



# Dementia is not only Memory Loss

April 12, 2017

Ron Keren, MD, FRCPC  
Medical Director, Geriatric Rehabilitation Program  
Associate Professor, University of Toronto

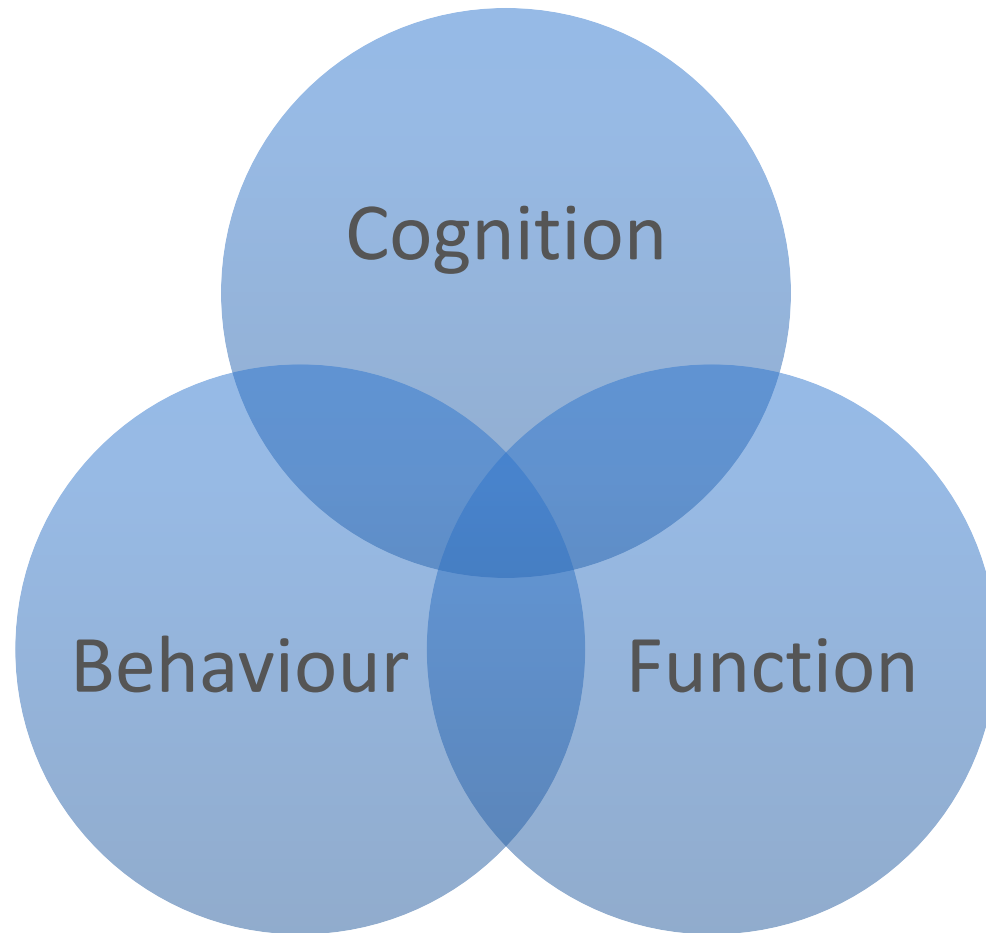
Toronto Rehab Foundation  UHN







