

COGNITIVE STIMULATION THERAPY

Sarah Paul and Sonia Glover

Introduction

CST for people with dementia was developed from the findings of two Cochrane reviews (Spector et al 1998a,b), incorporating aspects of psychological therapies found in scientifically rigorous trials, to improve cognition and behaviour significantly (Spector et al, 2001). A brief treatment for people with a mild to moderate dementia and a non-pharmacological intervention for cognitive symptoms & to maintain functioning are recommended by the National Institute of Clinical Excellence within their guidance on the management of dementia.

The Sherborne CST Group

Was inspired by the work of Spector, Thorgrimsen, Woods, Orrell (2007), whose work evidenced the benefit of regular cognitive stimulation for people with mild to moderate dementia.

The CMHT-OP had identified that there were people in the community who had memory loss but did not fit the criteria for Day Hospital attendance, and there was no local group provision for people with early memory loss.



"My wife has gained benefits from attending the CST Group. She found the company and a nice outlet. Sarah and Sonia are kind, helpful and encouraging. After the session she had a more positive outlook on life in general. It did be good to mix with others in similar situations."

Group Format

- Group members give the group a name and song that is sung each week.
- Same warm up activity each session
- Use of a reality orientation board containing information about the group.
- Specific theme on each session
- Group members offered choices and alternative activities and approaches.

How the effectiveness of the Group is measured

- Mood rating scale on attendance
- Monitoring progress sheet completed weekly
- Staff reflection
- Evaluation report
- Feedback from Clients and Carers

"We had enjoyed these sessions immensely. They have introduced her to new people (she is a real life span on the blue that) She always comes back smiling and looking forward to the next one. I think they have been a great help to her. I wish the group was 'leading'."

How the Group is Run

- Weekly for a two hour session
- Minimum of two staff in attendance
- Maximum of eight group members
- Duration of 12 weeks

Group Themes

- Physical games
- Childhood
- Current affairs
- World map
- Team quiz
- Word and number games
- Being creative
- Orientation

Moving On

- After attending a CST Group many clients have been successfully signposted to further group activities within the Older Peoples Service and in the community.

"Thank you for getting me out of my house. It has kept me going rather than just sitting at home. I've met some lovely people and made new friends."

NICE guidelines on dementia in November 2006 state that:

"People with mild / moderate dementia of all types should be given the opportunity to participate in a structured group cognitive stimulation programme. This should be commissioned and provided by a range of health and social care workers with training and supervision. This should be delivered irrespective of any anti-dementia drug received by the person with dementia."

Photos: consent obtained from participants taken by S.Glover and S.Paul 2014



What is the purpose of the group?

- To actively stimulate and engage people with dementia
- To provide an optimal learning environment for strengthening existing resources
- To focus on implicit rather than explicit learning
- To stimulate all the senses
- To maximise peoples potential
- To provide a social outlet



References:

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- www.cochrane.org

Cognitive Stimulation Therapy Nice Guidelines

Jacob A. David



Cognitive Stimulation Therapy Nice Guidelines:

Nursing Care and Alzheimer's Disease A Comprehensive Guide for Caregivers and Carers Hannah

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Nursing Care and Alzheimer's Disease A Comprehensive Guide for Caregivers and Carers is your all in one professional handbook for understanding managing and excelling in the care of people with Alzheimer's disease and related dementias Authored by UK based dementia nurse educator Hannah Foster this book bridges the gap between clinical evidence and compassionate practice Across over 40 expertly written chapters readers will gain A solid foundation in the biology and stages of Alzheimer's Confidence navigating capacity assessments advocacy and legal frameworks Practical guidance for communication behavioural management and supporting dignity In depth coverage of ADLs nutrition incontinence mobility and end of life care Clinical tools reflective models Gibbs Johns and CPD ready case examples Full alignment with UK standards NICE NMC HEE MCA DoLS RCN Perfect for Nursing students preparing for placements or OSCEs Registered nurses in hospitals care homes or community teams Dementia champions ward managers and training facilitators Educators and mentors designing student support or CPD programmes Whether you're learning leading or improving care this book will become your indispensable guide to compassionate dementia nursing

