



Talking about fitness  
to drive with people  
living with mild  
cognitive impairment.

What works in a  
General Practice  
setting?

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RSA

Údarás Um Shábháilteacht Ar Bhóithre  
Road Safety Authority



UCC

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NO  
STOPPING  
ANY  
TIME



















I've been  
doing this  
for 32 years





No-one could stop me ...

Could they?





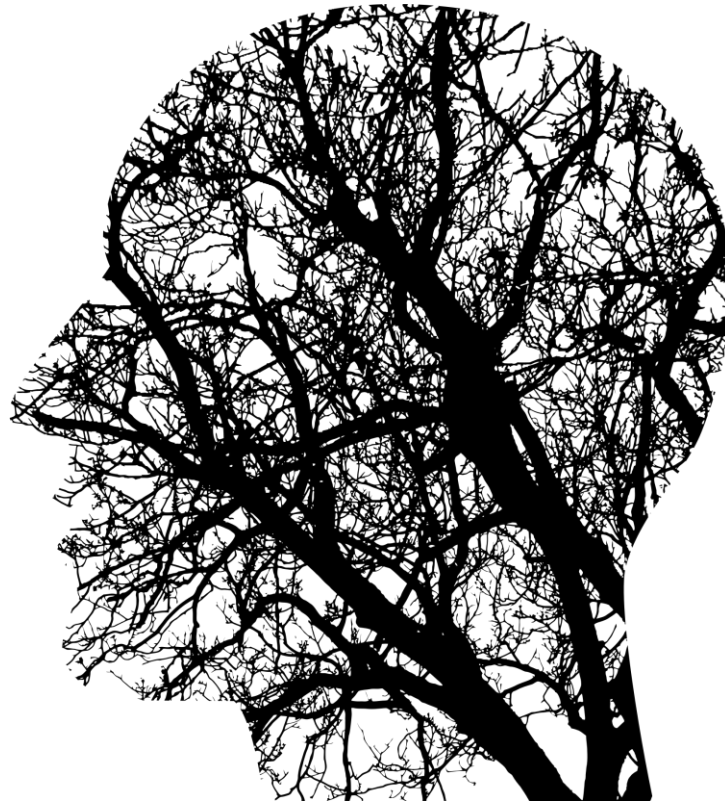
Did you  
know that  
11.3% of  
Irish adults...





Are living with mild cognitive  
impairment?





Problems with memory and  
concentration can make driving  
difficult

Imagine not being able to  
drive your car anymore?





How would it make you

F<sub>4</sub>

E<sub>1</sub>

E<sub>1</sub>

L<sub>1</sub>



Angry?







Sad?





**Trapped?**



Relieved?



