MCI CORE OUTCOMES
STUDY NEWSLETTER

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MCI Core Outcomes Study
Newsletter

Welcome to the November 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'll introduce you to the study team and what they are working on. We'll also link you to resources or websites you might find helpful. We hope you find it interesting, and maybe something to enjoy with a cup of tea or coffee.

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!

How is the study getting on so far?

It's going well! So far, we've interviewed 12 patients with MCI, 8 partners and relatives, and 9 professionals who diagnose, research, or support people with MCI. We're now completing the last few interviews before we bring together everyone's ideas for the survey.

For those of you who have already completed your interviews, thank you, and we'll keep you updated on when to expect the first survey to come through (likely in March 2025).

We've also nearly finished our literature review, which has been looking at what outcomes (results of a treatment) have been reported by studies so far. We're in the process of writing up the results so we can publish what we've found.

Meet the team

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

WINSOME, LIVED EXPERIENCE EXPERT

What is your role in the study?

> “I am the voice of the public - I give voice to questions that maybe the general public would raise. I suggest modifications to the protocol, to how questions are framed, and give suggestions on how to recruit participants to the study and keep people engaged and informed.”

Why did you get involved?

> “I helped to care for my dad when he was diagnosed with mixed dementia. I understand therefore the concerns of carers and the anxiety and stigma associated with cognitive impairment. Research can help to alleviate these negatives and help those with cognitive impairment in better engagement and hopefully support with their diagnosis.”

Would you like to learn more about our research?

Our researcher Victoria has written some blog posts about the study, and you can read or listen to them by clicking on the links below (in pink):

OCTOBER BLOG: WHY WE'RE DOING THIS RESEARCH

NOVEMBER BLOG: HOW WE'RE LEARNING FROM EXPERIENCE

MCI in the news

A new drug licensed for mild cognitive impairment due to Alzheimer's disease called **Donanemab** made the news last month, as it won't be made available in the NHS in England.

To read the article on BBC News, click here.
To learn more about Donanemab, click here.

You might also be interested in...

BLOOD PRESSURE AND BRAIN HEALTH: WHAT'S THE LINK?

AGE UK'S GUIDE TO STAYING WARM AND WELL DURING WINTER