

## **Dementia risk reduction in practice: the knowledge, opinions and perspectives of Australian healthcare providers**

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**Table S1.** Free Text Responses to the Question: As far as you are aware, what do you think a person can do to help reduce the risk of developing dementia?

| Response Theme                       | Response Sub-Theme                        | Number of Responses Relating to this Theme |
|--------------------------------------|---|--|
| Managing Cardiovascular Conditions   | Manage/ decrease cardiovascular risk      | 15   |
|                                      | Manage Cholesterol                        | 9  |
|                                      | Manage BP                                 | 10   |
|                                      | Manage Diabetes                           | 6  |
| Healthy Lifestyle                    | Exercise/ Physical activity               | 39   |
|                                      | Maintain a healthy body/ lifestyle        | 12   |
|                                      | Healthy weight                            | 2  |
|                                      | Healthy Diet                              | 27   |
|                                      | Mediterranean Diet                        | 4  |
|                                      | Vitamin/ Nutrient                         | 2  |
| Cognitive Stimulation                | Cog Activity/ Brain Stimulation           | 34   |
|                                      | Practice memory skills                    | 1  |
| Reduce Substance Use                 | Stop Smoking                              | 13   |
|                                      | Minimal Alcohol Intake                    | 18   |
| Mental Wellbeing                     | Avoid depression                          | 1  |
|                                      | Emotionally Healthy Wellbeing             | 3  |
|                                      | Rest and Manage Stress                    | 3  |
| Medications and Medical Risk Factors | Review medications                        | 2  |
|                                      | Identify /treat/prevent infectious causes | 1  |
|                                      | Regular medical visits                    | 1  |
|                                      | Manage Medical Conditions                 | 3  |
| Sleep                                | Get adequate sleep                        | 9  |
| Social Activity                      | Social Activity                           | 21   |
| Head Injury                          | Reduce head Injury                        | 1  |
| Hearing Loss                         | Manage Hearing loss                       | 2  |
| Other                                | Avoid poisons                             | 1  |
|                                      | Rough Sports                              | 1  |
| NULL                                 | Don't know                                | 1  |

**Table S2.** Free Text Responses to the Question: What are the biggest barriers to working with your patients to reduce dementia risk?

| Theme  | Sub-theme  | Number of Responses Relating to this Theme |
|--|--|--|
| Patients unwilling to change current behaviour                 | Behaviour Change   | 10   |
|  | Lifestyle does not accommodate risk reduction techniques   | 8  |
|  | Perceived cost to patient  | 2  |
| Current work structure   | Time/ Workload   | 21   |
|  | Need to restructure how things are done now  | 2  |
|  | Need to train up other health employees  | 3  |
|  | Not in current job description   | 1  |
|  | Preventative health not considered a priority by Medicare or patients/ culture is more focused on cure | 7  |
| Medical appointments not the right setting for this discussion | Complexity of patients medical conditions  | 1  |
|  | Lengthy Discussion   | 4  |
|  | Other things more important during consultation  | 9  |
| Lack of knowledge/ education/ resources                        | Uncertain who is at risk   | 1  |
|  | Lack of knowledge on how to reduce risk  | 19   |
|  | Lack of resources on dementia risk reduction   | 2  |
|  | Lack of evidence on dementia risk reduction  | 6  |
| Patient doesn't ask/listen                                     | Patient Denial   | 6  |
|  | Patients don't want to comply  | 4  |
|  | Patients don't understand dementia/ risk factors   | 14   |
|  | Patients don't care/ Don't want to talk about it   | 13   |
|  | Patients don't expect to hear about it   | 2  |
|  | Patients have a lack of motivation for something that might not happen                                 | 3  |
|  | Patients do not believe that they are at risk of getting dementia                                      | 5  |
|  | Patients previous negative experiences   | 1  |
| Dementia prevention is too late for the patient                | Patients already have dementia by the time they come in  | 8  |
|  | Patients are too old for risk reduction to work?   | 2  |
|  | Doctors working in Palliative Care   | 1  |
| Factors related to dementia itself                             | Dementia has a long lead time  | 5  |
|  | Not all dementia can be prevented  | 1  |
|  | Dementia is a chronic disease  | 1  |
|  | Stigma   | 1  |
| Healthcare worker doesn't bring it up                          | I forget to talk about it  | 1  |
|  | I never thought about it   | 1  |
|  | Many of the interventions are part of routine lifestyle advice anyway                                  | 2  |
| Other  | Information overload   | 1  |
|  | Socio economic   | 1  |

**Table S3.** Free Text Responses to the Question: What helps (or would help) you to work with patients to reduce dementia risk?

| Theme                                      | Sub-theme   | Number of Responses Relating to this Theme |
|--|---|--|
| Change in policies or restructuring        | Change Upper Management priorities (e.g. giving GPs direct assignment for preventative medicine)                                  | 5  |
|  | Government Funding  | 2  |
|  | Billing for preventative Care   | 3  |
|  | Having specific appointments eg 45 yr or 75 yr health checks  | 1  |
|  | Government incentives for behaviour change  | 1  |
| Increase Training                          | Training/toolkit  | 4  |
|  | Nurse/team training and Availability  | 9  |
| Increase Education                         | More education  | 11   |
|  | Remind people that dementia can happen in middle age  | 1  |
|  | Discerning information about what improves cognition in people with impairment already vs what reduces long term risk of dementia | 1  |
|  | Recognition that dementia has a long development period   | 1  |
|  | Earlier discussions with GP and practice nurses about benefits of risk reduction  | 2  |
| Increase Resources                         | Resources for patients  | 2  |
|  | Special staff who can do all assessment   | 1  |
|  | Clear guidelines on dementia risk reduction   | 11   |
|  | Up to date evidence on dementia prevention  | 7  |
|  | An assessment tool for risk factors   | 10   |
|  | Advice on how to change lifestyle   | 3  |
|  | Brochures   | 12   |
|  | Apps  | 2  |
|  | Early signs flow chart  | 1  |
| Improving dementia awareness and messaging | More Awareness (e.g. through TV advertising campaign)   | 12   |
|  | Consistent messages from health professionals/media/society   | 2  |
|  | Reduced stigma around dementia  | 3  |
|  | Positive news stories in the media  | 1  |
| Current helpful practices                  | It is beneficial that the factors for CV are the same   | 2  |
|  | It is beneficial when they have a family member with dementia   | 2  |
| Social/Family Factors                      | Social/family supports  | 2  |
|  | Dementia friendly communities initiatives   | 2  |
|  | Having the client or client family raise the subject  | 1  |
|  | Dementia clients having carer support   | 1  |
|  | Ongoing community support & supervision to maintain care planning implementation  | 1  |
| Other                                      | Treatments for dementia   | 2  |
|  | Incentive to do assessment  | 1  |
|  | Change medication   | 1  |
|  | More time   | 4  |
|  | Treating hearing loss   | 1  |