Parkinson's Disease: An Interdisciplinary Guide to Management Fiona Lindop,Rob Skelly,2021-11-17 Evidence shows that a multidisciplinary approach to Parkinson's care provides better patient outcomes and is more cost effective This new title provides a practical guide to this approach with the perspective of the person living with Parkinson's firmly at its core Written by experts in their field and firmly grounded in up to date evidence Parkinson's Disease A Multidisciplinary Guide to Management addresses multidisciplinary intervention through the various stages of disease rather than by discipline It covers all aspects of care from pharmacological management to non drug interventions that are helpful for Parkinson's symptoms This book is unique in its holistic approach to the patient and their family and will help all members of the team to implement a biopsychosocial model of health that puts the person with Parkinson's at the centre of care Clinician led content provides perspectives of different members of the interdisciplinary team including medics nurses physiotherapists occupational therapists and psychologists Includes practical advice and top tips enhance management of common problems Includes best practice for Parkinson's as well as Atypical Parkinsonian Syndromes Progressive Supranuclear Palsy Corticobasal Syndrome and Multiple System Atrophy Includes management of falls and bone health palliative care management of inpatients Provides practical advice on delivering services remotely by telephone or video

Combining Exercise and Psychotherapy to Treat Mental Health Carneiro, Lara,Schuch, Felipe,2023-11-28 The last decade has seen a renewed recognition of the interconnection of the mental and physical wellbeing of people living with mental diseases Research has assessed the impact of exercise and psychological interventions as monotherapy and complementary treatments to usual care and found considerable benefits to reduce

psychiatric symptoms and improve quality of life Questions remain on the effectiveness and on the best practices to deliver such interventions Combining Exercise and Psychotherapy to Treat Mental Health evaluates the effects of psychotherapy and exercise interventions in individuals with mental health diseases The book also addresses psychotherapy and exercise interventions for mental health followed by combined psychotherapy and exercise interventions and provides strategies for maintaining exercise involvement Covering key topics such as anxiety disorders psychology exercise and mood disorders this premier reference source is ideal for therapists mental health specialists psychologists industry professionals researchers academicians scholars practitioners instructors and students

Clinical Pharmacy and Therapeutics E-Book Cate Whittlesea, Karen Hodson, 2018-09-11 This new edition of Clinical Pharmacy and Therapeutics was really very helpful when I was doing an MSc course in Advancing Pharmacy Practice and it was really very helpful in all the clinical diseases I have to read for my PBL I also used it as one of my most reliable reference books for the in course simulation ward rounds and other clinical case studies It is a great book to have as a practising clinical or hospital pharmacist or even community pharmacist It will also be of great use to anyone doing a course in pharmacotherapy This book will always be of use to you throughout your studentship or when practising after graduation It is also more portable than most other pharmacotherapy textbooks with the same amount of information Now in its sixth edition this best selling multi disciplinary textbook continues to draw on the skills of pharmacists clinicians and nurses to present optimal drug regimens The authors integrate an understanding of the disease processes with an appreciation of the pathophysiological processes clinical pharmacy and the evidence base Each chapter is co written by a pharmacist and a clinician and each chapter begins with key points and ends with cases to test understanding The sixth edition is now on StudentConsult for the first time giving online access to the full text Key points boxes at the beginning of each chapter Case study boxes throughout the chapters Each chapter co written by a pharmacist and a clinician In depth treatment of therapeutics to support pharmaceutical prescribing Logical order and format key points epidemiology aetiology disease clinical manifestations investigations and treatment drugs used in treatment Dosage reference sources given where appropriate along with useful websites and further reading for each chapter New co editor Karen Hodson Over 10 new authors Now in 4 colour On StudentConsult for the first time New chapter on Dementia Many new and revised illustrations Chapters revised to include advances in therapeutics and changes to dose regimens and licensed indications Updated case studies

Casebook of Dementia Gloria HY Wong, Bosco HM Ma, Maggie NY Lee, David LK Dai, 2024-05-30 Provides practical advice on effective identification and management of people with dementia in a primary care setting using 99 cases

CURRENT Practice Guidelines in Primary Care 2021-2022 Jacob A. David, 2021-09-24 Guidelines and recommendations for the most common outpatient conditions from sources you can trust Fully Reviewed and Updated Guideline Summaries Organized into topics related to disease screening prevention and management and further subdivided into organ systems for quick reference Consolidates information from government agencies medical and scientific

organizations and expert panels into concise recommendations and guidelines Updated with more than 90 new guidelines Significant updates to colorectal cancer screening migraine prevention and management of diabetes cellulitis asthma and chronic pain among many others New sections on orthopedics and sports medicine in addition to expanded specialty areas such as addiction medicine transgender health maternity care and hospital medicine Spans all areas of general medicine and covers primary care topics in both ambulatory and hospital settings Includes website addresses for U S government agencies and professional societies