**Some Irish  
GPs deal with  
this issue  
every day**





RSA



## Sláinte agus Tiomáint

Medical Fitness to Drive Guidelines  
(Group 1 and 2 Drivers)  
March 2015

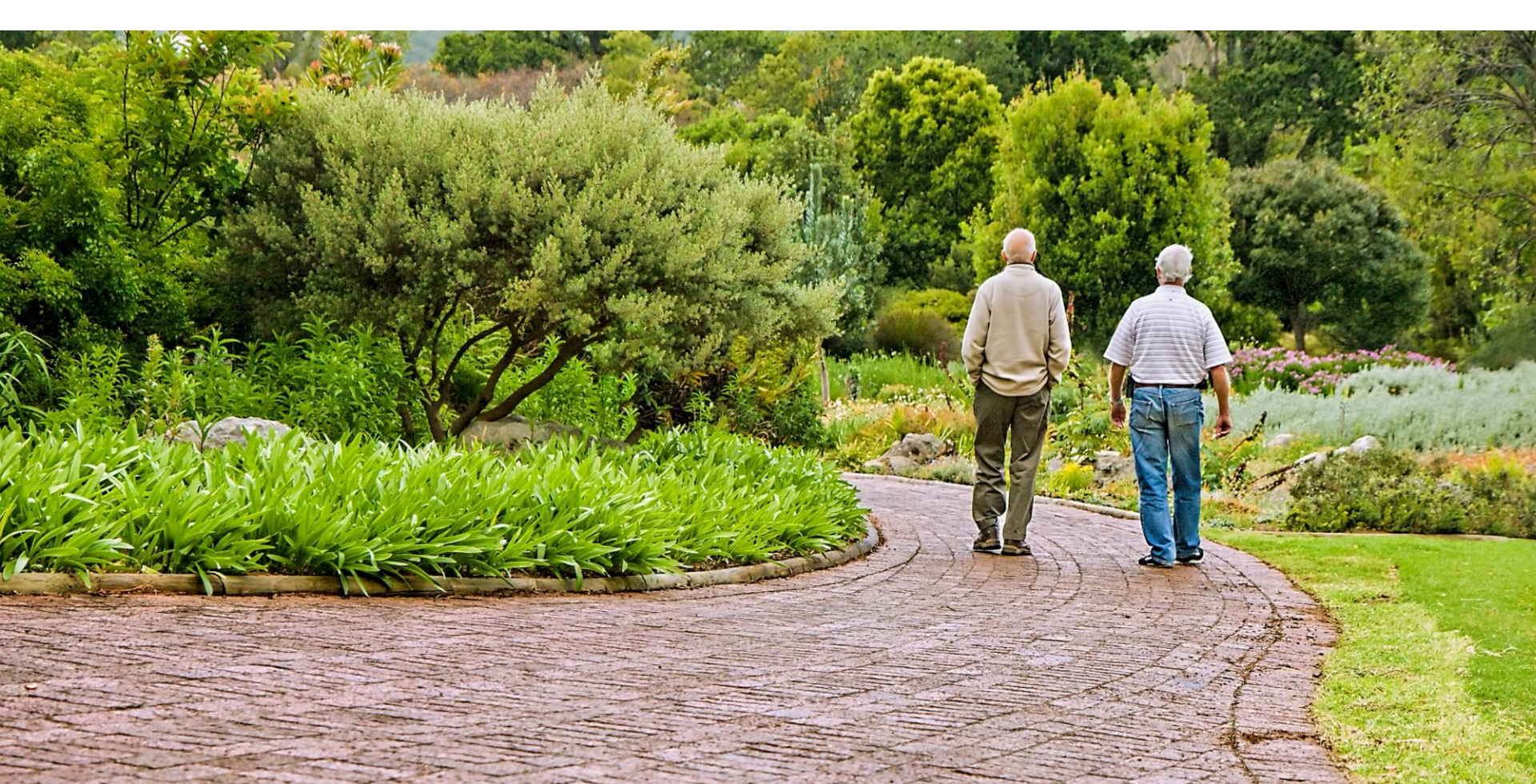
An tUdánas Um Shábháilteacht Ar Bhóithre  
Road Safety Authority

Their  
responsibilities  
are laid out in  
Sláinte agus  
Tiomáint



But it's not  
an easy  
thing to  
do...





