

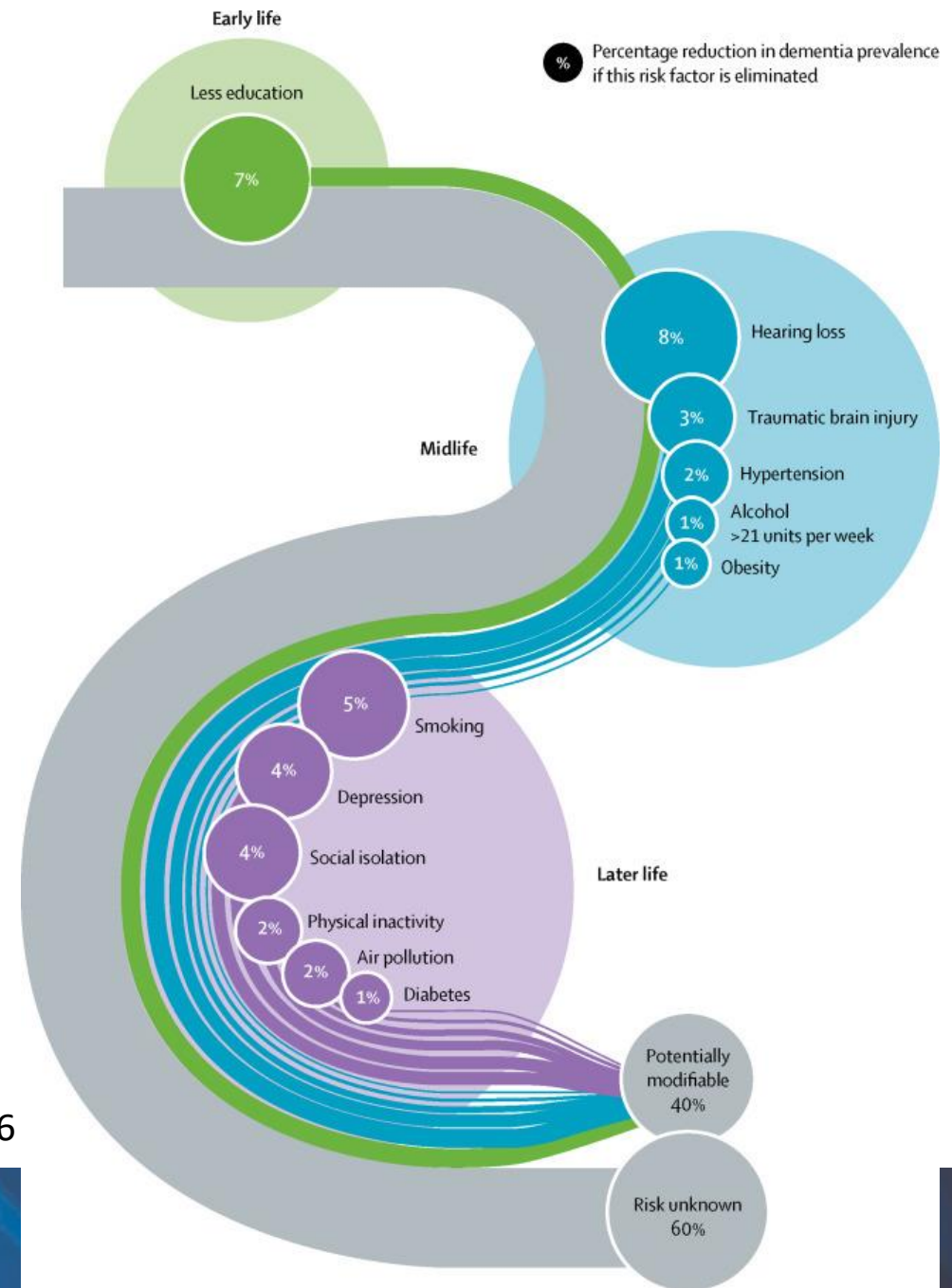
Holistic Approach in Primary Care for Preventing Memory Impairment and Dementia (HAPPI MIND)



HAPPI MIND

- 40% of all cases of dementia are associated with 12 potentially modifiable risk factors
 - Early-life: 7%
 - Mid-life: 15%
 - Later-life: 18%
- **Aim:** To evaluate the effectiveness of a multi-domain intervention (HAPPI MIND program) for assessing dementia risk and reducing dementia risk factors in middle-aged adults in the primary care setting.

