

# DEMENTIA RISK REDUCTION IN PRIMARY CARE: THE HAPPI MIND STUDY

**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 North Western Melbourne 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 living with dementia and this number is expected to increase to more than one million Australians by 2058. While there is currently no cure for dementia, the recent Lancet 2020 commission report highlighted that addressing modifiable risk factors for dementia may delay or prevent up to 40% of cases.<sup>1</sup> Many of the modifiable risk factors are present in mid-life.

Primary care is an ideal setting for the implementation of dementia prevention programs in Australia. In this setting, middle-aged adults with high risk of developing dementia (e.g. those with cardiovascular risk factors, diabetes, depression, obesity, nicotine dependence) can be identified early, and targeted education, management and referrals can be organised.

*The Holistic Approach in Primary care for Preventing Memory Impairment and Dementia (HAPPI MIND)* trial aims to evaluate the effectiveness of two different interventions for assessing dementia risk and reducing dementia risk factors in middle-aged adults in the primary care setting.

## WHAT'S INVOLVED?

- Recruited primary care clinics will be allocated to deliver one of two interventions
- Practice nurses will be trained to deliver the intervention
- Practices will receive remuneration to cover staff time required to recruit participants, perform data collection and deliver the intervention
- Patients will be followed up minimum of annually for three years.

## BENEFITS FOR YOUR PATIENTS

- Individualised assessment of dementia risk to inform health care management
- Education on dementia and risk factors for dementia
- Enhanced patient-clinic relationships in management of chronic conditions.

## BENEFITS FOR YOUR PRACTICE

- Practice nurse(s) trained to identify health conditions and behaviours in middle-aged adults that may act as risk factors for dementia
- Practice nurse(s) trained to deliver the Montreal Cognitive Assessment (MoCA)
- Resources and/or training to educate patients on dementia and risk factors for dementia
- Remuneration of up to \$13,500 or \$32,500 depending on intervention delivered\*  
\*Dependent on number of patients recruited and completion of trial milestones
- Potential to improve the health behaviours and health of your patients
- Opportunity to share, network and connect with other practices involved in the project.

1. Livingston G, Huntley J, Sommerlad A, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *The Lancet*. 2020; 396:413-446.

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## EXPRESSION OF INTEREST: ELIGIBILITY

### DEMENTIA RISK REDUCTION IN PRIMARY CARE: THE HAPPI MIND TRIAL

You must be able to tick each of these boxes to be eligible to nominate. Your practice must:

- Be located within the North Western Melbourne 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.

*Note: active patients are defined as having visited the clinic at least once in the past 12 months.*

- Agree to allocate protected time for your practice nurse(s) to attend the training workshop, conduct patient screening and recruitment, perform patient data collection and deliver the intervention.

*Note: 1 or 2 practice nurses may be chosen by each clinic to be trained to deliver the intervention. Remuneration will be provided.*

- Agree to allocate a private room or area in your clinic for use by the trained nurse(s), with access to a computer/tablet with internet, for completion of trial tasks.
- (OPTIONAL) Have a clinical and billing system that is compatible with the PEN CS data aggregation tool (to allow for screening of database for eligible patients)
- Be committed to completing the full 3-year trial. Ongoing support will be provided.

## EXPRESSION OF INTEREST: APPLICATION

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

<b>Applicant name:</b>		
<b>Name of practice:</b>		
<b>Practice address:</b>		
<b>Company name:</b>		<b>ABN:</b>
<b>Applicant details:</b>	<b>Phone:</b>	<b>Email:</b>
<b>Practice manager details:</b>	<b>Phone:</b>	<b>Email:</b>

Please return the completed application form to the HAPPI MIND investigator team via [happimind@monash.edu](mailto:happimind@monash.edu)