



INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

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Please can you also add a picture of yourself



NAME: Sarah Janus

TITLE: Dr.

PROFESIONAL GROUPING: psychologist, health scientist

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PRESENT POSITION (e.g. Director of): post doctoral researcher

HIGHEST ACADEMIC QUALIFICATION (e.g. PhD, MD etc.): PhD

PROFILE OF MEMBER: Over the last five years, I have been conducting research on improving dementia care, with a critical focus on (pharmacological) treatments. During my PhD, I investigated the use of psychotropic drugs in nursing home patients with dementia. I assessed why pharmaceuticals are used over recommended non-pharmaceutical treatments. During a research visit to Norway at the Norwegian National Advisory Unit on Ageing & Health (Oslo) and the Department of Global Public Health & Primary Care (Bergen), I worked on a secondary analysis of two cohort-studies. This resulted in the first study to show a robust decrease in antipsychotic drug use in nursing home patients with dementia even when adjusting for relevant clinical variables. Changed treatment recommendations against antipsychotic use for most conditions might explain the results.

Currently, I am working in the group of Prof. Sytse Zuidema at the department of Elderly Care Medicine of the University Medical Centre Groningen towards further investigating the decision-making process of physicians

and (in)formal caregivers regarding pharmacological treatments in nursing homes. Besides pharmacological treatments, I am investigating alternative (non-pharmacological) treatments to reduce neuropsychiatric symptoms. For this, as one of the principal researchers, I am setting up a trial to investigate the effects of an application for caregivers, creating awareness of the auditory environment, and the influence on neuropsychiatric symptoms in nursing home patients.

AREAS OF EXPERTISE: psychosocial interventions, quality of care, decision making regarding the pharmacological treatment of neuropsychiatric symptoms in patients with dementia, neuropsychiatric symptoms in patients with dementia

KEY PUBLICATIONS (Max. 5):

1. **Janus, S.I.M.**, Manen, J.G. van, IJzerman, M.J. & Zuidema, S.U. Psychotropic drug prescriptions in Western European nursing homes. *International Psychogeriatrics* (28, 2016, 1775–1790, 2.423)
2. **Janus, S.I.M.**, van Manen, J.G., IJzerman, M.J., Bisseling, M., Drossaert, C.H.C., & Zuidema, S.U. Determinants of the nurses' and nursing assistants' request for antipsychotics for people with dementia. *International Psychogeriatrics* (29, 2016, 475–484, 2.423)
3. Selbæk, G., **Janus, S. I.M.**, Bergh, S., Engedal, K., Ruths, S., Helvik, A.S., Šaltyte Benth, J. & Zuidema, S.U. Change in psychotropic drug use in Norwegian nursing homes between 2004 and 2011. *International Psychogeriatrics* (Epub ahead of print, 2017, 2.423)
4. **Janus, S.I.M.**, van Manen, J.G., van Til, J.A., Zuidema, S.U., & IJzerman, M.J. Pharmacological and non-pharmacological treatment preferences of health care professionals and proxies for challenging behaviors in patients with dementia. *International Psychogeriatrics*. (29, 2017, 1377-1389, 2.423)
5. **Janus, S.I.M.**, van Manen, J.G., Zuidema, S.U., Snijder, C., Drossaert, C.H.C. & IJzerman, M.J. Reasons for (not) discontinuing antipsychotics in dementia. *Psychogeriatrics* (18, 2018, 13-20, 1.693)

RELEVANT RESEARCH ACTIVITY:

Please indicate for past 5 years only (i) Grants Awarded: Names of investigators; Years; Title of Project; name of awarding agency (ii) PhD and other projects: Title, start or competed date.

- i) Grants awarded:
 - a. dr. S. Janus, Prof. dr. S.U. Zuidema, Prof. dr. W.P. Achterberg, dr. J.G. van Manen; 2017-2019; Gezamenlijke besluitvorming in psychofarmaca behandelingsbeslissingen bij patiënten met dementie in verpleeghuizen. Onderzoek naar actieve betrokkenheid van de mantelzorger; ZonMw
 - b. dr. H.J. Luijendijk, dr. S. Janus, Prof. dr. S.U. Zuidema, dr. T.C. Andringa, F. Groenhof; 2017-2021; Soundscape improvement with MoSART+ to reduce neuropsychiatric symptoms in nursing home patients with dementia: a randomized controlled trial and implementation evaluation; ZonMw
- ii) PhD project: Antipsychotic drug prescription in nursing home residents with dementia. Perspectives of staff and proxies in a complex decision process; compete data: 22.06.2017

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:

- 1) Perspectives on decision making concerning psychotropic drugs. Involvement of health care staff and informal caregivers.
- 2) Music therapy in long term care (current project: Delphi questionnaire to achieve consensus on person-centered group music therapy for persons with dementia)
- 3) Soundscapes in nursing homes (current project: Soundscape improvement with MoSART+ to reduce neuropsychiatric symptoms in nursing home patients with dementia: a randomized controlled trial and implementation evaluation)

HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM: I intend to contribute to INTERDEM meetings, workshops and projects by sharing my knowledge and experiences conducting my own research.