

Dementia

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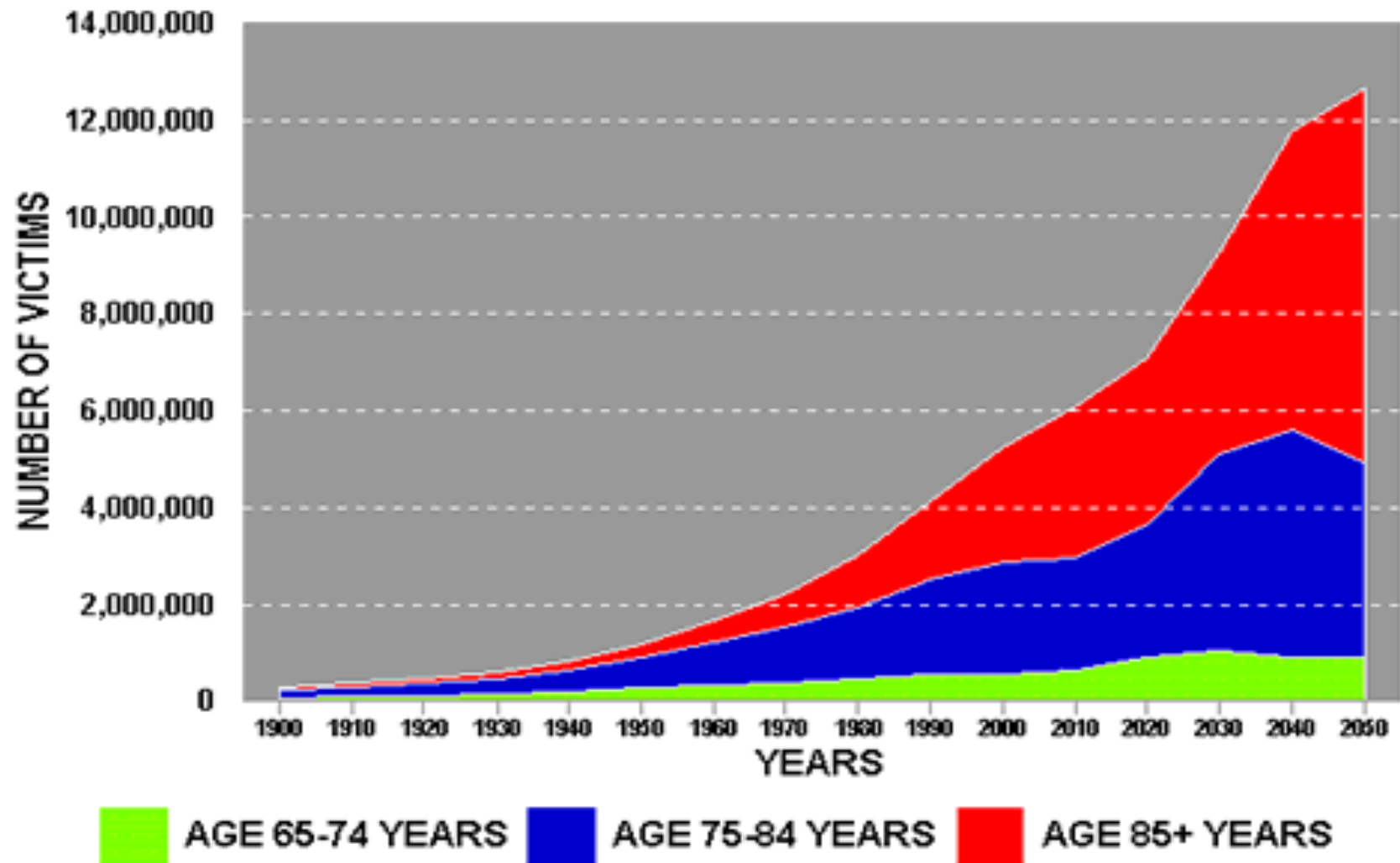
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OBJECTIVES

