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New Vistas

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Abstract

Purpose

At present, there are more than 55 million individuals living with dementia (ILWD) worldwide, and this figure is expected to reach 139 million by 2050. This is a major clinical and financial challenge for public health. There are no treatments available that will help to relieve the symptoms, cure or control the progression of dementia; however, there are various other treatments available. The feasibility trial will evaluate all aspects of the research process and inform the design of a fully powered, pragmatic, randomised, controlled, multi-centre clinical trial of VCO for dementia.

Methods

Pragmatic randomised pilot mixed methods feasibility study comparing standard care versus standard care plus VCO. The study will investigate all aspects of feasibility for a possible definitive RCT of VCO for dementia. Investigating aspects will include processes, resources, interventions, procedures, and outcomes. The study will also include preliminary data on the size of any effect and explore the participants' views about the study design, and for those assigned to the VCO intervention. Qualitative telephone interviews will be conducted with patients and stakeholders until saturation. Quantitative outcome measures will assess overall cognition, quality of life, dietary intake, ketone body concentration, verbal memory, verbal fluency, processing speed, attention, and visual spatial memory.

Main findings

The study's findings will help to determine the feasibility and related practicability of utilising VCO in ILWD. This will provide the evidence to develop a more extensive phase III trial, systematically evaluate the data, and create an intervention to support ILWD.

Relevance

To assist the ILWD in understanding self-care/management options and supporting them in making an informed decision about their care. Furthermore, self-management interventions could benefit the economy by lowering the national financial burden by reducing hospitalisations and improving overall well-being, which will promote independent living for as long as possible.

Keywords

Dementia, Coconut oil