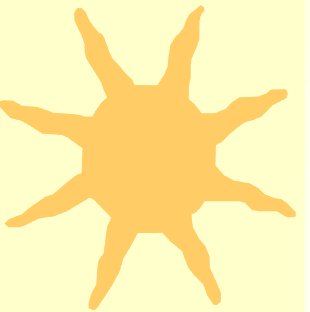
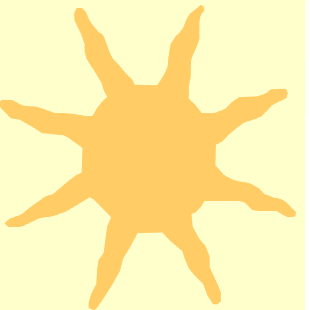


Dementia-A new understanding

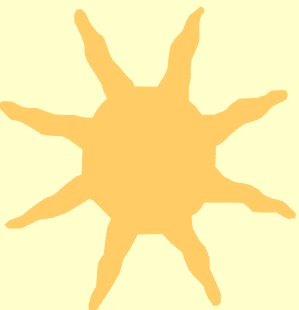


Shir Garnett DASNI and
Dianne van Clarke-
Alzheimer's WA

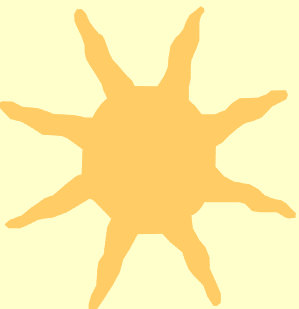




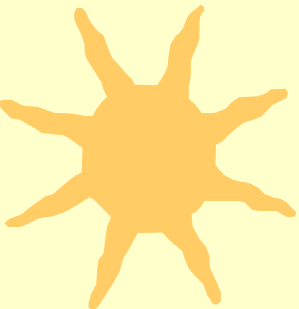
Diagnosis



★ The GP and/or family suspect dementia may be present and refers patient for further assessment.



★ Full bloods to check if there is nothing else causing changes

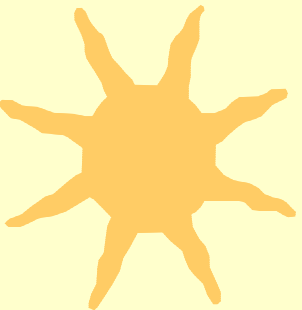
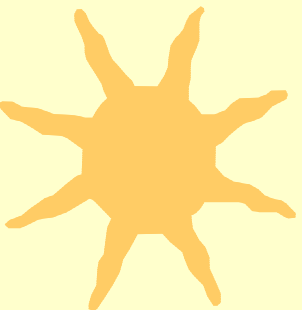
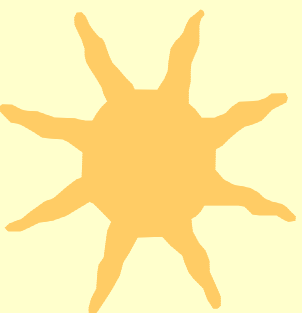


★ CT scan, MRI, SPECT

★ Seniors Mental Health Team for a Hierarchical Dementia Scale (HDS) assessment



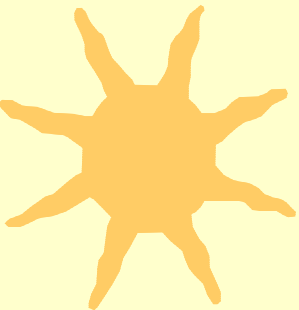
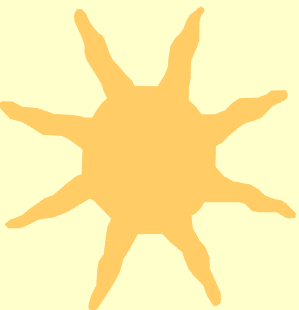
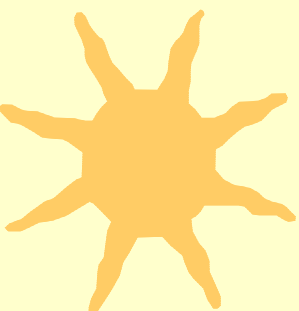
Types of dementia



- ★ Alzheimer's disease –50-70%
 - Gradual changes. Build up of “tangles” in centre of brain cells and “plaques” outside brain cells, disrupting messages within the brain.
- ★ Vascular Disease-2nd most common
 - Problems of the circulation of blood to the brain eg. TIA's
- ★ Lewy Bodies Dementia
 - Degeneration and death of nerve cells in the brain caused by abnormal lumps inside nerve cells known as Lewy bodies
- ★ Over 100 different types of dementia



