

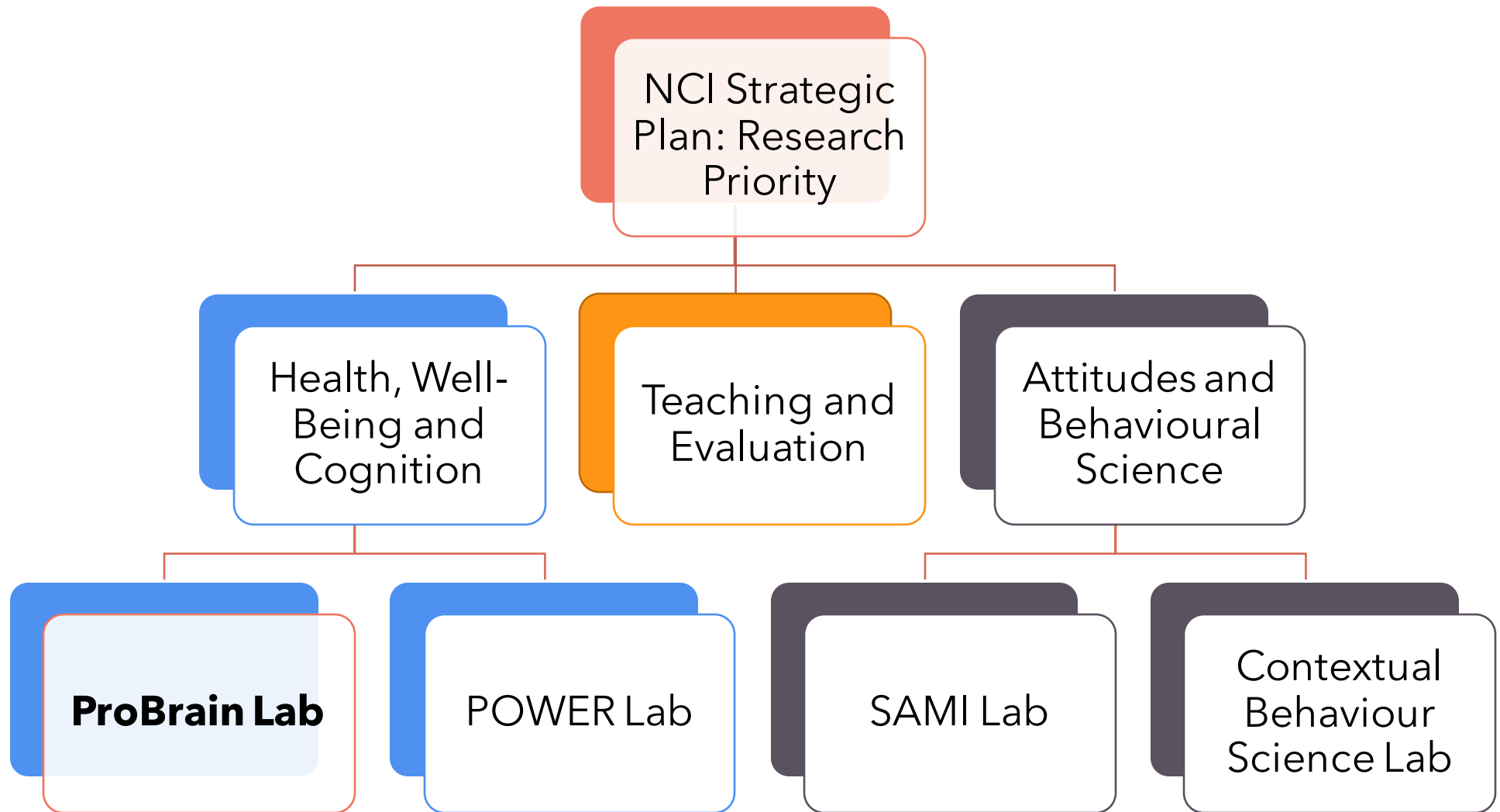


ProBrain Lab Research Overview

Dr Michelle Kelly and Dr Caoimhe Hannigan

NCI Research Day, 15 June 2023

**Psychology
Research
Streams**



**Research
Labs**

<https://www.ncirl.ie/Research/Psychology-Research>

ProBrain Lab

Our lab takes a **lifespan approach** to brain health, with a focus on:

- Understanding **modifiable risk and protective factors** for dementia and cognitive decline.
- Developing, designing, and evaluating **interventions** to support brain health and cognitive function for people living with dementia.
- Identifying effective interventions that can support **caregivers** for people living with dementia.
- Increasing **public awareness and understanding** of brain health, dementia, and dementia prevention.



