinical trial for people with dementia and their carers, we evaluated the CSP and a reminiscence programme. Both the CSP and the reminiscence programme helped to improve the quality of life of people with dementia but no benefits were noted for family carers. The reminiscence programme groups were very costly to run and may not be value for money. Home treatment teams may reduce hospital admissions for people with dementia. Based on reviewing the research evidence and consultations with people with dementia, family carers and staff, we have developed and field-tested a home treatment protocol to help clinical teams manage crises and support people with dementia at home. Our results suggest that care for people with dementia and their carers can be improved.

Programme Grants for Applied Research

ISSN 2050-4322 (Print)

ISSN 2050-4330 (Online)

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics (COPE) (www.publicationethics.org/).

Editorial contact: nihredit@southampton.ac.uk

The full PGfAR archive is freely available to view online at www.journalslibrary.nihr.ac.uk/pgfar. Print-on-demand copies can be purchased from the report pages of the NIHR Journals Library website: www.journalslibrary.nihr.ac.uk

Criteria for inclusion in the *Programme Grants for Applied Research* journal

Reports are published in *Programme Grants for Applied Research* (PGfAR) if (1) they have resulted from work for the PGfAR programme, and (2) they are of a sufficiently high scientific quality as assessed by the reviewers and editors.

Programme Grants for Applied Research programme

The Programme Grants for Applied Research (PGfAR) programme, part of the National Institute for Health Research (NIHR), was set up in 2006 to produce independent research findings that will have practical application for the benefit of patients and the NHS in the relatively near future. The Programme is managed by the NIHR Central Commissioning Facility (CCF) with strategic input from the Programme Director.

The programme is a national response mode funding scheme that aims to provide evidence to improve health outcomes in England through promotion of health, prevention of ill health, and optimal disease management (including safety and quality), with particular emphasis on conditions causing significant disease burden.

For more information about the PGfAR programme please visit the website: <http://www.nihr.ac.uk/funding/programme-grants-for-applied-research.htm>

This report

The research reported in this issue of the journal was funded by PGfAR as project number RP-PG-0606-1083. The contractual start date was in August 2007. The final report began editorial review in February 2014 and was accepted for publication in November 2015. As the funder, the PGfAR programme agreed the research questions and study designs in advance with the investigators. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The PGfAR editors and production house have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the final report document. However, they do not accept liability for damages or losses arising from material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, CCF, NETSCC, PGfAR or the Department of Health. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the PGfAR programme or the Department of Health.

© Queen's Printer and Controller of HMSO 2017. This work was produced by Orrell et al. under the terms of a commissioning contract issued by the Secretary of State for Health. This issue may be freely reproduced for the purposes of private research and study and extracts (or indeed, the full report) may be included in professional journals provided that suitable acknowledgement is made and the reproduction is not associated with any form of advertising. Applications for commercial reproduction should be addressed to: NIHR Journals Library, National Institute for Health Research, Evaluation, Trials and Studies Coordinating Centre, Alpha House, University of Southampton Science Park, Southampton SO16 7NS, UK.

Published by the NIHR Journals Library (www.journalslibrary.nihr.ac.uk), produced by Prepress Projects Ltd, Perth, Scotland (www.prepress-projects.co.uk).

Programme Grants for Applied Research Editor-in-Chief

Professor Paul Little Professor of Primary Care Research, University of Southampton, UK

NIHR Journals Library Editor-in-Chief

Professor Tom Walley Director, NIHR Evaluation, Trials and Studies and Director of the EME Programme, UK

NIHR Journals Library Editors

Professor Ken Stein Chair of HTA Editorial Board and Professor of Public Health, University of Exeter Medical School, UK

Professor Andree Le May Chair of NIHR Journals Library Editorial Group (EME, HS&DR, PGfAR, PHR journals)

Dr Martin Ashton-Key Consultant in Public Health Medicine/Consultant Advisor, NETSCC, UK

Professor Matthias Beck Chair in Public Sector Management and Subject Leader (Management Group), Queen's University Management School, Queen's University Belfast, UK

Professor Aileen Clarke Professor of Public Health and Health Services Research, Warwick Medical School, University of Warwick, UK

Dr Tessa Crilly Director, Crystal Blue Consulting Ltd, UK

Dr Eugenia Cronin Senior Scientific Advisor, Wessex Institute, UK

Ms Tara Lamont Scientific Advisor, NETSCC, UK

Professor William McGuire Professor of Child Health, Hull York Medical School, University of York, UK

Professor Geoffrey Meads Professor of Health Sciences Research, Health and Wellbeing Research Group, University of Winchester, UK

Professor John Norrie Chair in Medical Statistics, University of Edinburgh, UK

Professor John Powell Consultant Clinical Adviser, National Institute for Health and Care Excellence (NICE), UK

Professor James Raftery Professor of Health Technology Assessment, Wessex Institute, Faculty of Medicine, University of Southampton, UK

Dr Rob Riemsma Reviews Manager, Kleijnen Systematic Reviews Ltd, UK

Professor Helen Roberts Professor of Child Health Research, UCL Institute of Child Health, UK

Professor Jonathan Ross Professor of Sexual Health and HIV, University Hospital Birmingham, UK

Professor Helen Snooks Professor of Health Services Research, Institute of Life Science, College of Medicine, Swansea University, UK

Professor Jim Thornton Professor of Obstetrics and Gynaecology, Faculty of Medicine and Health Sciences, University of Nottingham, UK

Professor Martin Underwood Director, Warwick Clinical Trials Unit, Warwick Medical School, University of Warwick, UK

Please visit the website for a list of members of the NIHR Journals Library Board:
www.journalslibrary.nihr.ac.uk/about/editors

Editorial contact: nihredit@southampton.ac.uk