Incidence of dementia



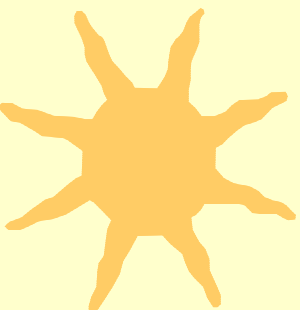
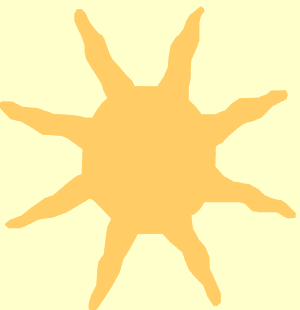
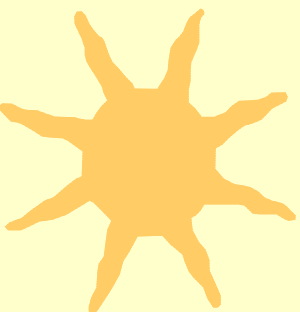
- ★ 162,000 people in Aust over 65 estimated to have dementia
- ★ By 2006- 195,000 over 65 with moderate to severe dementia
- ★ In City of Albany- Sept-2002 estimated 296 people
- ★ People as early as 30's and 40's.

Prevalence

- 65-69yrs about 1 in 70
- 75-79 about 1 in 18
- 80-84 about 1 in 9



How dementia affects somebody



★ Symptoms-

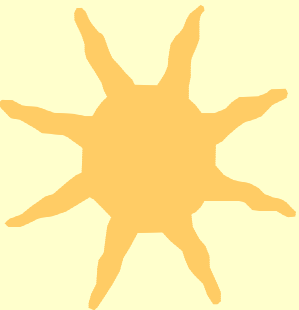
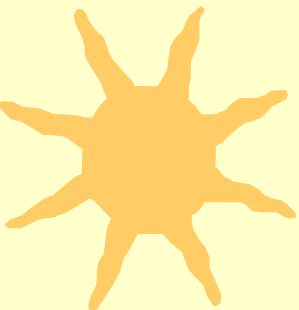
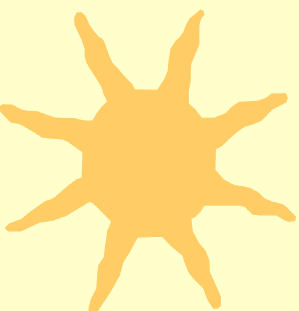
- Progressive and frequent memory loss
- Confusion
- Personality change
- Apathy and withdrawal
- Loss of ability to do everyday tasks

★ Changes- Three stages. Known as early stage, moderate to late

★ Early onset (under age of 65)



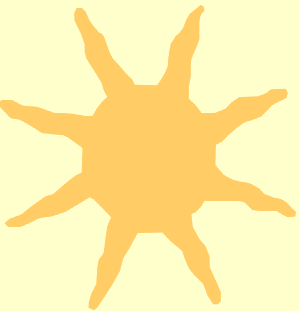
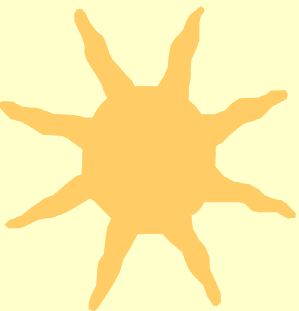
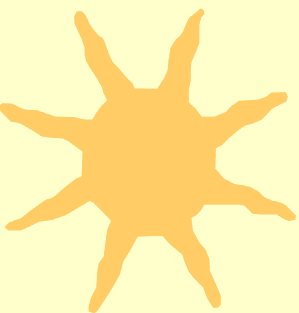
Medications



- ★ Cholinergic treatments offer symptomatic relief for some people for a limited period of time
- ★ Available under PBS under certain conditions
- ★ Acetylcholinesterase Inhibitor Drugs
 - Donepezil Hydrochloride –Aricept
 - Rivastigamine-Exelon
 - Galantamine Hydrobromide-Reminyl
 - Ebixa
- ★ Side Effects-
 - When first taking them-GI, muscle cramps, insomnia, fatigue, loss of appetite. Also dizziness and nightmares. Need to increase doses gradually



