



INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

Please complete this document (no more than 3 pages) and return to Alice.vaneijk@radboudumc.nl

Please can you also add a picture of yourself

Picture



NAME: S.U. Zuidema (Sytse)

TITLE: Prof. dr.

PROFESIONAL GROUPING: elderly care physician, professor of elderly care medicine and dementia

WORK ADDRESS:

Department of General Practice and Elderly Care Medicine, UMCG

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PRESENT POSITION (e.g. Director of):
Professor of Elderly Care Medicine and dementia
Head of the section Elderly Care medicine
Department of General Practice and Elderly Care medicine

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

PROFILE OF MEMBER:

Prof. S.U. Zuidema is involved in various research in the field of dementia (mainly in nursing homes). His goal is to contribute to increase quality of care and quality of life of people with dementia in nursing homes and living in the community. He started or he is engaged in different projects about implementing complex and psychosocial interventions, changing the physical living environment and reduction of inappropriate psychotropic drug use. His team sets up various scientific projects that directly or indirectly contributes to increased quality of care in the Nursing home network of elderly care medicine (www.uno.umcg.nl)

AREAS OF EXPERTISE:

**Implementation complex interventions
Psychosocial interventions within nursing homes
Music therapy
Appropriate psychotropic drug use
Epidemiology**

KEY PUBLICATIONS (Max. 5):

- Smeets CHW, Koopmans RTCM, Zuidema SU, Teerenstra S, van der Spek K, Smalbrugge M, Gerritsen DL. Psychotropic drug prescription for nursing home residents with dementia: prevalence and associations with non-residents-related-factors. *Aging Mental Health*. epub. 2017.
- Wouters H, Scheper J, Koning H, Brouwer C, Twisk JW, van der Meer H, Boersma H, Zuidema SU, Taxis K. Discontinuing inappropriate medication in nursing residents (DIM-NHR study): a cluster randomized controlled trial. *Ann Intern Med* 2017; 167; 609-617
- Appelhof B, Bakker C, van Duinen J, Zwijsen S, Smalbrugge M, Verhey F, de Vugt M, Zuidema S, Koopmans R. The determinants of quality of life of nursing home residents with young-onset dementia and the differences between dementia subtypes. *Dement Geriatr Cogn Disord*. 2017. epub.
- Drenth H, Zuidema SU, Krijnen W, Bautmans I, van der Schans C, Hobbelen JSM. Advanced Glycation End-products are associated with the presence and severity of paratonia in early stage Alzheimer's disease. *JAMDA*. 2017; 18: 636
- Elfrink TR, Zuidema SU, Kunz M, Westerhof GJ. The effectiveness of creating an Online Life Story Book on persons with early dementia and their informal caregivers: a protocol of a randomized controlled trial. *BMC Geriatr*. 2017; 17: 95.
- Kuipers J, Zuidersma M, Oude Voshaar R, Zuidema SU, van den Heuvel ER, Stolk RP, Schmidt N. The relationship between social functioning and subjective memory complaints in older persons: a population-based longitudinal cohort study. *Int J Geriatr Psychiatry*. 2017; 32: 1059-1071.

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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.

PhD projects include:

1. **Reduction of inappropriate drug use in dementia (RID) study**
2. **Living home with dementia: a comprehensive educational program for people with dementia and their spouses, living in the community**
3. **Online Life story book: design and measuring efficacy for a online tool to increase reminiscence in dementia**
4. **Paratonia and dementia: incidence, development and assessment of paratonia in residents with dementia**
5. **Relationship between social factors and cognitive deterioration in residents with Mild Cognitive impairment and dementia**

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:

1. **Development of an assessment instrument to measure inappropriate psychotropic drug use**

2. **MoSART+ trial: an efficacy and implementation study to assess the effect of staff awareness and adaptation of the quality of the auditory environment within nursing homes**
3. **Adapting the physical environment in nursing homes**
4. **Shared decision making in psychotropic drug prescription in dementia**
5. **A consensus guideline for person-centered care delivery of music therapy in people with dementia**

HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:

I hope to contribute to a broader implementation and dissemination of psychosocial interventions in people with dementia of evidence based interventions as well as sharing best practices across Europe