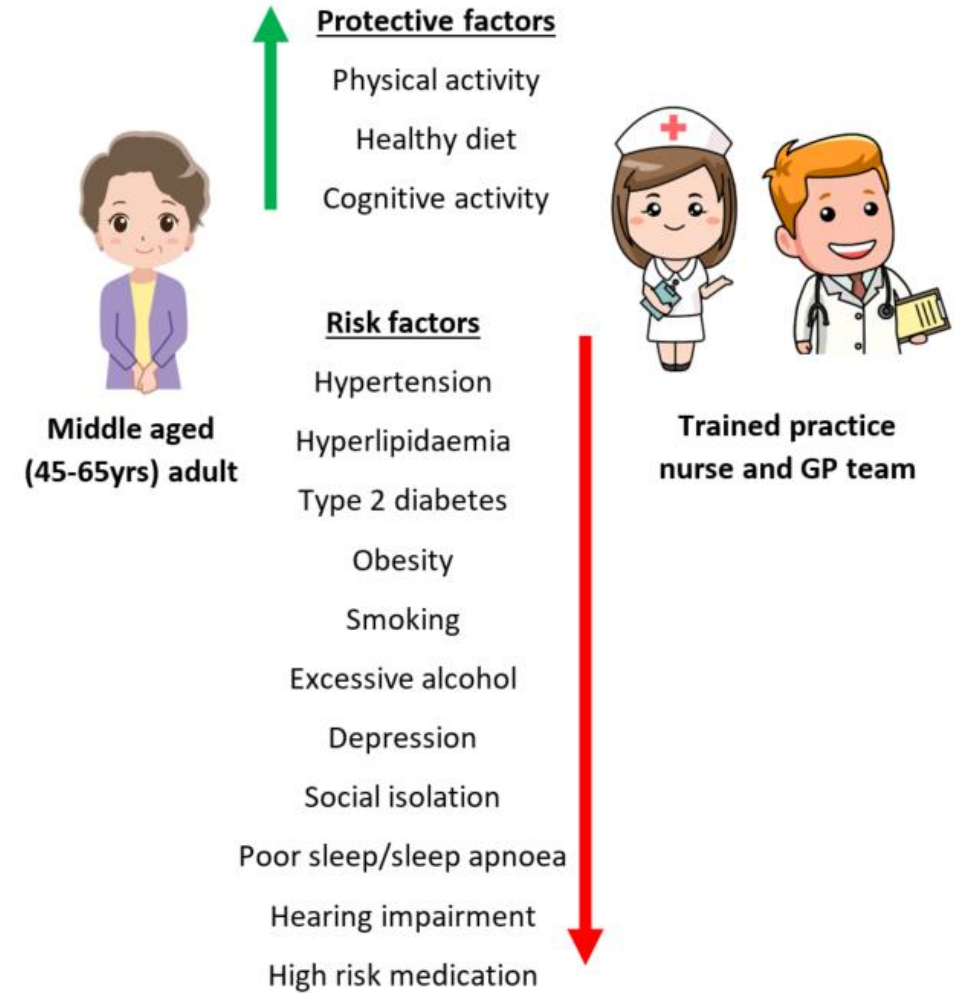
Livingston G et al, Lancet. 2020:396(10248) p413-446



HAPPI MIND

- **Methods:**

- 2-arm Cluster Randomised Controlled Trial
 - Minimal intervention vs HAPPI MIND intervention
- Recruiting primary care clinics in NSW & Vic
- Each clinic will recruit ~15 patients
 - English speaking, community dwelling
 - 45-65 years
 - ≥ 2 modifiable risk factors for dementia
 - ≥ 1 visit to the practice in past 12 months
 - owns and able to use a smartphone