- Discuss clinical signs & symptoms of Dementia and differentiation from Depression and Delirium
- List 3 types of behavioral disturbances in Dementia
- Describe legal and ethical issues related to Dementia

PREVALENCE OF ALZHEIMER'S DISEASE

(BY DECADES IN U.S.A. FROM 1900-2050)



This graph portrays how many Americans over the age of 65 are currently affected by Alzheimer's, and a projection of how many more will become affected with it as time passes. w3.ouhsc.edu

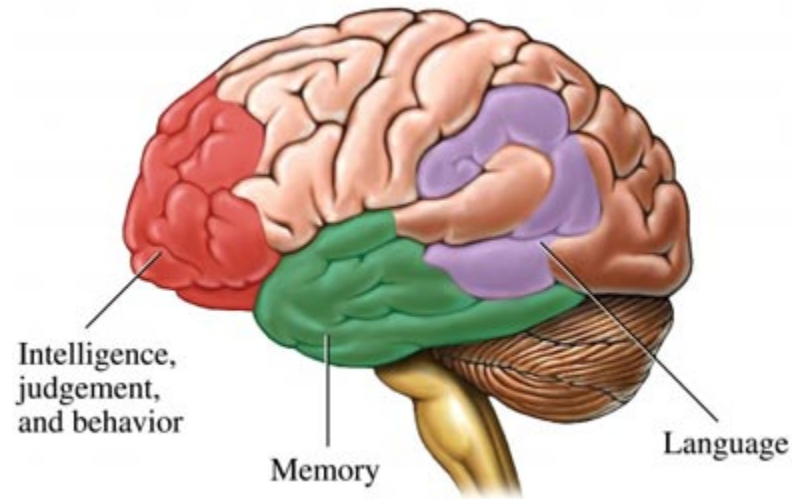
Normal Aging

- Subjective memory complaints
- Annoying but not disabling problems
- Frequent problems with name retrieval
- Minor difficulties in recalling detailed events

What Conditions Are Not Dementia?

- **Age-related cognitive decline:** slower information processing and mild memory impairment
- **Depression:** short term memory loss
- **Delirium :** confusion and rapidly altering mental states

