

## A proposal for a web platform designed to help General Practitioners (GPs) in managing dementia

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**Background.** Dementia is a global epidemic affecting 35 million individuals - 35 in 2010 and about 65 million in 2030 - of whom 2/3 will be living in developing countries <sup>1</sup>.

This epidemic challenges GPs from the early signs (Mild Cognitive Impairment - MCI) through to dementia development until the end-of-life stage.

We have implemented websites aimed to support GPs in their home countries to manage dementia ([www.gpcog.com.au](http://www.gpcog.com.au), [www.dementiaresearch.org.au](http://www.dementiaresearch.org.au), [www.demenzemedicinagenerale.net](http://www.demenzemedicinagenerale.net) <sup>2</sup>).

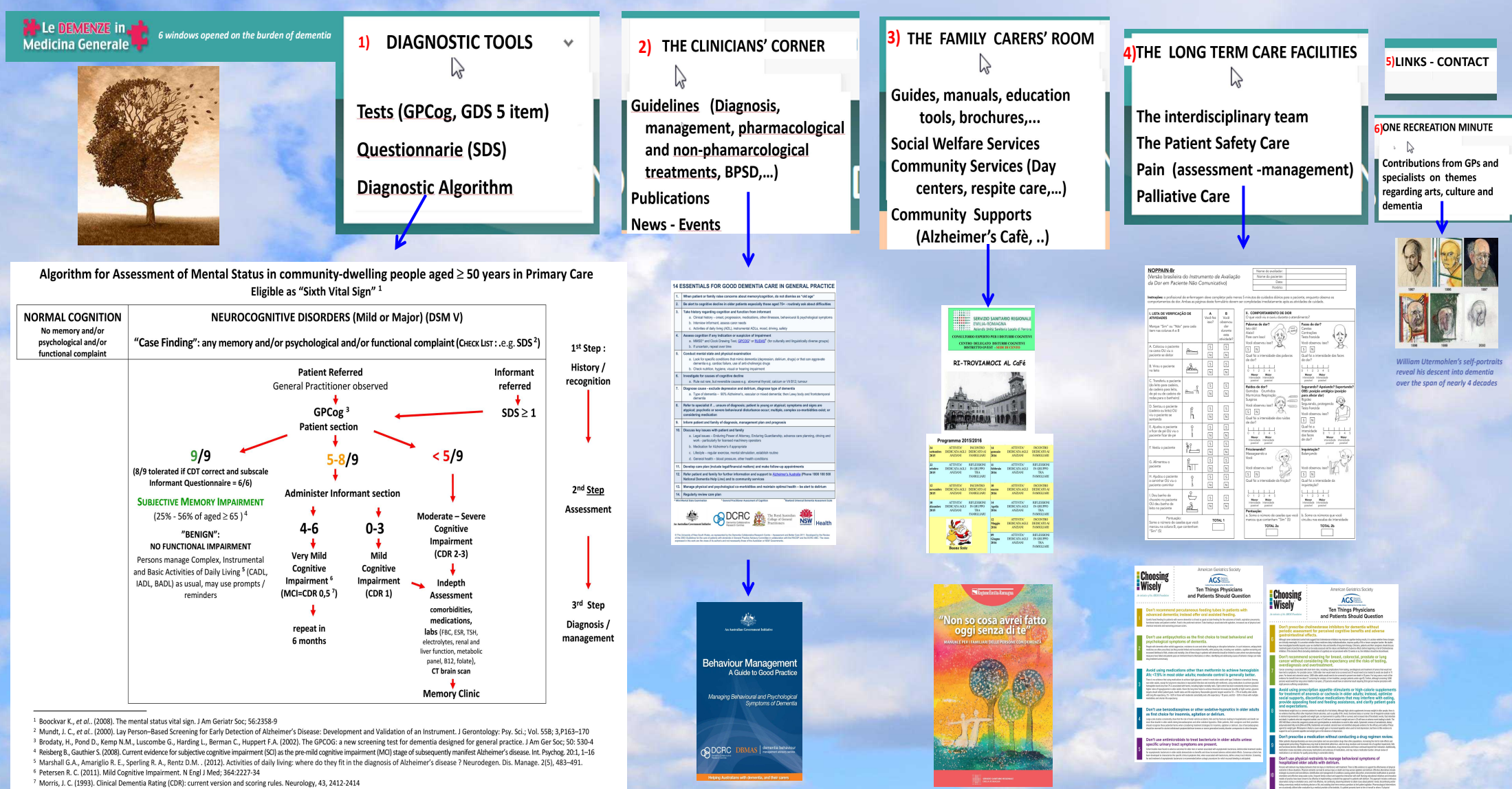
Our proposal aims to provide a cross-cultural web platform to help GPs during the whole course of the dementia.

**Methods.** There are three key points for the management of dementia: 1) diagnosis, 2) treatment and 3) care planning with family carers or in Long Term Care Facilities.

Each point was implemented with validated tools and guidelines.

**Results.** The following concept of a web platform with 6 main windows is proposed:

- 1) Diagnostic tools:** provides a "case-finding" diagnostic algorithm based on DSM V with validated psychometric tools and informant questionnaires for detecting cognitive impairment and depression (GPCog, GDS 5-Items, Symptom of Dementia Screener - SDS).
- 2) The Clinicians' Corner:** guidelines for diagnosis and pharmacological and non-pharmacological treatments, BPSD management and treatment, publications, news and events.
- 3) The Family Carers' Room:** manuals, education tools, information on social welfare and community services and support.
- 4) The Long Term Care Facilities:** guidelines for health care professionals regarding patient safety, care, care planning, pain assessment, dysphagia assessment and treatment, end-of-life care.
- 5) Links-Contact**
- 6) One Recreation Minute:** recreation of mind with contributions from GPs and specialists regarding the arts, history, movies, curiosity, culture on dementia.



**Conclusions.** [www.generalpractitionerdementia.net](http://www.generalpractitionerdementia.net) does not exist yet. It is a proposal adapted from the Italian website [www.demenzemedicinagenerale.net](http://www.demenzemedicinagenerale.net), visited by more than 3000 GPs in 2014. This positive experience suggests that GP societies, interested in helping their members/fellows to manage the whole course of dementia, may consider to develop and tailor this web platform according to their national health care systems. The availability of online-help should ameliorate the GPs' daily practice both when seeing community-dwelling patients and family carers or when supporting health care professionals in Long Term Care Facilities. Personal computers, smartphones and tablets may support the GPs always and everywhere in this challenge.

### References.

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