HAPPI MIND

Minimal intervention

Clinic receives

- Practice nurse(s) trained to
 - identify risk factors for dementia
 - deliver Montreal Cognitive Assessment (MoCA)
- Remuneration of up to \$13,500 to cover staff time

Patient receives

- Individualised dementia risk report
- Education on dementia risk reduction
- Referral to GP to discuss risk reduction

VS

HAPPI MIND intervention

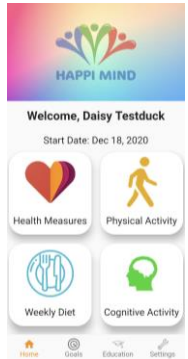
Clinic receives

- Practice nurse(s) trained to
 - identify risk factors for dementia
 - deliver Montreal Cognitive Assessment (MoCA)
 - perform motivational interviewing in line with behaviour change theory

Remuneration of up to \$32,500 to cover staff time

Patient receives

- Individualised dementia risk report
- Education on dementia risk reduction
- 6x sessions with trained nurse to develop and implement risk reduction behaviour change
- HAPPI MIND smart phone app (designed with CSIRO)



HAPPI MIND

- Primary outcome

- Change in Australian National University Alzheimer's Disease Risk Index (ANU-ADRI) dementia risk score between 12 months and baseline in participants enrolled in the HAPPI MIND program versus minimal intervention.



- Secondary outcomes

- Change in ANU-ADRI at 24 and 36 months from baseline
- Change in QoL (EQ-5D) at 12, 24 and 36 months from baseline
- Change in individual risk factors for dementia at 12 and 36 months from baseline
- Economic evaluation of the HAPPI MIND intervention

Next steps...

- Complete the expression of interest (EOI) form
- Clinic eligibility:
 - Accredited practice as per RACGP standards for general practice
 - Have at least 500 middle-aged (45-65yrs) active patients in your database
 - Agree to allocated protected time for your practice nurse(s) to attend the training, conduct screening and recruitment, and deliver intervention
 - Have a private room or area in your clinic for completion of trial tasks
 - Be committed to completing the full 3-year trial
- Please send completed EOIs and any enquires to:
happimind@monash.edu



Are your middle-aged patients worried about developing dementia?
Do you help them to reduce their risk of developing dementia?

Monash University is partnering with the Hunter New England and Central Coast Primary Health Network to offer practices an opportunity to implement one of two new primary care based interventions for assessing dementia risk and reducing dementia risk factors in middle-aged adults (aged 45 – 65 years).

In 2020, there was an estimated 459,000 Australians aged 65 and over with dementia, and this number is projected to rise to more than one million by 2058. While the risk of dementia increases with age, it is not inevitable. For dementia, the commission report addressing modifiable risk factors may reduce the risk of dementia by 40% of cases.¹ Primary care is an ideal setting for the implementation of dementia prevention interventions. In this a high risk of developing cardiovascular risk factors, obesity, nicotine use, and targeted interventions can be offered.

The Happy Mind Memory Impairment trial aims to evaluate different interventions and reducing dementia risk in the primary care setting.

WHAT'S INVOLVED?

DEMENTIA RISK REDUCTION IN PRIMARY CARE: THE HAPPI MIND TRIAL

You must be able to link each of these boxes to be eligible to participate. Your practice must:

- ☐ Be located within the Hunter New England and Central Coast Primary Health Network region.
- ☐ Be a currently accredited practice as per the Royal Australian College of General Practitioners (RACGP) standards for general practice.
- ☐ Have at least 500 middle-aged (45-65 years) active patients in your database.

BENEFITS FOR YOUR PRACTICE

EXPRESSION OF INTEREST: ELIGIBILITY

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EXPRESSION OF INTEREST: APPLICATION

Please provide the following details and a representative from the HAPPI MIND study will contact you to discuss further.

Applicant name:		
Name of practice:		
Practice address:		
Company name: ABR		
Applicant details:	Phone:	Email:
Practice manager details:	Phone:	Email:

Please return the completed application form to the HAPPI MIND investigator team via happimind@monash.edu

1. Wilkinson G. Dementia prevention. Unpublished General Commission.

What will be the future benefits for general practice?

