



INTERDEM MEMBERS – BRIEF CURRICULUM VITAE



NAME: Aleksandra (Ola) Kudlicka

TITLE: Dr

PROFESIONAL GROUPING: Psychology

WORK ADDRESS:

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PRESENT POSITION (e.g. Director of): Research fellow

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

PROFILE OF MEMBER:

I am a psychologist and a researcher. My long-term ambition is to improve care for people living with cognitive impairment through high-quality applied health research and I have consequently worked toward achieving this ambition over the past 15 years. As a trainee neurorehabilitation psychologist working in a Brain Injury Unit I gained in-depth understanding of cognitive difficulties and of the psychological implications of cognitive impairment for the person and for the family. This experience highlighted the need for evidence-based psychosocial interventions for people with cognitive impairment and led to a PhD project on cognitive impairment in people with Parkinson's disease, and further work on GREAT trial, in the area of a behavioural intervention enabling people with early-stage dementia to better manage the impact of cognitive difficulties on everyday life. In GREAT, I was involved in supervising the work of the researchers who undertook goal-setting with participants and the therapists who addressed the resulting goals in the intervention, and examined therapy goals chosen by participants with dementia. My PhD project focused on executive impairment, quality of life and carer burden in people with Parkinson's disease and cognitive difficulties. In the empirical studies I investigated the pattern of executive impairment in Parkinson's disease, explored how accurately people with

Parkinson's disease appraise potential cognitive difficulties, and identified how executive impairment impacts on people with Parkinson's disease and their families. This work extended my understanding of how individual qualities and circumstances influence what people see as important to them and exposed potential avenues for improving post-diagnostic support, which led to formulating ideas for future research programme aiming to improve the lives of people affected by dementia.

AREAS OF EXPERTISE:

Executive function, neuropsychological assessment, dementia, Parkinson's disease, cognitive rehabilitation, behaviour regulation, psychosocial interventions, clinical trials, implementation, research impact

KEY PUBLICATIONS (Max. 5):

Kudlicka, A., Hindle, J. V., Spencer, L. E., & Clare, L. (2017). Everyday functioning of people with Parkinson's disease and impairments in executive function: A qualitative investigation. *Disability and Rehabilitation*. Advance online publication.

Martyr, A., Boycheva, E., & **Kudlicka, A.** (2017). Assessing inhibitory control in early-stage dementia and Parkinson's disease using the Hayling Sentence Completion Test. *Journal of Neuropsychology*. Advance online publication.

Kudlicka, A., Clare, L., & Hindle, J. V. (2014). Quality of life, health status and caregiver burden in Parkinson's disease: relationship to executive functioning. *International Journal of Geriatric Psychiatry*, 29(1), 68-76.

Clare, L., Bayer, A., Burns, A., Corbett, A., Jones, R., Knapp, M., Kopelman, M., **Kudlicka, A.**, ... & Whitaker, R. (2013). Goal-oriented cognitive rehabilitation in early-stage dementia: Study protocol for a multi-centre single-blind randomised controlled trial (GREAT). *Trials*, 14(1), 152.

Kudlicka, A., Clare, L., & Hindle, J. V. (2013). Awareness of executive deficits in people with Parkinson's disease. *Journal of the International Neuropsychological Society*, 19(5), 559-570.

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 completed date.

Clare, L., **Kudlicka, A.**, Woods, B., Oyeboode, J., McCormack, B., Knapp, M., Pool, J., Evans, S., Litherland, R., Bryant, J., Townson, J., Owens, C., Henderson, C., Ukoumunne, O., Morgan, V., Lawrence S., & Norris, C. (2016, June). Maintaining independence through goal-oriented cognitive rehabilitation: GREAT into Practice (GREAT-iP). (Co-applicant), Alzheimer's Society (£399,996.40)

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:

My current work focuses on translating research evidence into clinical practice; I lead an implementation project funded by Alzheimer's Society in which we will begin the process of enabling NHS memory services and home support or community reablement services in the UK to offer cognitive rehabilitation.

HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:

I welcome the opportunity to involve INTERDEM members in my future projects and am keen on contributing to grant applications in the area of psychosocial interventions for people with cognitive impairment and dementia.