

Dementia training academy: Psychosocial interventions for PwD

	NICE/MODEM	Outcomes and evidence quality	Cost-effectiveness (ICER from NICE)	Brief training available for general healthcare professionals	Translated / adapted for China	Signpost to existing training
CST (Cognitive Stimulation Therapy)	NICE: Yes MODEM: Yes	<ul style="list-style-type: none"> <li>✓ Cognition for people with mild/moderate dementia</li> <li>✓ Quality of life for people with mild/moderate dementia</li> </ul> High quality evidence (MODEM)	Cost effective (£20,000 per QALY)	Yes	Yes	UCL, Dementia Pathfinders, International CST Centre for international training)
MCST (Maintenance CST)	MODEM: Yes	<ul style="list-style-type: none"> <li>✓ Quality of life</li> </ul> High quality evidence (MODEM)	Cost effective <£30,000 per QALY from proxy but not when using person with dementia's own rating	Yes	No	UCL, Dementia Pathfinders, International CST Centre for international training)
Reminiscence therapy	NICE: Yes	<ul style="list-style-type: none"> <li>✓ Cognition and depressive symptoms in people living with dementia</li> </ul> Very low- to moderate-quality evidence (NICE)	Not cost effective (£1m per QALY)	Yes	No specific programme	Age Exchange Book of You TIDE Liverpool Museums
Music therapy	NICE: Yes MODEM: Yes	<ul style="list-style-type: none"> <li>✓ Cognition</li> <li>✓ Activities of daily living</li> <li>✓ Agitation</li> <li>✓ Quality of life</li> <li>✓ Carer burden</li> </ul> Very low- to moderate-quality evidence (NICE)	Limited evidence of cost effectiveness	No (requires professional qualification)	N/A	N/A
Occupational therapy	NICE: Yes	<ul style="list-style-type: none"> <li>✓ Depressive symptoms</li> <li>✓ quality of life</li> </ul> Low- to high-quality evidence (NICE)	Not cost effective (£130,000 per QALY)	No (requires professional qualification)	N/A	N/A
Cognitive rehabilitation	NICE: Yes	<ul style="list-style-type: none"> <li>✓ Activities of daily living in people living with mild/moderate dementia</li> </ul> Moderate quality evidence (NICE)	Not cost effective (£1m per QALY)	e-learning course to be made available soon through NHS Learning Hub	No	Yes - e-learning course to be made available soon through NHS Learning Hub
Psychotherapy	NICE: Yes	<ul style="list-style-type: none"> <li>✓ Depression in people with dementia</li> <li>✓ Carer burden</li> </ul> Moderate quality evidence (NICE)	No evidence of cost effectiveness	No (requires professional qualification)	No	N/A

ICER, Incremental cost-effectiveness ratio; MODEM, Modelling outcome and cost impacts of interventions for dementia; NICE, National Institute for Health and Care Excellence; QALY, Quality-adjusted life year,

### **Supplementary information: From NICE Guidance**

*Dementia: assessment, management and support for people living with dementia and their carers NICE guideline [NG97] Published: 20 June 2018*

#### **1.4 Interventions to promote cognition, independence and wellbeing**

1.4.1 Offer a range of activities to promote wellbeing that are tailored to the person's preferences.

1.4.2 Offer group [cognitive stimulation](#) therapy to people living with mild to moderate dementia.

1.4.3 Consider group reminiscence therapy for people living with mild to moderate dementia.

1.4.4 Consider [cognitive rehabilitation](#) or occupational therapy to support functional ability in people living with mild to moderate dementia.

1.4.5 Do not offer acupuncture to treat dementia.

1.4.6 Do not offer ginseng, vitamin E supplements, or herbal formulations to treat dementia.

1.4.7 Do not offer [cognitive training](#) to treat mild to moderate Alzheimer's disease.

1.4.8 Do not offer [interpersonal therapy](#) to treat the cognitive symptoms of mild to moderate Alzheimer's disease.

1.4.9 Do not offer non-invasive brain stimulation (including transcranial magnetic stimulation) to treat mild to moderate Alzheimer's disease, except as part of a randomised controlled trial.

#### **Quality statement 5: Activities to promote wellbeing**

*Dementia Quality standard [QS184] Published: 28 June 2019*

“People living with dementia should be offered activities such as exercise, aromatherapy, art, gardening, baking, reminiscence therapy, music therapy, mindfulness and animal assisted therapy to help promote their wellbeing”.

### **References**

Modelling Outcome and Cost Impacts of Interventions for Dementia (MODEM) (31 January, 2022) *The Dementia Evidence Toolkit* <https://toolkit.modem-dementia.org.uk/>

National Institute for Health and Care Excellence. (2018). Overview | Dementia: Assessment, management and support for people living with dementia and their carers | Guidance | NICE. NICE. <https://www.nice.org.uk/guidance/ng97>