Team



Dr Michelle Kelly
Co-Director



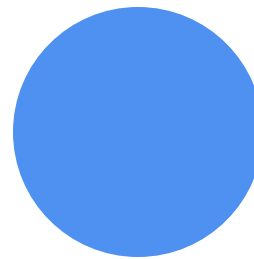
Dr Caoimhe
Hannigan
Co-Director



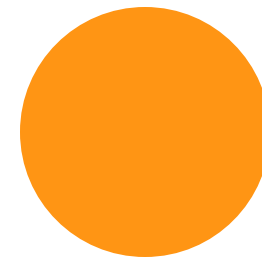
Colm Lannon-
Boran
PhD student



IRISH RESEARCH COUNCIL
An Chomhairle um Thaighde in Éirinn



Postdoctoral
Researcher



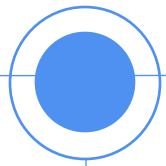
Research
Assistant



Research
Activities
2022-23

Befriending, Health and Loneliness in Older Adults (Completed HRB Applied Partnership Award) - Co-Applicant: Dr Hannigan

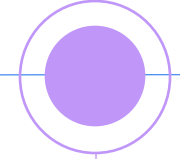
June 2022



Lab Established

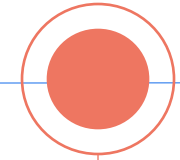
REBefriend: A Realist Evaluation of ALONE's Befriending and Practical Support Services for Older Adults
Co Applicants; PI: Dr Joanna McHugh Power, Maynooth University

Dec 2022

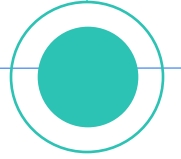


A Centre for Age Inclusivity Research and Dementia Engagement (CAIRDE)
Co Applicants; PI: Prof Richard Roche, Maynooth University

Mar 2023

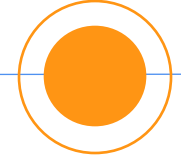


Nov 2022



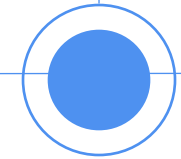
Facilitators and Barriers to implementing Cognitive Stimulation Therapy groups for people with dementia in Ireland
PI: Dr Michelle Kelly

Jan 2023



Increasing the Availability of Cognitive Rehabilitation for People with Dementia in Ireland
PIs: Dr Hannigan and Dr Kelly

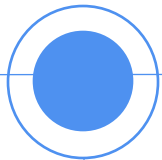
April 2023



Phase 2 Shortlist:

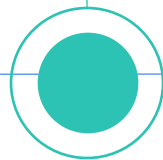
**HRB Applied
Partnership Award**
Co-Applicants

April
2023



Phase 2 Shortlist:

**ASI Dementia
Research Award**

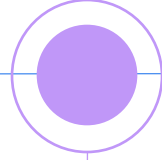


May
2023

Grant Submission:

**ASI Dementia
Research Award**
Phase 2

June
2023





Overview of Selected Projects

FAB-CST (IRC New Foundations)
CR Ireland (ASI Dementia Research
Award*)

FAB-CST

Facilitators and Barriers to implementing Cognitive Stimulation Therapy groups for people with dementia in Ireland

- **Cognitive stimulation therapy (CST)** is the only evidence-based intervention that improves cognition and quality of life for people with mild-moderate dementia.
- CST offers an ideal solution to the demand for early interventions for those with dementia in Ireland.
- Although approximately 320 people are trained to deliver CST here, an **'implementation gap'** has emerged where those trained often do not run CST, so CST is not routinely available.
- This research aims to gather information on when/where CST is being offered and to explore barriers to its implementation, with a view to providing recommendations to facilitate greater availability of CST in Ireland



FAB-CST

Facilitators and Barriers to implementing Cognitive Stimulation Therapy groups for people with dementia in Ireland

- Mixed-Methods Design
- Project commenced Jan 2023

Ethical Approval Obtained

Online survey: data collection ongoing

RA and PD Recruitment ongoing

Focus groups over summer months

FAB-CST

Potential Impact

Increased awareness of CST and guidelines to facilitate implementation

Immediate impact for people with dementia and their families, service providers

Establishment of consortium for additional research funding applications

Medium-term impact: larger-scale project addressing CST implementation

Scientific Dissemination

Immediate impact for scientific community, policy makers, clinicians

2 peer-review papers; 2 conference presentations

Public Dissemination

Published study report; short video; knowledge sharing event; CST 'Community of Practice' online group

