

DEMENTIA

A Whistlestop Tour

Dr Lawrence Woo
Consultant in Older Adult Psychiatry
Woodland Centre

Some Stats

- currently 570,000 people living with dementia
- Estimated to double over next 30 years
- 1.4% of men and 1.5% of women from 65 to 69,
- 3.1% of men and 2.2% of women from 70 to 74,
- 5.6% of men and 7.1% of women from 75 to 79,
- 10.2 % of men and 14.1% of women from 80 to 84
- 19.6% of men and 27.5% of women aged 85 or over.

- 60% Alzheimer's Disease
- 1 in 14 over 65
- 1 in 6 over 80

Symptoms

- Is a disorder of
 - thinking,
 - language,
 - memory,
 - understanding and
 - judgement.
- Resulting in change in behavior, personality, emotions or perceptions.

Common Dementias

- Alzheimer's Disease
- Vascular
- Lewy Body
 - Parkinson's Disease
- Fronto temporal

Alzheimer's

- Memory
- Confusion
- Repetitive behaviour
- Etc.

Vascular

- Impaired concentration and planning,
- slowed, mistakes
- memory loss,
- depression,
- changes in personality and mood,
- periods of mental confusion,
- low attention span,
- urinary incontinence,
- stroke-like symptoms, such as muscle weakness or paralysis on one side of the body,
- slow and unsteady gait

Lewy Body

- memory loss
- visual hallucinations
- delusions
- Fluctuating cognitive ability
- low attention span
- difficulty planning ahead

- Parkinsonian symptoms
 - muscle stiffness,
 - slower movement,
 - tremour
 - shuffling while walking,
 - loss of facial expression
- Sensitivity to antipsychotic medications

Fronto-temporal

- Onset can be insidious
 - changes in emotion, personality and behaviour before cognitive Sx arise
 - Disinhibition – rudeness, sexual, tactless, cold, unfeeling
 - aggression
 - compulsive behaviour
- Language problems – dysphasia, poverty

Diagnosis

- History
- MMSE or other screening test
 - Mild/mod/severe
- Investigations
 - Dementia Screening Bloods (FBC, U+E, glucose, LFT, TFT, thyroid, B12, folate, Ca)
 - CT or MRI
 - Atrophy, ischaemic changes
 - ?Neuropsychiatric tests if unclear
- Mostly does not require specialist involvement

- Differential
 - Depression
 - Delirium
 - substance abuse
 - trauma

Problems

- Aggression, resistive to care, argumentative
- Agitation
- Wandering, Restlessness
- Apathy
- Disinhibition- sexual, vocal, calling
- Psychosis- paranoia, delusions, hallucinations, illusions
- Mood changes - depression
- Anxiety
- Repetition
- Health – weight, general health, medications

Analysis of Problems

- Problems due directly to dementia
 - Poor memory, confusion, mistakes, can't do things,
 - life becomes difficult!
- Problems due to reactions to above
 - Anxiety, anger, frustration, resistance, aggression, paranoia, depression, repetition

Management

- Non Pharmacological
 - Understanding condition / good care
 - Behavioral
 - Changing environment
 - Support carers
 - Usually does not need psychiatry
- Pharmacological
 - Dementia
 - Non dementia related Sx
- Psychological

Pharmacological

- Anti-dementia medication
 - Donepezil
 - Rivastigmine, Galantamine, Memantine
- Anti-psychotics
 - Quetiapine, Risperidone, Amisulpride, Aripiprazole
- Mood Stabilisers – Sodium Valproate
- Anti-depressants
- Anxiolytics

Anti-dementia Medication

- Only for Alzheimer's
 - Note: Parkinson's / Lewy Body
 - ?vascular in future, ?diagnostic overlap
- Not a cure
- Do not extend life span
- If working, nothing changes
- Though for some, there is subtle improvement
- Works by boosting function of good brain cells
- Gives appearance of slowing down of disease

Wider Issues

- Safety – home, fire, outside, strangers,
- Driving
- Will
- Finances – Power of attorney, abuse
- Housing
- General Health – UTI, chest inf,
- Capacity
- Best interest

Capacity

- **The assessment of mental capacity is not a psychiatric assessment or test.**
- **The assessment needs to be carried out by the person/professional seeking the person's consent or decision** (e.g.; the social worker in relation to living arrangements or care packages; the lawyer in relation to legal matters such as arranging a Lasting Power of Attorney or making a will; the doctor seeking informed consent for a treatment or intervention; etc).

Capacity

- **i) Take in and Retain information for long enough to...**
- **ii) Understand the information relevant to the decision**
- **iii) Use or weigh that information as part of the process of making the decision**
- **iv) Communicate the decision made (whether by talking, sign language or other means)**

- Adults must be assumed to have mental capacity until it is established that they lack capacity.
- Mental capacity is “decision-specific”, hence there is no such thing as “blanket” mental incapacity (except on those obvious cases of persons in coma or unconscious, for example)
- The presence of a specific diagnosis does not imply lack of mental capacity
- All reasonable steps to help the person make the decision need to have been taken
- Mental capacity may fluctuate or may be temporary
- Adults are entitled to make “unwise” decisions providing that they understand and fully weigh up the implications of making such decisions

Woodland Centre

- North and South CMHT
- 3 consultants
- 3 SHOs, 1 SpD,
- 3 fte CPNs
- 2 fte OTs
- 2 support workers
- Team managers, psychologists, SWs

- Cedar Ward – 16 bed organic
- Oaktree Ward - 24 bed functional
- Outpatients
- Memory clinic
- Psychology
- (Admiral Nurses)
- Pembroke Centre – North outpatients
- no day centre

Referrals

- Who to refer??
 - Consider the outcome you're looking for:
 - Psychiatric Symptoms
 - For anti-dementia medication
 - Not necessary to confirm diagnosis of dementia
 - Not necessary to assess for suitable placement

Pathway

- Referral taken by CMHT
 - Home visit, assessment clinic (in development)
- Ix
- Memory Clinic
 - Psychology
 - Medical
 - Advice and support
- Community resources – Alzheimer's society, day centres, social groups, Citizen's advice
- Social Services

Memory Clinic

- Diagnosis
- Psychology assessments – baseline and follow up - MMSE, NPI, DAD
- Initiation of treatment
- Monitoring and follow up, 4 month, 6month/yearly.
- Monitoring of progression if not medicated

Questions?