Programme Démence Prévención (pdp): A Nation-Wide Programme for Dementia Prevention in Luxembourg

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Background and Aim

• The number of people affected by dementia is projected to triple by 2050. In Luxembourg, it is estimated that 22,500 people present cognitive complaints.
• Currently, there is no curative treatment for dementia available.
• Recent scientific consensus (Livingston et al., Lancet. 2017 Dec 16;390(10113):2673-2734) shows that more than a third of dementia cases might be prevented by addressing modifiable risk factors.

The aim is to prevent or at least delay the development of dementia in a target population in Luxembourg by the means of a personalized lifestyle intervention.

Methods

- People with a suspicion of mild cognitive impairment
- People > 18 years old

Inclusion criteria:
- MCI (mild cognitive impairment)

Lifestyle change through activities targeting risk factors

NP & participant

Research Question

Follow-Up Visit

Results and conclusion

- Establishment of a participant-centred national network, which raises awareness on dementia prevention.
- Foster interdisciplinary collaboration and communication between individual medical and non-medical healthcare professionals and allowing for a successful recruitment of the target population.
- Collection of information about adherence to the suggested lifestyle changes, as well as the effectiveness of our interventions in reducing risk factors.

Evidence for the feasibility of the implementation of a nation-wide dementia prevention program including diverse partners offering personalised lifestyle interventions, which are easily transferrable to other countries.

Emerging results from this program may help to integrate prevention interventions into the regular healthcare system.

Receiving physicians

Referring physicians

Neuropsychologist, pdp

Public partners (vouchers)

Follow up

Baseline Assessment

Figure 1: Cumulative graphical illustration of number of different appointments per month (as of 1st of March 2020). BL: baseline; FU: follow-up.

Figure 2: Referring physicians were asked whether they think pdp is important.

Figure 3: Answers from pdp participants on their main motivation to join the program.

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pdp is funded by the Ministry of Health.