Immediate impact for key stakeholders

Cognitive Rehabilitation in Ireland

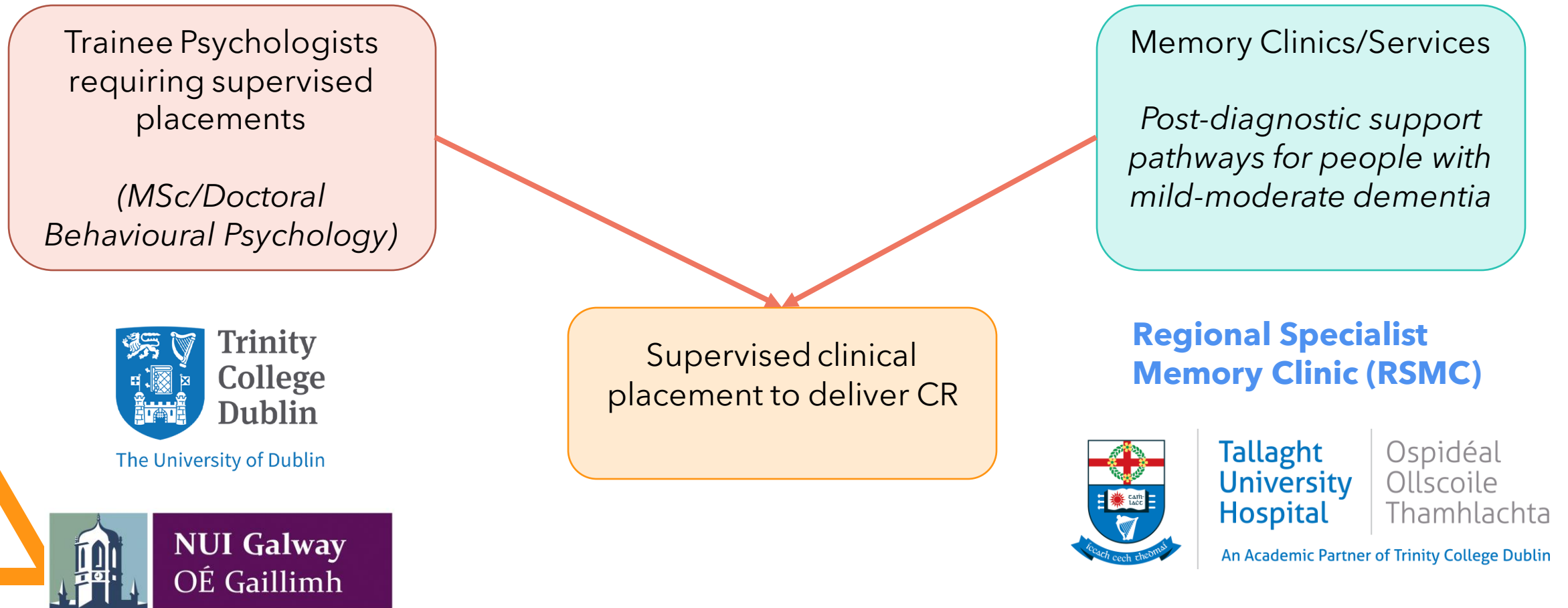
ASI Dementia Research Award: Phase 2 Application submitted (decision August 2023)

- **Cognitive rehabilitation (CR)** is an evidence-based intervention for people with early-stage dementia that improves cognitive and functional outcomes (Clare et al, 2019; Hindle et al, 2018)
- The [HSE Model of Care for Dementia](#) in Ireland (2023) recommends CR in the post-diagnostic support pathway to be delivered by memory clinics.
- However, CR is currently not widely available in Ireland due to a lack of available staff and resources within memory services.



Cognitive Rehabilitation in Ireland

Piloting and evaluating a new service delivery model



Cognitive Rehabilitation in Ireland

Study Design

Work Package 1: Implementation Strategy

- 3 trainee psychologists recruited to 9-month clinical placement at TUH
- Training: GREAT-CR eLearning (DSIDC); HSE training; meeting with PPI contributors
- Delivery of home-based CR to 36 people with dementia (12 per placement practitioner)

Work Package 2: Implementation Evaluation (Mixed Methods)

- Guided by principles of implementation science
- Semi-structured interviews with key stakeholders and quantitative implementation data to evaluate feasibility, acceptability, appropriateness, sustainability

Work Package 3: CR Intervention Study (Quantitative)

- 6-week CR intervention for n=36 people with mild-to-moderate dementia
- Pre-post data on goal attainment, cognitive function, quality of life
- Embedded single-case-design (n of 1) for 3 randomly selected participants

Cognitive Rehabilitation in Ireland

Potential Impact

Increased availability of CR as post-diagnostic support

Immediate impact for people with dementia and their families

Guidelines for scaling up service delivery nationwide

Medium-term impact for PwD, their families and service providers

Scientific Dissemination

Immediate impact for scientific community, policy makers, clinicians

2 peer-review papers; 2 conference presentations

Public Dissemination

Published study report and knowledge sharing event

Immediate impact for general public and key stakeholders



Thank you

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Dr Caoimhe Hannigan

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