Telling a patient you've  
known for 20 years



They're no longer  
fit to drive

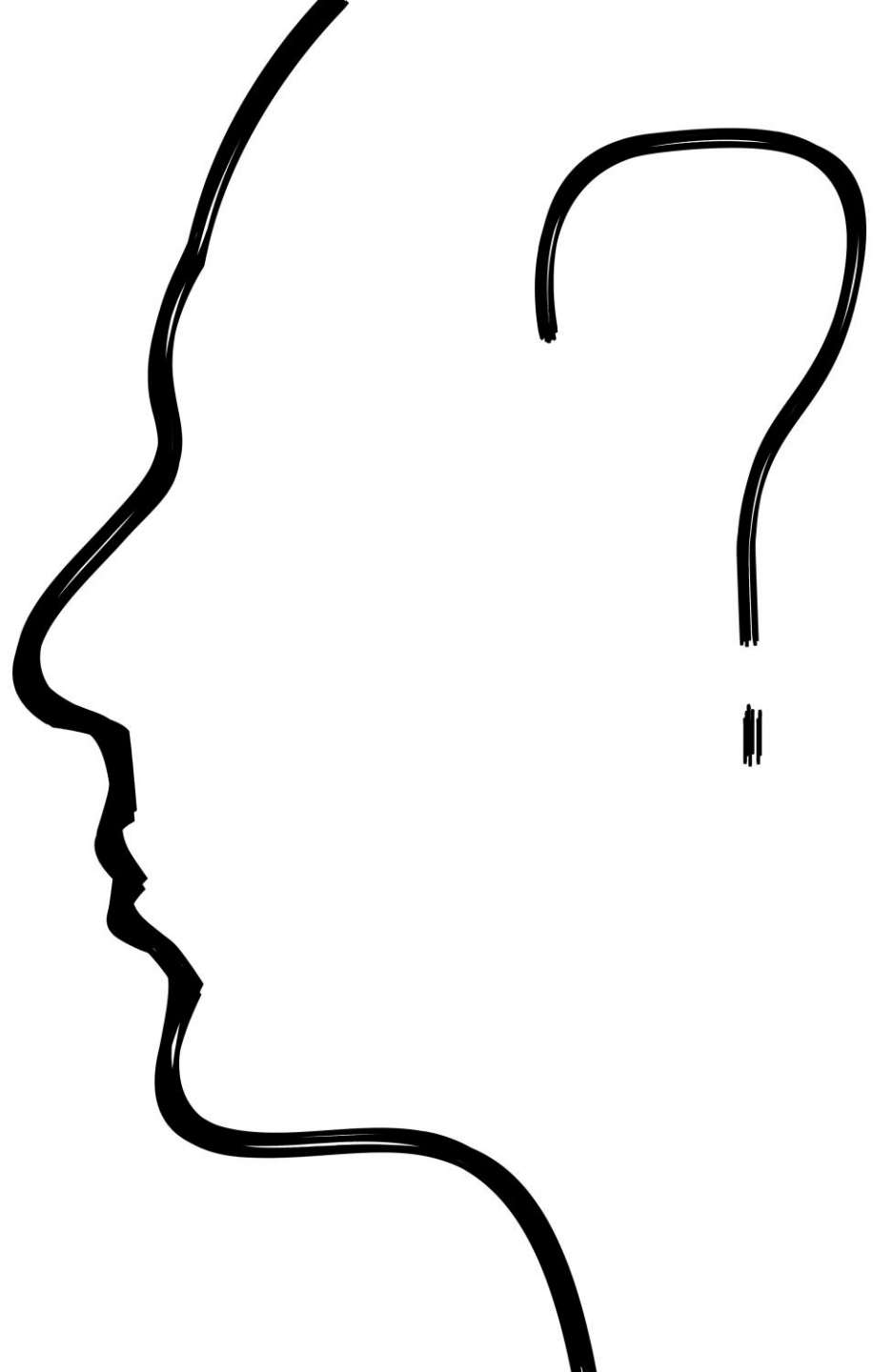






It's a "difficult" conversation

Particularly  
if the  
impairment  
is mild





Conversations  
can be fraught



“Ah sure they  
only get the  
newspaper”





“Go to church”







**“Pick up the grandkids”**



**Wait...**

**Did you say  
grandkids?**



Research shows  
that up to 1 in 5 GPs





**Know a  
patient who  
left their  
practice**






When advised they weren't  
fit to drive



But...there's guidance for  
GP's... right?