# ALZHEIMER'S DISEASE





# DEMENTIA SERVICES - TRI

## **Current services:**

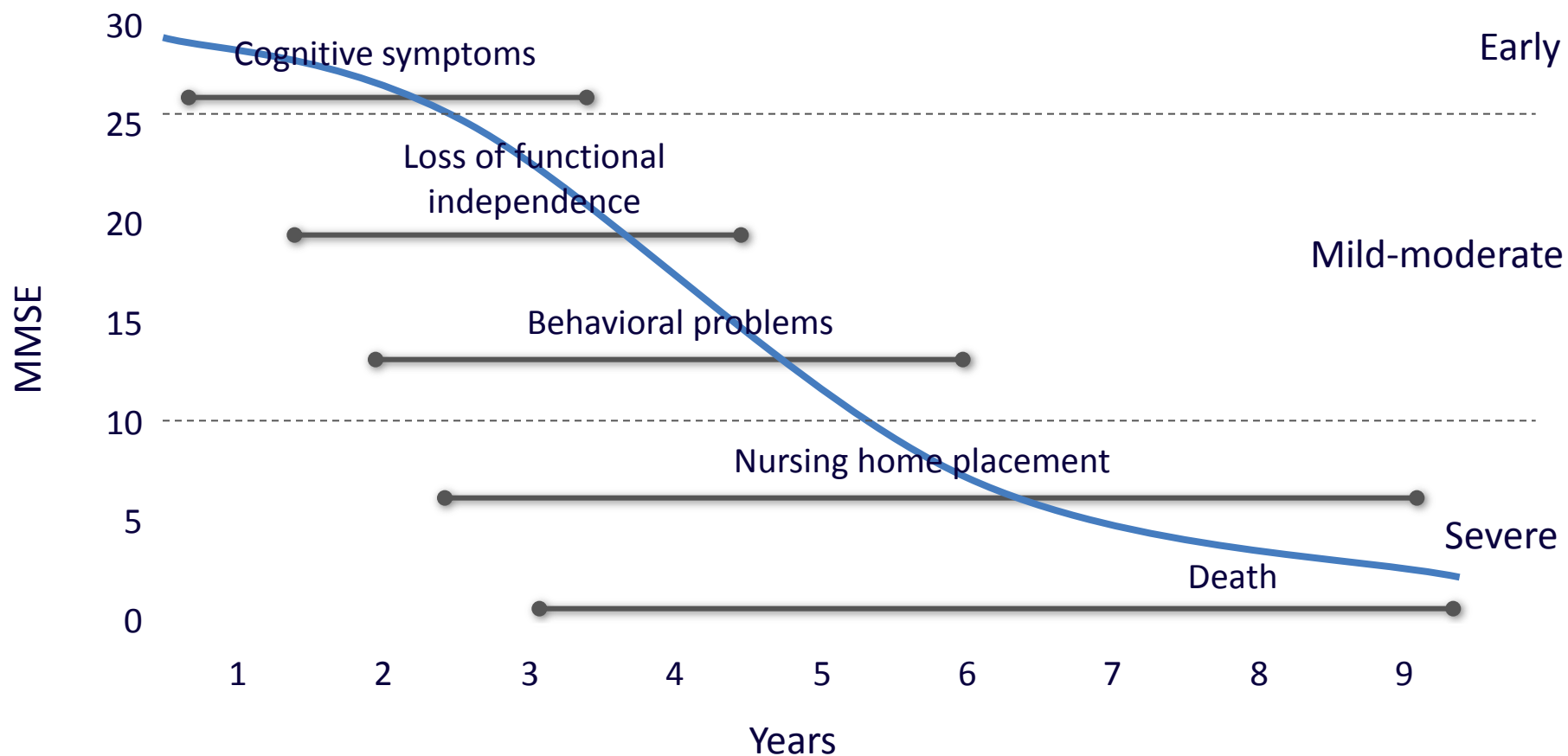
- UHN-TRI Memory Clinic
- TRI geriatric psychiatry consultation service
- TRI geriatric psychiatry telehealth
- UHN – TRI Geri-psych mental health outreach team (GMHOT)
- 5 South – Dementia inpatient service

