Mersey Care NHS Foundation Trust

21 July 2025

Study

Acupuncture for patients with mild cognitive impairment: a randomized, patient–assessor-blinded, sham-controlled pilot study

The 12-week acupuncture treatment is feasible for patients with MCI and may improve memory. Although the primary outcomes did not reach statistical significance, the secondary outcomes suggested potential benefits. Larger confirmatory trials are warranted to investigate the effectiveness of acupuncture in patients with MCI.

Public Advice

Dementia: what next? Free online series

New, free online series, 'Dementia: what next?', is designed to help you learn more about dementia and the next steps you could take. Hosted by Dementia UK's specialist Admiral Nurses, the sessions will provide you with expert information and advice on topics we are frequently asked about, helping you navigate the future with more confidence.

News

Programme to improve sleep in people with dementia is cost-effective

A programme designed to improve sleep for people living at home with dementia is more cost-effective than usual care, new research has found.

Music therapy may reduce distress for people with dementia

Research with Cambridgeshire and Peterborough NHS Foundation Trust finds that a new treatment approach using music therapy on NHS dementia wards could improve care and support for some of the most vulnerable NHS patients.

Bedtime Memory Exercise May Help Prevent Cognitive Decline

An easy-to-do recall exercise before you go to bed may enhance memory in older adults, according to a new report. The small study found that the exercise, which only requires a few minutes before you go to sleep, boosted memory scores on a verbal recall test in older adults, including those in the early stages of Alzheimer's disease.

Positive Outlook May Help Memory and Prevent Cognitive Decline

Having a positive outlook on life may protect against middle-aged memory loss, according to a large new analysis. Researchers found that older adults who reported having higher levels of general well-being scored higher on memory tests over the next 16 years.

Therapy for a genetic type of FTD hailed as potentially 'transformative'

A gene therapy has been hailed as potentially 'transformative' in stopping the progression of a genetic type of frontotemporal dementia (FTD) known as FTD-GRN. This type of FTD is caused by mutations of a gene that leads to a deficiency of progranulin (GRN), a protein that is essential for maintaining healthy brain cells.

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[Certain chronic health conditions associated with increased risk of dementia]
Developing cardiovascular, mental health and neurological-related illnesses before the age of 70 is associated with a greater risk of dementia later in life, with the more of these conditions accumulated the greater the risk, according to a new study by the University of Oxford. The study, published in the journal Brain Communications, analysed UK Biobank electronic health data from more than 282,000 people. The researchers examined the patterns of accumulation of 46 chronic health conditions from birth to 70 years old.

[Tau spreads through synapses in Progressive Supranuclear]
Scientists led by Prof Tara Spires-Jones and Dr Claire Durrant (UK DRI at Edinburgh) have discovered a new drug target for Progressive Supranuclear Palsy (PSP). The study, published in Nature Neuroscience, could lead to future therapeutics for the condition. In this study, neuroscientist and veterinarian Dr Robert McGeachan observed tau inside synaptic connections in donated post-mortem brain tissue samples from people who died with PSP. The presence of tau in synapses was associated with synapse death, meaning the tau was likely toxic and killing these connections.

[NHS trust installs innovative smart sensors in people with dementia's homes to reduce hospital admissions]
Imperial College Healthcare NHS Trust has launched a new NHS service for people with dementia, offering remote, at-home monitoring that provides specialist support. MinderCare uses a network of sensors installed in the home to send data back to a dedicated team of doctors, nurses, and other clinical specialists. This team use the information to better understand how the person is managing their daily routine, provide tailored advice, and identify early signs of changing health and care needs which may help reduce unnecessary hospital admissions.