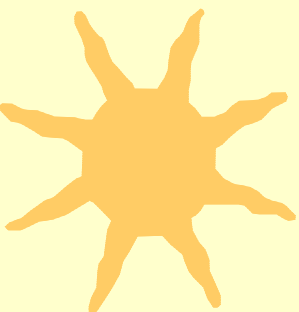
Communicating with someone with dementia



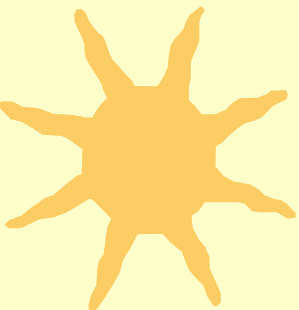
- ★ Remain calm and talk in a gentle, matter of fact way (Determine level of understanding of person) Don't be condescending.
- ★ Keep sentences short and simple, focusing on one idea at a time
- ★ May need to repeat instruction many times.
- ★ Body language –made up of 55% of our communication
- ★ Avoid background noise and distraction
- ★ Validation therapy-going into their reality!
- ★ Reminiscence



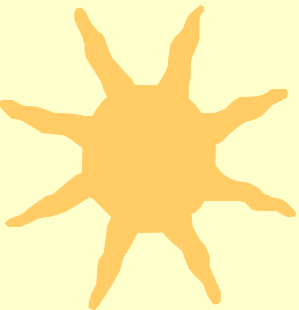
Admission into hospital



★ Gather relevant history on patient, from carer if required. Including social profile.



★ Note possible illnesses that may cause pain and how this is expressed if communication limited. Use of Pain Charts

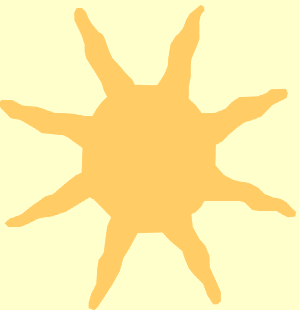
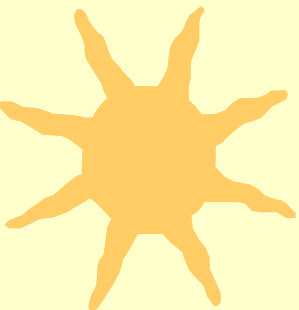
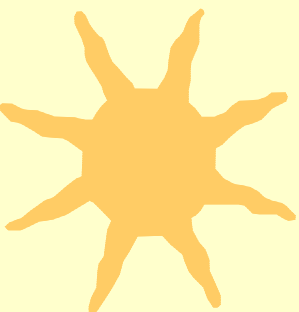


★ Make sure everyone knows diagnosis of dementia but do not make any assumptions of inabilities..find out what they can do

★ Private room if possible or same room



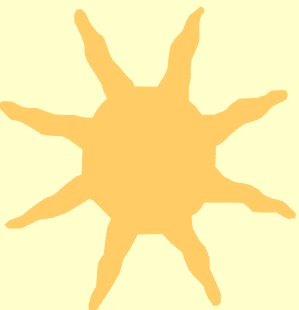
While in hospital



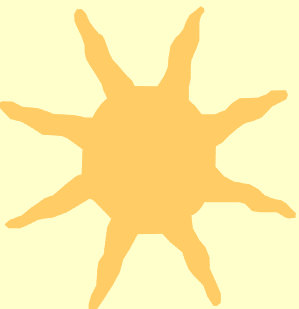
- ★ Allocate staff according to their skills and interest and try to be consistent
- ★ Maintain independence –don't assume they cannot do own ADL's. May need increased guidance as in unfamiliar environment
- ★ Minimise physical and chemical restraints



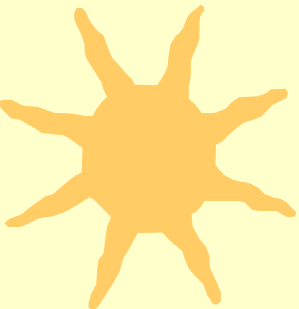
Discharge from hospital



★ Inform carer of any changes to treatment and medications. Where possible in writing.



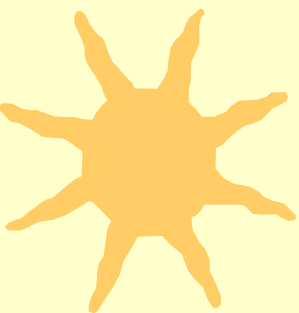
★ Check if home situation needs modifications.



★ Referral for follow up support –Use of Dementia directory.



So what's with the turtle?



★ D- Dementia

★ A- Advocacy and

★ S- Support

★ N- Network

★ I- international

