


## What were the goals of the project?



In April 2015, the National Association of Chronic Disease Directors (NACDD), with support from the Centers for Disease Control and Prevention (CDC), funded selected state and territorial health departments to implement priority action items from ***The Healthy Brain Initiative: The Public Health Road Map for State and National Partnerships, 2013 - 2018*** (a.k.a., the Road Map)<sup>1</sup>. California was among the seven states awarded funded under this initiative. The California Department of Public Health collaborated with the University of Washington Health Promotion Research Center to focus on Goal #4 of the California State Plan for Alzheimer's Disease: Develop an Alzheimer's Proficient, Culturally Competent Workforce, by improving dementia care capacity and competency of primary care providers through utilizing the 10 California Alzheimer's Disease Centers (CADCs) as a training and referral resource for health care professionals. The project activities included: 1) convening a statewide expert workgroup of key stakeholders, CADC Directors, and subject matter experts; 2) reviewing peer-reviewed literature and updated clinical guidelines; 3) publishing an update of the California Workgroup's Guidelines for Alzheimer's Disease Management; and 4) providing recommendations for statewide dissemination and use of the new information developed in consultation with key partners and collaborators.

## What are the key accomplishments of the project?

- In June 2015, the health department invited health plans, PACE physicians, medical groups, nurses, the California Alzheimer's Disease Centers' directors and staff, and other key partners including the Alzheimer's Association and our PRC partner at University of Washington, to provide input on updating the Guideline for Alzheimer's Disease Management.
- The guide was updated and is making a difference through the creation and dissemination of practical educational tools that primary care providers can use to better detect, diagnose, and manage dementia. The update includes an overview of symptoms and different types of dementia; warning signs that shouldn't be missed in a primary care setting; an overview of diagnostic assessment components; a diagnostic decision algorithm; an infographic roadmap on provider communication, family caregiver support, and disease management; and an infographic on preventing dementia through physical activity and nutrition.
- An internist/family medicine practitioner within the statewide Program of All-Inclusive Care For The Elderly (PACE), worked with the department of health to develop the "Provider Guide to Understanding Dementia," "Provider Guide to the Detection and Diagnosis of Dementia," and the "Provider Guide to Post Diagnostic Communication, Support, and Management of Dementia."
- Colleagues in San Diego County have requested to distribute the materials to physicians throughout the county.

## What additional lessons have been learned?

- There is a large amount of material and numerous tools that already exist and can be used to educate providers about Alzheimer's disease diagnosis, management, and prevention.
- Efforts should be made to identify the most relevant materials and then include references and hyperlinks to these materials whenever possible.

### For Additional Information:

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<sup>1</sup> Available online at: <http://www.cdc.gov/aging/pdf/2013-healthy-brain-initiative.pdf>

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