

# Fact sheet

## Topics covered

Why diagnose in primary care?

Pathways

Putting it in context

Forgetfulness

Cultural considerations

What is dementia?

What is MCI?

Diagnostic work up

Types of dementia

Diagnostic discussion

When to refer to a specialist

Dementia care plan

Living well with dementia

Risk reduction

Legal implications

Hints from GP's in pilot

Patient viewpoints

Quiz

An *eLearning Dementia Education Resource for GPs and Practice Nurses* is now available across New Zealand and free of charge at [www.goodfellowunit.org/courses/dementia](http://www.goodfellowunit.org/courses/dementia)

This new resource aims to support people to live well with dementia. It is designed to build confidence, competence and consistency in assessing, diagnosing and managing mild cognitive impairment and dementia in primary care.

It has been accredited by the Royal New Zealand College of General Practitioners for five MOPS points (maintenance of professional standards) or five CPD points (continuing professional development).

## What's included?

The course comprises 17 topics plus a quiz. Topics contain:

- a short video presented by a geriatrician or psychiatrist/s of older adults who provide the literature and best practice evidence
- key points in text and links to relevant websites and documents
- links to the Cognitive Impairment Pathway used in each district health board.

## How was it developed?

The *eLearning Dementia Education Resource for GPs and Practice Nurses* is a collaboration between primary, secondary and tertiary care providers, Alzheimers NZ and dementia organisations. It is based on the latest dementia research and best practice principles. The four regional health alliances of New Zealand have supported the development of the resource, which has involved health staff, patients and families from across New Zealand.

In 2013/2014, Waitemata DHB developed and piloted a Cognitive Impairment Pathway to test a model of care for the assessment, diagnosis and management of mild cognitive impairment and dementia in general practice. The results of this pilot have heavily informed this new dementia education resource.

## More information

To access the dementia education resource, visit

[www.goodfellowunit.org/dementia/course](http://www.goodfellowunit.org/dementia/course)

For more information, contact Colin Patrick or Ruth Large :

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*"There are huge adjustments to make and it's an emotionally draining time. It's also hard to know whether you are doing the right thing or not with every little decision you have to make, so the more support and information you have, the better."*

– Jan Dunne,  
carer and practice nurse

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