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MCI Core Outcomes Study **Newsletter**

Welcome to the January edition of our newsletter from the Mild Cognitive Impairment (MCI) Core Outcomes Study. **This newsletter will be a regular update on how the study is getting on.** We hope you find it interesting, and maybe something to enjoy with a cup of tea or coffee. Happy new year to you all.

The aim of our research project is to find out what matters most, and **what research should measure as an "outcome" of a treatment for people with mild cognitive impairment** (MCI) . To do this, we're seeing what's been done before (a review) and asking people what matters most (through interviews and surveys). All of these pieces help us to build a picture of what MCI treatments should be doing for patients - a bit like puzzle pieces coming together!

An update on the study

We're still reading through and analysing all of the outcomes our participants shared during their interviews. We've also started to get ready for the surveys which will launch in March of this year. This has involved some patient and public involvement workshops so our survey makes sense, and feels comfortable to complete.

You can read more about our interviews on the Dementia Researcher website here.

Do you know of other people who might like to share their views in our MCI Core Outcomes survey? Please ask them to get in touch with Victoria (**victoria.gabb@bristol.ac.uk or 0117 456 700**).

The survey is open to people with a diagnosis of mild cognitive impairment, as well as family and friends living with someone with mild cognitive impairment, and professionals who support them.

Meet the team

Each newsletter in this section, we'll introduce a member of the study team and what their role is.

TOMAS, STUDENT RESEARCHER

What is your role in the study?

> “I am a student researcher helping the study team with the literature review and surveys. As an undergraduate, I am halfway between the general public and the world of academia, and hopefully can offer a unique perspective that accounts for the views and opinions of the public. I am also present at patient and public involvement (PPI) groups where we encourage people from outside research to share their thoughts and feedback on our work.”

Can you share something you've learned through working on the study?

> “I have learned that people's experiences of MCI vary so much based on their lifestyle and culture. Sometimes this leads to a patient's difficulties being overlooked or downplayed. We will only be able to offer the best support for patients and their loved ones by being adapting to everyone's unique circumstances.”

Articles you might find interesting

Alzheimer's Research UK

UK-WIDE STUDY INTO DEMENTIA BLOOD TESTS RECRUITS FIRST PARTICIPANTS

A major new study aimed at identifying **blood tests that could help diagnose dementia** more accurately and quickly than current methods has got underway this month. The Real Word Dementia Outcomes (READ-OUT) study will investigate blood tests that have shown promise in research studies but aren't used routinely in dementia diagnosis.

You can read more about it by here.

Alzheimer's Research UK

KICKSTART 2025 WITH A CHECK-IN ON YOUR BRAIN HEALTH

Alzheimer's Research UK's Information Services Manager reminds us that **what is good for the heart is good for the brain** and shares what her new years' brain health resolution are: keeping active, challenging your brain, and spending time with connecting with loved ones.

You can read more about why she's chosen these by here.