## **Future plans:**

- Geriatric psychiatry dementia consultation service



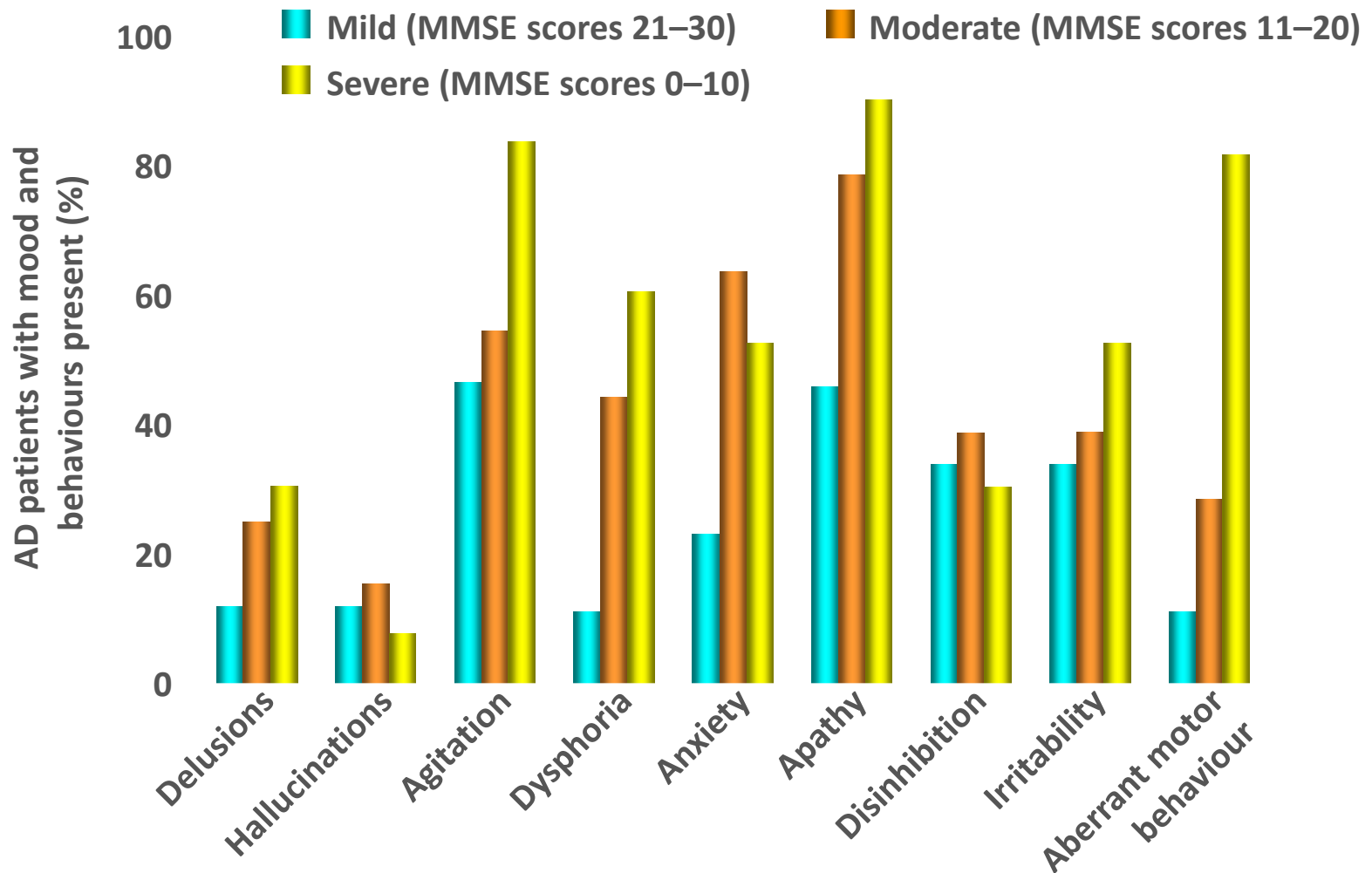
# NATURAL HISTORY OF AD



Feldman H and Grundman M. *Clinical Diagnosis and Management of Alzheimer's Disease*, 1999.



# BEHAVIOURAL AND PSYCHOLOGICAL SYMPTOMS OF AD





# AN APPROACH TO THE TREATMENT OF THE BEHAVIOURAL SYMPTOMS OF DEMENTIA

- Describe
- Decode
- Devise
- Determine





# AGITATION/AGGRESSION

## MEDICAL CAUSES

- delirium (medications, infection, fluid and electrolyte disturbances)
- pain (fractures, cardiac, arthritic, dental)
- constipation/urinary retention
- hunger/thirst
- difficulties in communicating
- sensory impairment
- anxiety/depression/psychosis



# AGITATION/AGGRESSION ENVIRONMENTAL CAUSES

- Inflexible and regimented caregivers
- Dementia-unfriendly facilities
  - language and cultural barriers
  - crowding, noise, mirrors
- Over/under stimulation
- Catastrophic reactions



# NON- PHARMACOLOGICAL INTERVENTIONS FOR RESPONSIVE BEHAVIOURS

- Evidence supports the efficacy of
  - structured activity programs
  - caregiver education/staff training
  - changes to physical environment
  - music
  - light therapy
  - Aromatherapy\*

Ballard CG, et al J Clin Psychiatry. 2002;63:553-558

Holmes, C et al, Int. J Geriatr Psychiatry. 2001;49: 305-308

Jiska Cohen-Mansfield, Am J Geriatric Psychiatry 9:4 Fall 2001



# DEMENTIA UNIT INNOVATION PLAN

- Environmental changes that will positively impact patient behaviour
- Appropriate way-finding that will include individualization of 15 patient bedrooms, adding tactile walls in hallways, etc.
- Improvements to the patient experience in shower rooms
- Interventions to reduce exit seeking behaviour, such as camouflaging the main exit
- Additions that will promote calming behaviour such as artwork and music
- Installations that will engage patients in relaxation activities
- Conversion of the unit into a 'Life Lab' by installing infrastructure to support a variety of sensors that shall be used to collect patient data for research purposes.



# BEHAVIOUR TRACKING APP





# SUMMARY

- Brain Health = Mental Health
- Alzheimer's disease affects cognition, behaviour and function
- Successful management of responsive behaviours focuses on an understanding of the underpinnings of these behaviours
- Clinicians at TRI are dedicated to improving the QOL of individuals with dementia and to the development of innovative treatments that will change the landscape of dementia care



**THANK YOU**