Non-pharmacological Interventions for Age-Related Neuropsychiatric Disorders

,2025-12-01 Non pharmacological Interventions for Age Related Neuropsychiatric Disorders Volume 297 in the Progress in Brain Research series highlights new advances in the field with this new volume presenting interesting chapters on topics such as Introduction to Age Related Cognitive Behavioral Changes The Science Behind Non Pharmacological Interventions Cognitive Stimulation Therapy Enhancing Memory and Mental Function Mindfulness and Meditation Promoting Emotional and Cognitive Health Music and Art Therapy Creative Approaches to Healing and much more Other sections cover Physical Activity The Brain Body Connection The Science Behind Reminiscence Therapy The Healing Power of Memory The Role of Caregivers Providing Compassionate and Effective Care Ethical Considerations in Non pharmacological Interventions and Technology Assisted Interventions for Neuropsychiatric Disorders Provides the latest information on Non pharmacological Interventions for Age Related Neuropsychiatric Disorders research Offers outstanding and original reviews on a range of Non pharmacological Interventions for Age Related Neuropsychiatric Disorders research topics Serves as an indispensable reference for researchers and students alike

CURRENT Practice Guidelines in Primary Care 2023 Jacob A.

David,2022-10-14 A Doody s Core Title for 2023 Fully reviewed and updated guideline summaries Quick access to screening prevention and treatment guidelines for the most common primary care conditions Organized into topics related to disease screening prevention and management and subdivided into organ systems for quick reference Consolidates information from government agencies medical and scientific organizations and expert panels into concise recommendations and guidelines Updated with more than 140 new guidelines Formatted for easy fact finding in both print and digital platforms NEW Guideline Discordance feature highlights when two major guidelines do not mirror each other Significant updates to guidelines for cervical cancer screening colorectal cancer screening management of sexually transmitted infections HIV prevention headache chronic pain and gout NEW topics include coronavirus disease trauma informed care vaginitis vulvar diseases pyelonephritis abnormal uterine bleeding and acne Spans all areas of general medicine and covers primary care topics in both ambulatory and hospital settings Includes website addresses for U S government agencies and professional societies

CURRENT Practice Guidelines in Primary Care 2025-2026 Jacob A. David,2025-01-17

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CURRENT Practice Guidelines in Primary Care 2024 Jacob A. David,2023-12-08 The authoritative guidelines primary care clinicians need to diagnose and treat the most common outpatient conditions compiled distilled and updated for easy referencing Striking the perfect balance between brevity and clinical necessity this acclaimed annual resource presents all the latest evidence based guidelines clinicians need to treat the most common outpatient conditions The most thorough print compendium of guidelines for primary care practice the book features content drawn from government agencies expert panels medical specialty organizations and other professional and scientific authorities CURRENT Practice Guidelines in Primary Care 2024 converts lengthy and cumbersome text into a practical relevant collection of available options for busy clinicians This go to guide converts the tremendous amount of information on the web into a practical relevant collection of usable data for busy clinicians Each topic is carefully selected for relevance to the office practice of ambulatory medicine and the text is presented in a convenient easy to navigate outline and tabular format Content is drawn from a wide array of recommendations from government agencies expert panels medical specialty organizations and other professional and scientific authorities NEW Updates reflecting the review of more than 150 guidelines NEW Updates to guidelines for screening prevention of ASCVD anxiety disorders in children pediatric obesity chronic pain neonatal hyperbilirubinemia and osteoarthritis NEW Numerous topics have been added including screening and prevention of eating disorders COVID vaccination in pregnancy prevention of pelvic floor dysfunction management of chest pain left ventricular thrombus delirium Guideline Discordance tables highlight when major guidelines do not mirror each other Topics are carefully selected for relevance to the office practice of ambulatory medicine and the text is enhanced by a convenient outline and tabular format Screening and prevention of conditions have been combined to enhance clinician use

Oxford Textbook of Old Age Psychiatry Robin Jacoby,Catherine Oppenheimer,Tom Dening,Alan Thomas,2008-01-10

The Oxford Textbook of Old Age Psychiatry is the new edition of the much loved and highly popular multi author textbook previously published as Psychiatry in the Elderly It has established itself as the standard textbook in its field due to its unique combination of comprehensive coverage clear writing and up to date information