Brain Anatomy



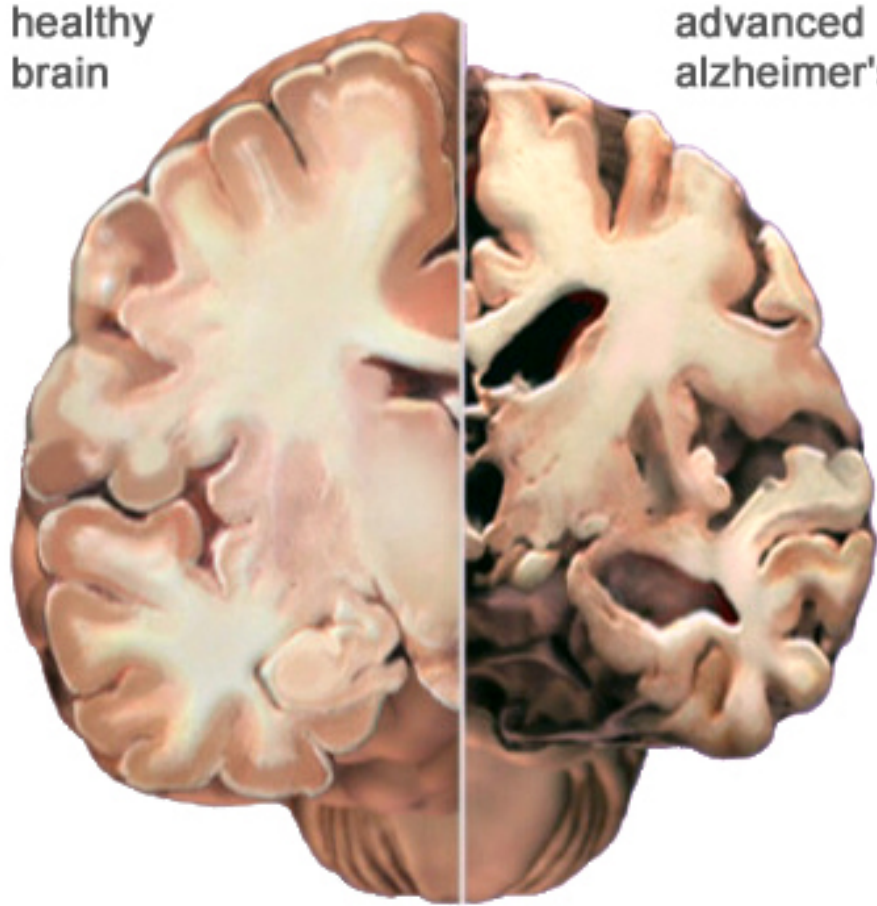
Dementia Diagnosis

- Memory
- Language
- Execution of purposeful movement
- Recognition/familiarity
- Visuospatial function
- Self control/management

Dementia Diagnosis

- Interview
- Cognitive Testing
- Physical Examination
- Brain Imaging
- Laboratory Testing

healthy
brain



advanced
alzheimer's

Living with Dementia

- Getting lost in familiar places
- Not recognizing familiar faces
- Wandering
- Confusion
- Urinary incontinence
- Pain
- Feeding problems

Behavioral & Psychological Manifestations of Dementia

- Depression
- Anxiety
- Abnormal motor behavior
- Irritability
- Apathy
- Agitation
- Disinhibition and impulsivity
- Delusions and Hallucinations
- Change in appetite

Dementia: Care

- 24-hour care and supervision
- Assistance with daily activities such as eating, bathing, and dressing
- Sharp knives, dangerous chemicals and tools should be removed
- Bed and bathroom safety rails
- Removing locks from bedroom and bathroom doors
- Lowering the hot water temperature to 120° F or less

Dementia: Risk Reduction

- Regular Exercise
- Mediterranean Diet: Fish, nuts, vegetables, fruit and grains
- Intellectually stimulating exercises
- Lower Cholesterol and Blood pressure
- Vitamin E & B supplementation

Dementia: Caregivers

- Difficult job
- Maximize independence and provide assistance
- Early Dementia: Patients may cooperate
- Later Stages: Exposed to belligerent and violent behaviors
- Sundowning: Afternoon agitation
- 1 in 3 will develop symptoms of depression
 - Signs: irritability, anger, mood swings, fatigue and poor sleep

CASE

- A neighbor calls 911 for a wellness check on an 81-year-old woman living alone
- House smells of urine
- Cats feces on the floor
- Woman appears to be physically well
- Alert and oriented to person and place
- You suggest a transport to ER
- She refuses

Ethical & Legal Issues

ETHICAL PRINCIPLES:

1. Autonomy (FREEDOM)
2. Beneficence (DO GOOD)
3. Non-maleficence (DO NO HARM)
4. Justice

Determining Decisional Capacity

- Communicate a choice
- Understand the nature and consequences of their choice
- Rationally manipulate the information necessary to make the choice
- Reason consistently with previously expressed values and goals

Law Enforcement & Dementia

- Erratic driving
- Auto accidents
- False reports
- Indecent exposure
- Shoplifting
- Suicide & Homicide

Law Enforcement & Dementia: Driving

- Dementia increases risk of crashing
- Difficult to convince not to drive
- Many do not understand that the illness is progressive
- Road evaluation remains the gold standard for assessing the safety
- Few states have laws mandating physicians to report drivers with Dementia

Law Enforcement & Dementia: Tips for Interacting

- Identify yourself as a law enforcement officer
- Explain why you've approached the person
- Maintain good eye contact
- Speak slowly in a non-threatening, low-pitched voice
- Use short, simple words

Law Enforcement & Dementia: Tips for Interacting

- Ask “yes” and “no” questions
- Ask one question at a time, allowing plenty of time for a response
- Maintain a calm environment, devoid of chaos and excessive stimuli
- Reduce radio volume and avoid use of sirens
- Avoid restraints
- Avoid confrontation