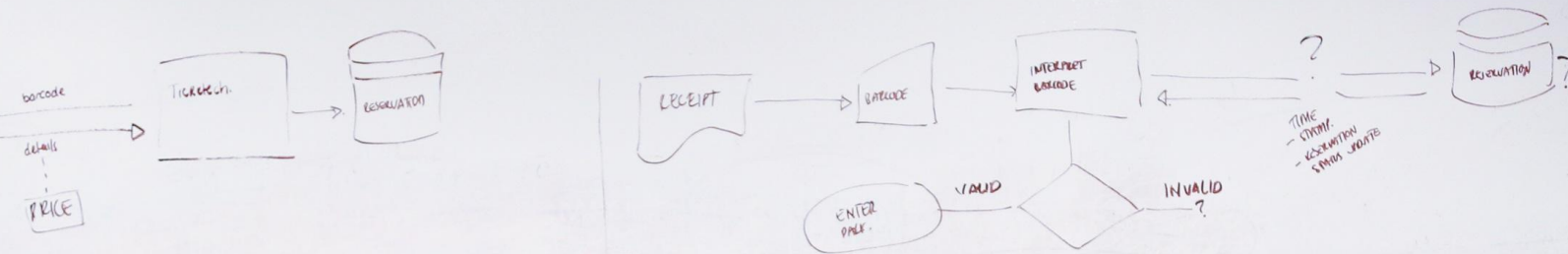


**Yes...but  
it's not  
very  
specific**





And  
sometimes  
GPs are  
reluctant to  
have the  
conversation



So that's why  
we are  
doing this  
study



# Funded by the Road Safety Authority



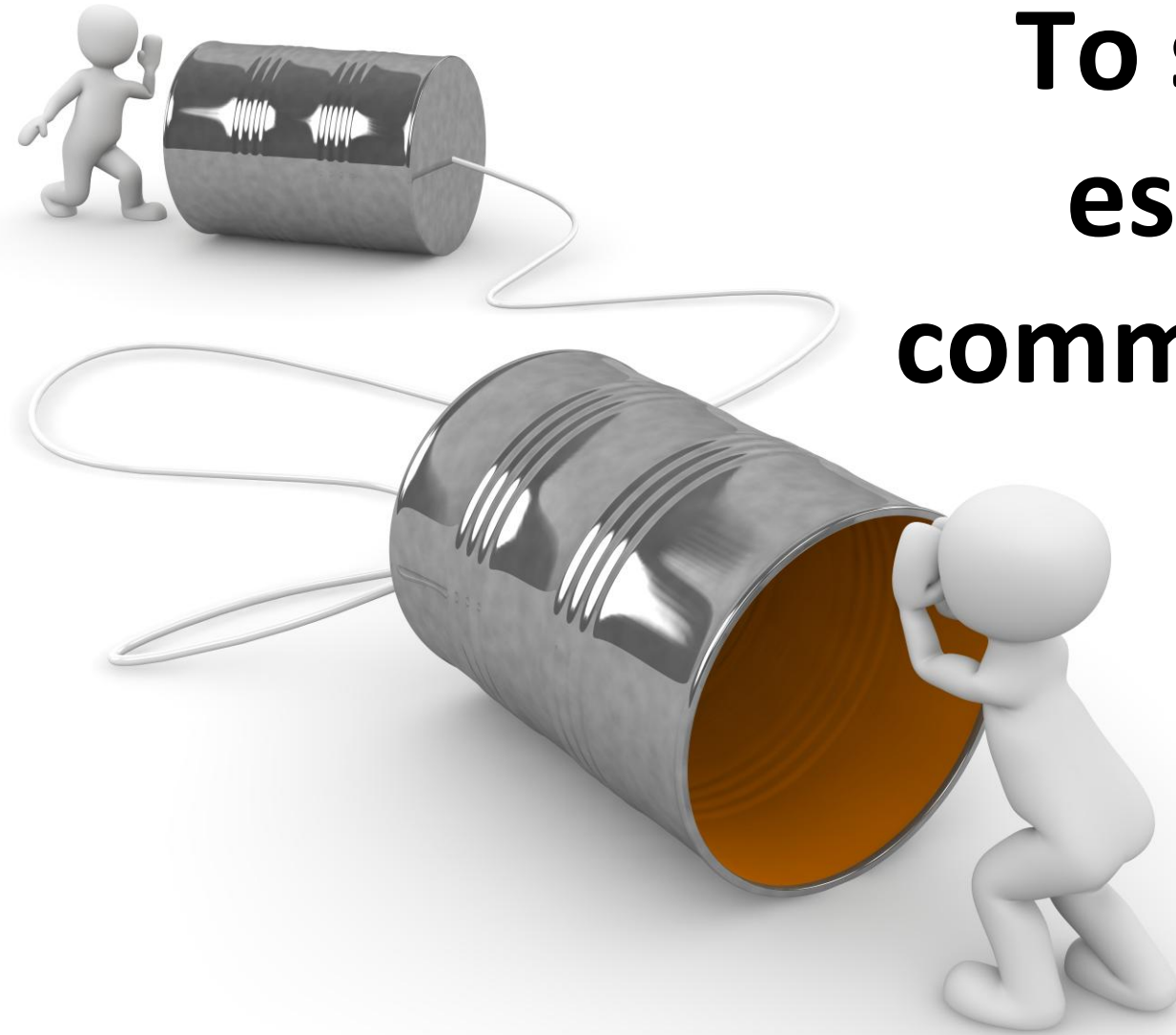




Developing evidence-based  
material



**To support  
essential  
communication**

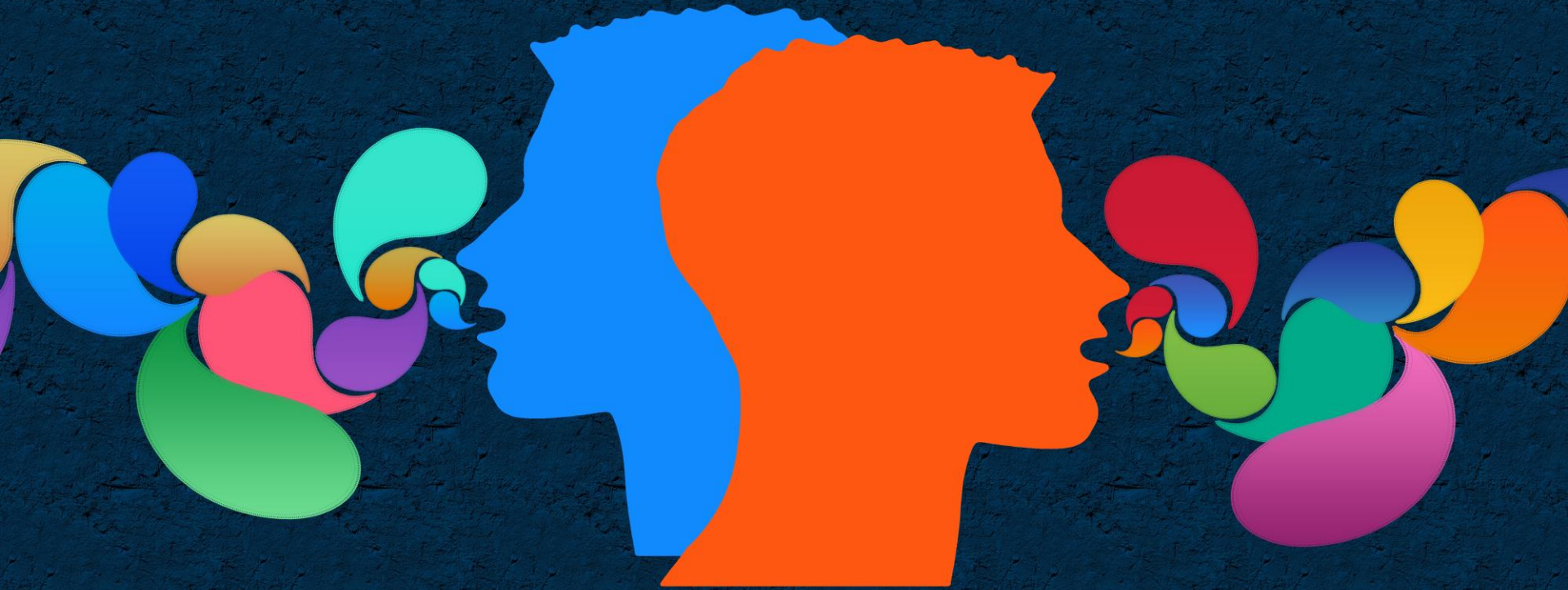






About driving





Between the GP  
and the person with mild  
cognitive impairment

And this is how are we going  
to do it...



# Methodology



# Scoping Study Question

What is the existing evidence on communication techniques used by GPs to discuss fitness to drive with people living with cognitive impairment?



# PICOCS

<b>Population</b>	<b>People with confirmed or suspected mild cognitive impairment</b>
<b>Intervention</b>	<b>Discussion / Assessment regarding fitness to drive</b>
<b>Comparator</b>	<b>N/A</b>
<b>Outcome</b>	<b>Any</b>
<b>Context</b>	<b>General Practice / Primary Care</b>
<b>Studies</b>	<b>Primary studies – All years – English</b>