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CURRENT Practice Guidelines in Primary Care 2020 Joseph S. Esherick,Evan D. Slater,Jacob A. David,2020-05-06 Publisher s Note Products purchased from Third Party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitlements included with the product The only resource dedicated to delivering concise summaries of the most clinically relevant primary care guideline summaries Organized into topics related to disease screening disease prevention and disease management and subdivided into organ systems for quick reference Updated with over 150 new guidelines and nearly 30 new sections on topics including opiate use disorder transgender health systemic lupus erythematosus and rotator cuff injury Strikes the perfect balance between brevity and clinical necessity Includes the most recent research available for each guideline Consolidates information from nationally recognized government agencies medical and scientific organizations and expert panels into concise easy to apply guidelines Spans all areas of general medicine and covers primary care topics in both ambulatory and hospital settings Includes website addresses for U S government agencies and professional societies

Study Guide to Accompany Psychology, Second Edition [by] John P. Dworetzky Stephen D. Cooper,Stephen S. Cooper,1985

DiPiro's Pharmacotherapy: A Pathophysiologic Approach, 12th Edition Joseph T. DiPiro,Gary C. Yee,Stuart T. Haines,Thomas D. Nolin,Vicki Ellingrod,L. Michael Posey,2023-03-31 A Doody s Core Title for 2023 The 1 Textbook in Pharmacotherapy providing optimal patient outcomes using evidence based medication therapies updated with the latest advances and guidelines For more than 30 years DiPiro s Pharmacotherapy has been the essential textbook for learning how to properly select administer and monitor drugs everything needed to provide

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CURRENT Medical Diagnosis and Treatment 2021 Maxine A. Papadakis, Stephen J. McPhee, Michael W. Rabow, 2020-09-09 Now includes a Year in Review highlighting over 180 recent medical advances since the last edition Doody s Core Titles for 2021 For 60 years *CURRENT Medical Diagnosis and Treatment* the flagship volume of the renowned Lange medical series has been delivering the authoritative information students residents and clinicians need to build their medical knowledge expertise and confidence Covering the latest clinical developments in all facets of medicine and fully focused on bedside clinical issues this new edition provides completely the latest guidelines reference drug prices approved drugs and evidence based coverage of more than 1 000 diseases and disorders all formatted to enable you to find the answers you need quickly and effortlessly This landmark guide covers inpatient and outpatient care focusing on the diagnostic tools relevant to daily practice and reviews all primary care topics including gynecology obstetrics dermatology ophthalmology geriatrics preventive medicine psychiatry and neurology Now includes a year in review feature highlighting what s new in CMDT Includes essentials of diagnosis for most diseases disorders Hundreds of quick access drug treatment tables with indexed trade names Diagnostic and treatment algorithms present important information in an at a glance style Up to date references provide peer reviewed evidence based information Seven bonus chapters available online to all book purchasers featuring expanded content and annual review of advances in HIV treatment and critical information on emerging viral infections

The Psychologist, 2007 *Practical Guide to DSM-IV Diagnosis & Treatment* Carol Joy Cole, 1998

Psychology of Aging Martin Orrell, Aimee Spector, 2009 This volume offers a collection of classic original and often widely cited papers including some older papers which may be hard to find through conventional searches They address a broad range of key issues such as cognitive changes related to aging social and emotional changes lifestyle factors dependency on

carers and related mental health problems in old age Guide to Pediatric Physical Therapy: A Clinical Approach Martha Bloyer, Tricia Catalino, Eric Shamus, Cindy Miles, 2025-01-10 Everything you need to know to perform safe effective physical therapy on babies children and teens Guide to Pediatric Physical Therapy provides pedagogy from top experts in the field to help you master the practice of PT for kids This dynamic easy to follow resource is filled with cases that help you apply concepts to real world situations along with art and illustrations that reinforce what you have learned Each chapter opens with a case which is followed by two or three additional cases presented as boxed features Critical information is presented in tables particularly effective in helping you quickly digest key concepts With more than 75 collective years teaching pediatric physical therapy this author team are masters of the subject matter and know how today s students prefer to learn Key tables highlight high yield information Each case study is followed by open ended questions for to consider Chapter summaries are presented in bullet form to make learning easy and quick Q A following summaries are written in NPTE Exam format

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