



East London

NHS Foundation Trust

Information Governance

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26 November 2024

Our reference: FOI DA5700

I am responding to your request for information received 5 November 2024. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,

Information Rights Coordinator

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Tel: 0303 123 1113
Web: www.ico.org.uk

Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention



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We care . We respect . We are inclusive

Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request:

Question 1: Do you offer a specialist Memory Assessment Service (MAS)? If no, how otherwise are people with memory problems diagnosed?

Answer: The Trust has a Memory Assessment Service.

If you have a specialist MAS,

Question 2a: Are people routinely offered a brain scan: either CT or MRI, and if so which?

Answer: The Trust has reviewed question 2a of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

*Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.*

East London NHS Foundation Trust is primarily a Mental Health and Community Health Trust and as such does not provide CT or MRI scans. Patients are however, offered brain scans where clinically appropriate, and this will be provided by the acute services.

Question 2b: Which professionals are available as part of the memory clinic service offer, e.g., psychiatric nurse, general nurse, old-age psychiatrist, neurologist, psychologist, occupational therapist, social worker etc, please state

Answer: Bedfordshire and Luton (B&L): Across our specialist Memory Clinics the following professionals are part of the service:

- Consultants.
- Grade Doctors.
- Dementia Specialist Nurses.
- Advanced Clinical Practitioners.
- Psychologists.
- Occupational therapists.

East London (EL): Across our specialist Memory Clinics the following professionals are part of the service:

- Consultant psychiatrists.
- Psychologists.
- Dementia specialist/mental health nurses.
- Occupational therapists.
- Dementia Navigators (available in City & Hackney).
- Urgent Care Plan coordinator and data quality officer (available in City & Hackney).
- Social workers (available directly in Tower Hamlets and via referral in other boroughs).
- Consultant neurologists (available directly in Tower Hamlets (few sessions secured) and via referral in other boroughs).

Question 2c: Once people have received a diagnosis, what is the standard offer in terms of post diagnostic support? Please describe



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Answer: The Trust has reviewed question 2c of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:
(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.
The information requested is accessible here:

Question 5:

https://www.elft.nhs.uk/sites/default/files/2024-02/anon_response_-_foi_da5182.pdf

and Appendix 1:

https://www.elft.nhs.uk/sites/default/files/2024-02/foi_da5182_-_appendix_1_-_chds_operational_protocol_october_2023.pdf

Question 2d: Does the memory clinic keep people on for regular review or are they discharged to their GP or another service? Please state.

Answer: B&L: Once diagnosed, if medication is prescribed service user will be reviewed until medication is stable and then discharged back to GP. If no medication is prescribed, they will be discharged back to GP. If there are behavioural or additional needs, they will be referred to CMHT

EL: While there is some variation in local pathways, in all three boroughs, patients diagnosed with dementia who exhibit behavioural and psychological symptoms (or any additional needs) are referred to the Older People Community Mental Health Team for follow-up and management.

City & Hackney

Dementia patients are retained from diagnosis to end-of-life care. Post-diagnostic support includes:

- Six-week post-diagnostic review by a nurse
- Dementia medication titration
- Cognitive Stimulation Therapy (CST)
- Carers Group and Carers Advice/Signposting
- MCI group
- Three-monthly telephone contact by dementia navigators after allocation
- Six-monthly in person reviews by dementia navigators
- Signposting by dementia navigators or nurses

For Mild Cognitive impairment (MCI), patients are reassessed after a year to check for progression to dementia. If MCI does not progress into dementia, they are discharged back to their GP.

Newham

If diagnosed with dementia, we provide post-diagnostic support, including:

- Medication titration for dementia medication
- Carers Advice and Information Sessions
- Cognitive Stimulation Therapy
- Other dementia appropriate group activities
- Yearly reviews



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For Mild Cognitive Impairment, patients are discharged to their GP but can access group activities like "8 Ways to Wellness" if interested, with their memory decline monitored.

Tower Hamlets

Once diagnosed, if medication is prescribed service user will be reviewed by our nurse prescriber until medication is stable and then discharged back to GP. If no medication is prescribed, they will be discharged back to GP.



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