# Databases Searched

**Cinahl**

**Academic  
Search  
Complete**

**Medline**

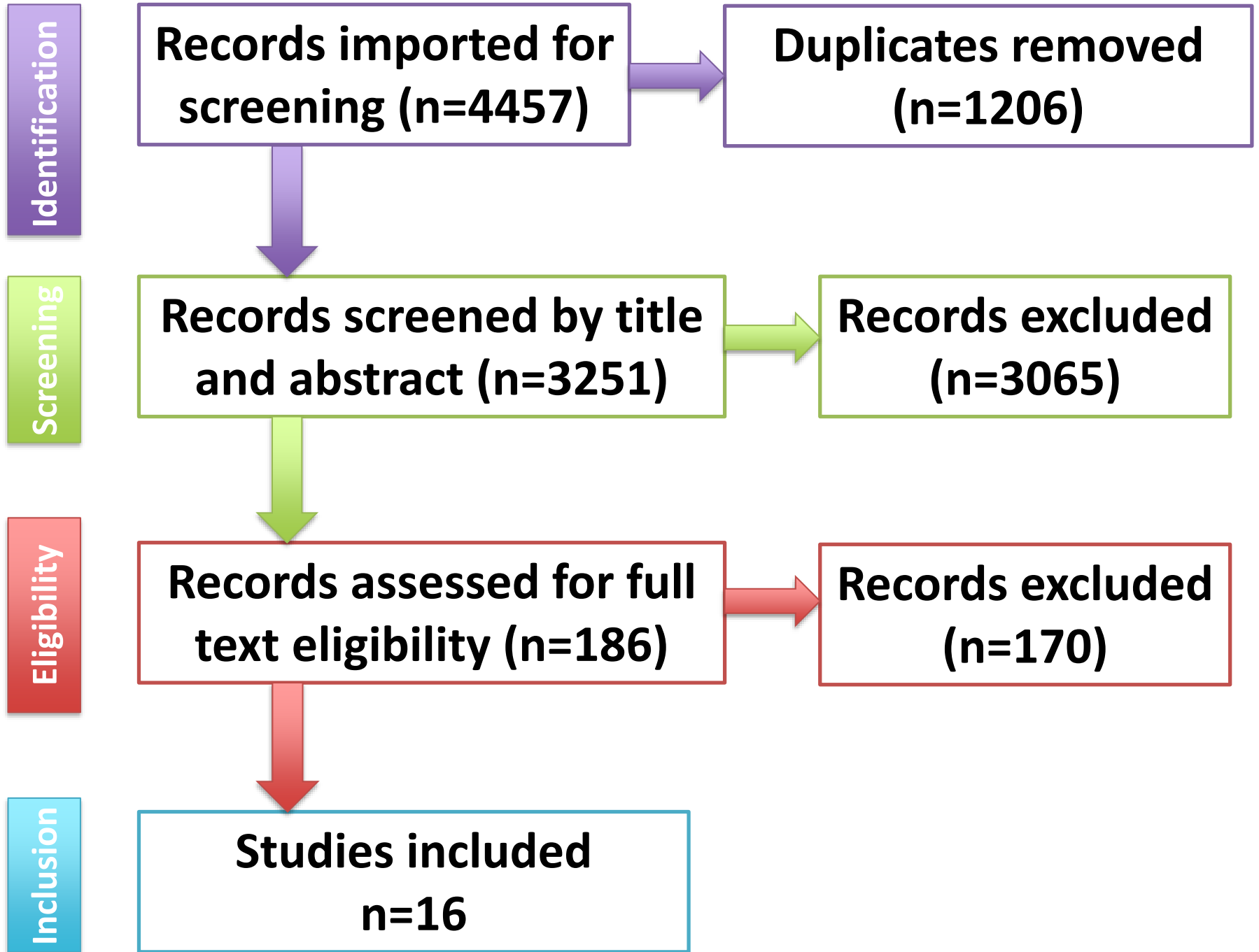
**Psych. &  
Behav. Sc.  
Collection**

**Psychinfo**

**Socindex**

**Social  
Sciences FT**



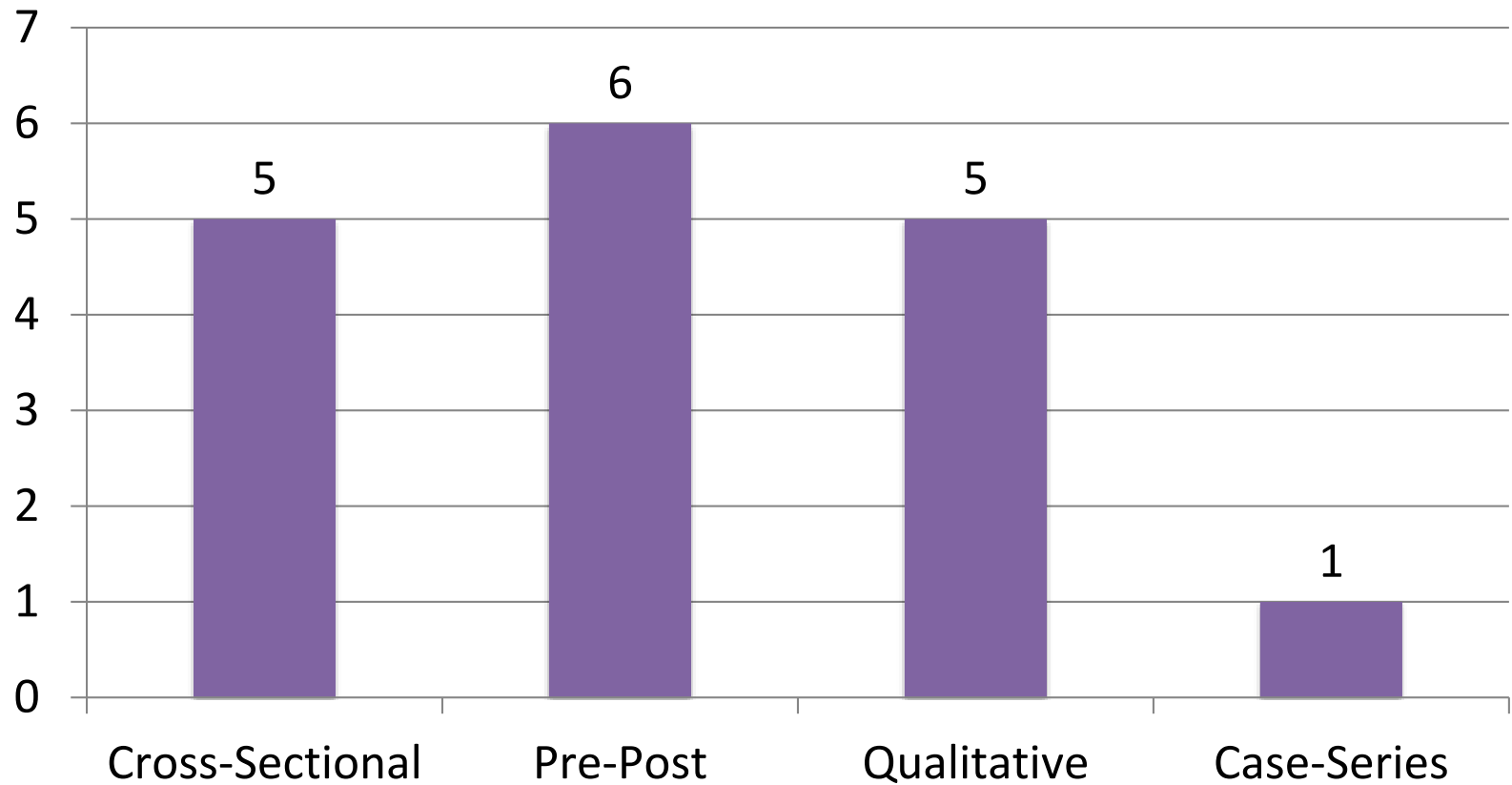


# Country of Origin – Included Studies

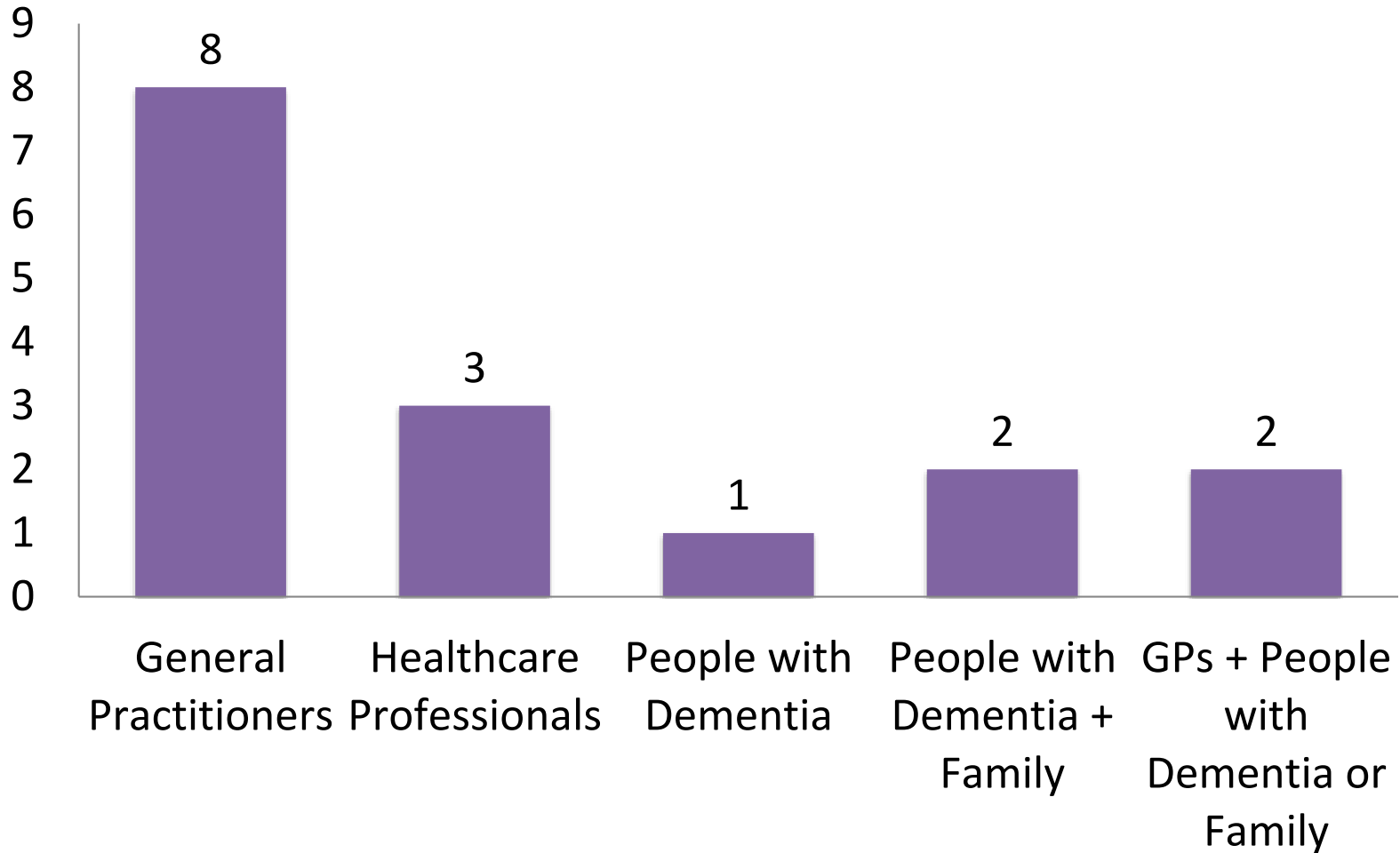




# Types of Study Included

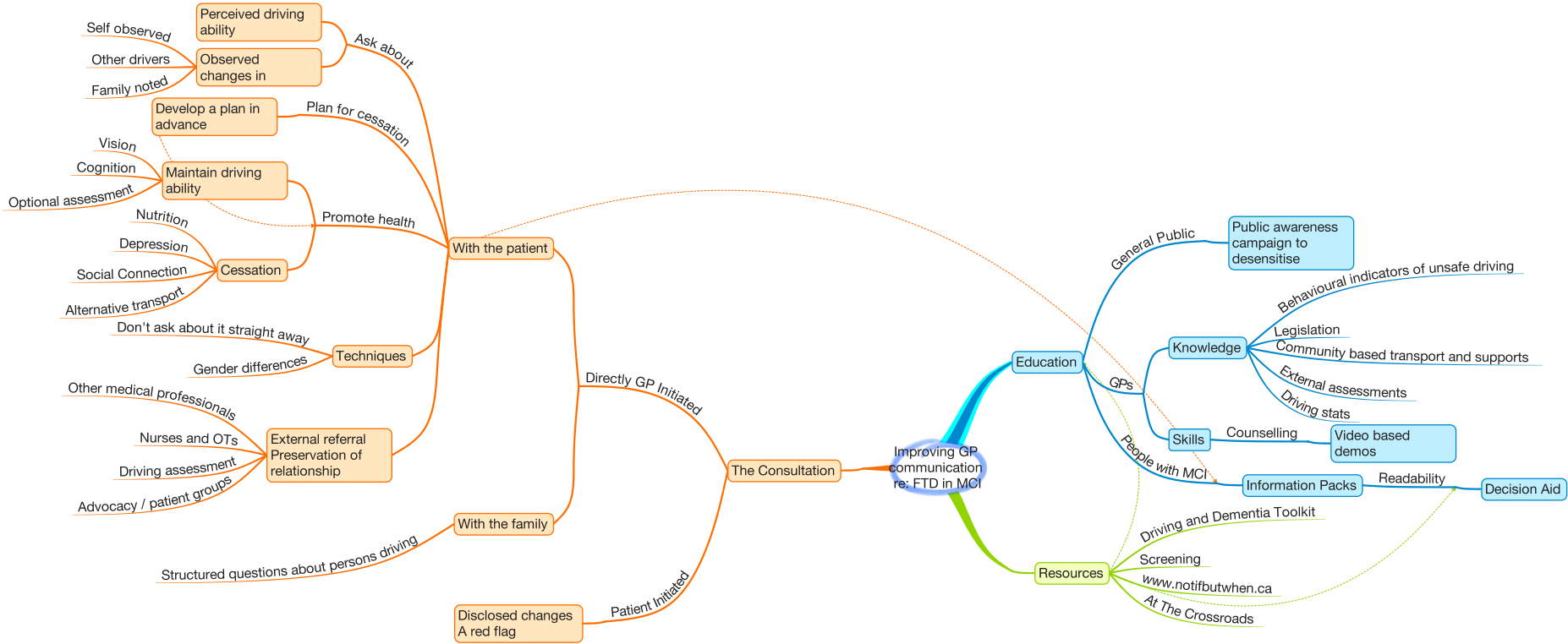


# Study Focus





# Early Synthesis



```
graph TD; Education[Education] --- Themes[Major Emerging Themes]; Themes --- Consultation[Consultation]; Themes --- Resources[Resources]
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**Education**

**Major Emerging  
Themes**

**Consultation**

**Resources**





## Resources

At the  
Crossroads

Driving and  
Dementia  
Toolkit

Not if but  
when

Screening  
Tools



# The Consultation

- GP Initiated with the person living with MCI
  - Ask about perceived ability
  - Changes noted by others
  - Develop a plan for cessation
  - Promote health
  - Techniques
    - With the family
      - Structured questions
- Person with MCI initiates
  - Behavioural changes – RED FLAG!
- External Referral - To preserve the relationship

# To conclude

- Paucity of empirical evidence
- Lack of practice resources for GPs and people with mild cognitive impairment
- A work in progress...so watch this space!



# Contact Us

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