Successful transfer of evidence based care across Europe; The MEETINGDEM project

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Adaptive implementation and validation of the Meeting Centers Support Program for people with Dementia and their carers in Europe
Meeting Centers Support Program

**Person with dementia**
- Social club
- Creative and recreational activities
- Psychomotor group therapy

**Carer**
- Informative meetings
- Support group
- Care coordination

**For both**
- Consulting hour
- Monthly center meeting
- Social activities

**Socially integrated**

**Community centres**
Meeting centers in The Netherlands

First 2 centers 1993
From 2004-2017
11 → 146 centers
Background – MEETINGDEMDM

1. Needs study
   Informal carers & GPs
   1990-1991

2. Development MC
   program & pilot study
   in 2 MCs in 1993-1994

3. Effect study in 4
   MCs 1994-1996

4. Implementation study and repeated
effect study 11 MCs
   2000-2003

5. Helpdesk Meeting Centers 2004-now
   National Working group of MC
   → 146 meeting centres in NL
   → Interest from many countries in/outside Europe
   → Dissemination to Italy, Aruba, Surinam

MeetingDem
European
Implementation study to support dissemination

Meeting Centers Support Programme, compared to regular day care, more positive effect on:

**Persons with dementia (4+8 MC):**
- less behaviour and mood problems
  - less inactivity and unsocial behaviour
  - less depressed behaviour (study 2)
  - higher self-esteem (study 2)
- delay of admission to nursing home
  (after 7 months 4% meeting centers, 30% day care in nursing home)

**Carers (4+8MC):**
- More feeling of competence (study 1)
- Less feelings of burden (after 7 months; study 1 & 2)
- Less psychosomatic complaints in lonely carers (study 2)

(Dröes et al., 2000, 2004a,b)
Satisfaction of participants

Study 2000-2003: After 7 months of participation

People of dementia (n=104)
- very satisfied 39%
- satisfied 59%
- dissatisfied 2%

Carers (n=97)
- very satisfied 46%
- satisfied 52%
- dissatisfied 2%

Experienced burden
- much less 56%
- somewhat less 42%
- no difference 2%

67% experienced much support in contacts with other carers

(Dröes et al, 2011)
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www.meetingdem.eu
The consortium: NL – UK – I – PL

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- Joanna Rymaszewska, Wroclaw Medical University, Poland
The consortium at kick-off
Research questions

1) **Which care and welfare, and other organizations** in Italy, Poland and the UK, should be involved to successfully guide the implementation process in these countries?

2) What are the **country specific conditions for successful implementation** of the Meeting Centers Support Programme (MCSP) in these different European countries?

3) What **country specific implementation plan**, including implementation strategies and materials (toolkit), funding sources, is needed for adaptive implementation of the MCSP in the participating countries?

4) When implemented, are the **results of the MCSP** comparable with those found in the Netherlands (effectiveness, user satisfaction)?

5) How can the findings of the implementation study be disseminated to stimulate **further dissemination of MCSP** in the participating and other countries in Europe?
Phase 1: Exploration and Preparation M1-18

Phase 2: Implementation and Evaluation M19-36
Method: Work Packages

Phase 1: Exploration and preparation

WP1: Project management (VUmc)

WP2: Exploration, mapping, and recruitment of organizations for initiative group in participating countries (WMU)

WP3: Inventory and analysis of conditions for successful implementation of MCSP in participating countries (UNIBO)

WP4: Preparation of country specific implementation plans with strategies and materials (VUmc)

Phase 2: Implementation and evaluation

WP5: Implementation of MCSP (UNIBO)
   - At least one meeting centre in each of the participating countries, i.e. Italy, Poland, United Kingdom
   - Train the trainer course in each country
   - Courses for personnel in each country

WP6: Evaluation of Implementation (UW)
   - Cost-effectiveness on behaviour, mood and quality of life of people with dementia, sense of competence of carers and care costs; User satisfaction; Implementation process

WP7: Dissemination of project results (VUmc)

March 2014 - February 2017
Phase 1 - Exploration & preparation of adaptive implementation

Initiative groups - Stepwise Action plan (12 months)

STEP 1: Setting timeplan and working groups

STEP 2: Discuss potential facilitators, barriers and solutions

STEP 3: Working groups in action
- criteria for target group
- elaboration of support programme
- location requirements and selection
- personnel
- financing
- collaboration protocol

STEP 4: Finalize implementation plans

STEP 5: Signing collaboration protocol
Phase 2: Implementation of MCSP

- Course for personnel MC organized in I, PL, UK
- First meeting centers successfully opened in I, PL, UK
  - Italy Milan (2), Sesto Giovanni, Lecco, Rimini, Bologna, Riccione
  - Poland Wroclaw – 3 centres
  - UK Droitwich SPA + Leominster - 2 centres
- Pioneer workshops 2015-2016 organized in I, PL, UK
  Train-the-trainer workshops for dissemination to other regions
First Meeting Centres in the UK, Italy & Poland
Main research questions

1) Are the results of the MCSP in Italy, Poland and UK comparable with those found in the Netherlands?

2) How to disseminate the study findings to stimulate further dissemination of MCSP in the participating countries and other countries in Europe?

Research methods

- Evaluation of (cost-)effectiveness
- User evaluation
- Evaluation of the implementation process
- Dissemination plan (country specific and European wide)
Phase 2: Evaluation

(Cost) effectiveness meeting centers – usual care
(pre-post measurements at 0 and after 6 Months)

**People with dementia**
- Quality of Life (DQoL, QOL-AD)
- Cornell Depression Scale
- Duke Social Support Inventory
- EQ-5D-5L
- Stigma Impact Scale
- Behaviour & mood symptoms (NPI)
- Admissions to hospital & LTC
- Service use, psychotropic medication

**Carers**
- General Health Questionnaire
- Emotional impact on carer (NPI)
- Psychotropic Medication
- Service use
- UCLA Loneliness Scale (3 Item)

**Background variables**
- Short Sense of Competence Questionnaire
- Degree of assistance provided
User satisfaction evaluation

• **Survey among participants**
  – People with dementia
  – Family Carers

• **Focus groups**
  – People with dementia
  – Family carers
Evaluation of the implementation process

• Interviews with key figures involved
  – In the preparation phase
  – In the first year after opening the Meeting Centre
  – In the continuation phase

• Themes
  – User and service level (e.g. recruitment, location, motivation personnel)
  – Organisation level (e.g. collaboration with other care providers)
  – Law/rules/finance level (e.g. financing of care/welfare)
Dissemination plan

• Country specific
  – Workshops for interested pioneers
  – Developing implementation materials (movie, guide, brochures)
  – Lectures at conferences and symposia
  – Local and national media

• European wide
  – Website
  – Scientific, professional and public publications
  – Lectures at conferences and symposia
  – Building a network of interested stakeholders
MEETINGDEM products

- 15 Meeting Centres in 3 countries
- European project website with project output: www.meetingdem.eu
- Implementation guide and toolkit in four languages (I, NK, PL, UK)
- Films about the Meeting Centres in Italy, Poland and UK
- Digital newsletter – Please sign up!
- > 150 Lectures at congresses, symposia and workshops
- 9 reports and 8 Articles in scientific & professional journals, magazines

*More to come!*
Time plan

Start project 1 March 2014

End 28 February 2017

COMPLETED
Successful transfer of MCSP

Lessons learned on implementation

Effects  Cost-effectiveness  Country-specific adaptations
User-evaluation

MEETINGDEM
More information?

www.meetingdem.eu

Sign up for our digital newsletter

Contact
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Thank you!
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