

The Approach to the Forgetful Patient

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Workshop program

- Introduction (15 min)
- Working Groups - Case 1 (15 min)
 - Diagnosis of dementia
 - Relevant Investigations
- Plenary Case 1 feedback (15min)
 - Feedback from groups (3 min each)
- Using the MoCA (15min)
- Comfort break (10 min)
- Working Groups – Case 2 (15min)
 - BPSD
 - Caregiver stress
- Case 2 feedback (15 min)
 - Feedback from groups (3 min each)
- Using the NPI (10 min)
- Conclusions (10 min)
 - IDT

Introduction

Dementia

- ◎ Syndrome of acquired persistent decline in several domains of intellectual ability
- ◎ Combinations of impairment occur in
 - Memory
 - Disturbed language
 - Visuospatial abnormality
 - Loss of cognitive ability
 - Calculation, abstraction, problem solving
 - Recognition (agnosia)
 - Motor planning & sequencing (executive functioning)

Dementia Causes Significant Functional Impairment

IADL

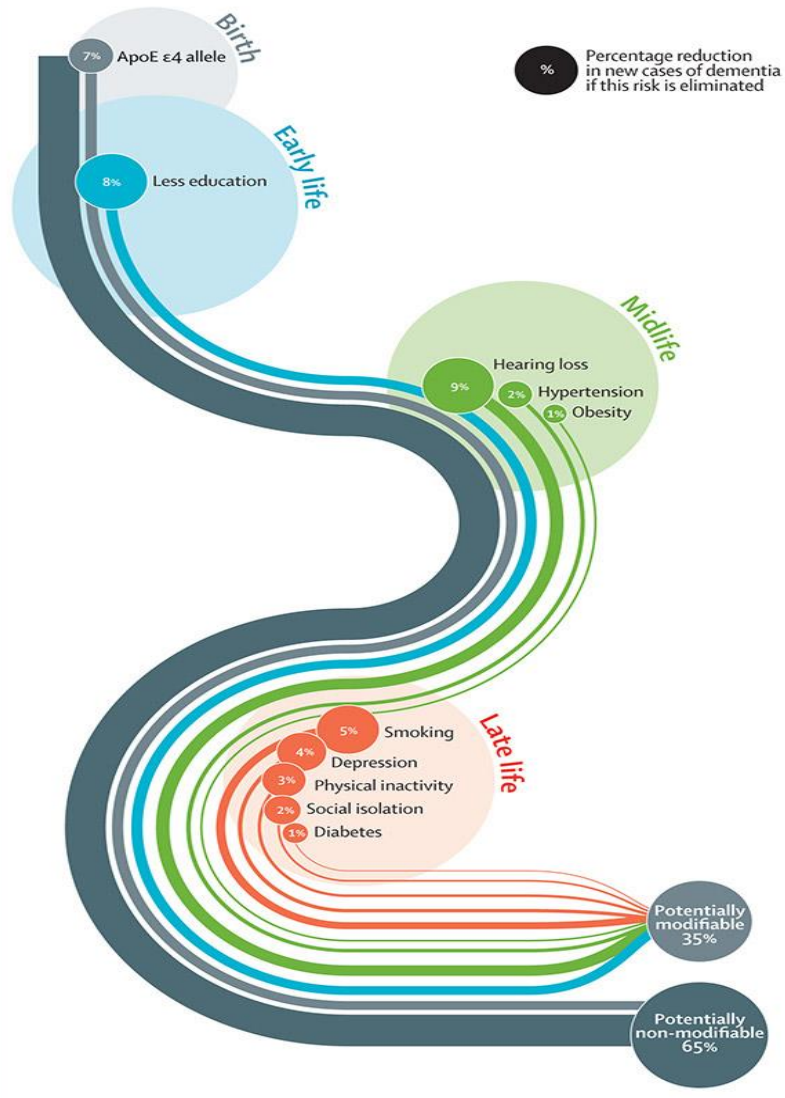
- Ability to work
- Drive
- Finances
- Shopping
- Transport
- Housework
- Medications

BADL

- Bathing
- Dressing
- Toileting
- Grooming
- Walking
- Transferring
- Feeding

Risk factors for dementia

The Lancet Commission presents a new life-course model showing potentially modifiable, and non-modifiable, risk factors for dementia.



Causes of dementia

- Alzheimer's Disease
 - most common – 60 - 80%
- Vascular dementia – vascular risk factors
- Diffuse Lewy Body Disease
- HIV
- Age related – 20 - 40% over 85years old
- Numerous Others

Other Causes of Dementia

- Metabolic - Ca^{++} , drugs, B12, folate
- Degenerative - Parkinson's, Huntingtons, MND, Pick's Disease
- Infective - AIDS, CJD, Syphilis
- Trauma - Chronic Traumatic Encephalopathy (CTE)
- Space occupying lesions – Neoplasm, subdural haemorrhage
- Normal Pressure Hydrocephalus, Anoxia
- DEPRESSION

Cortical Dementias

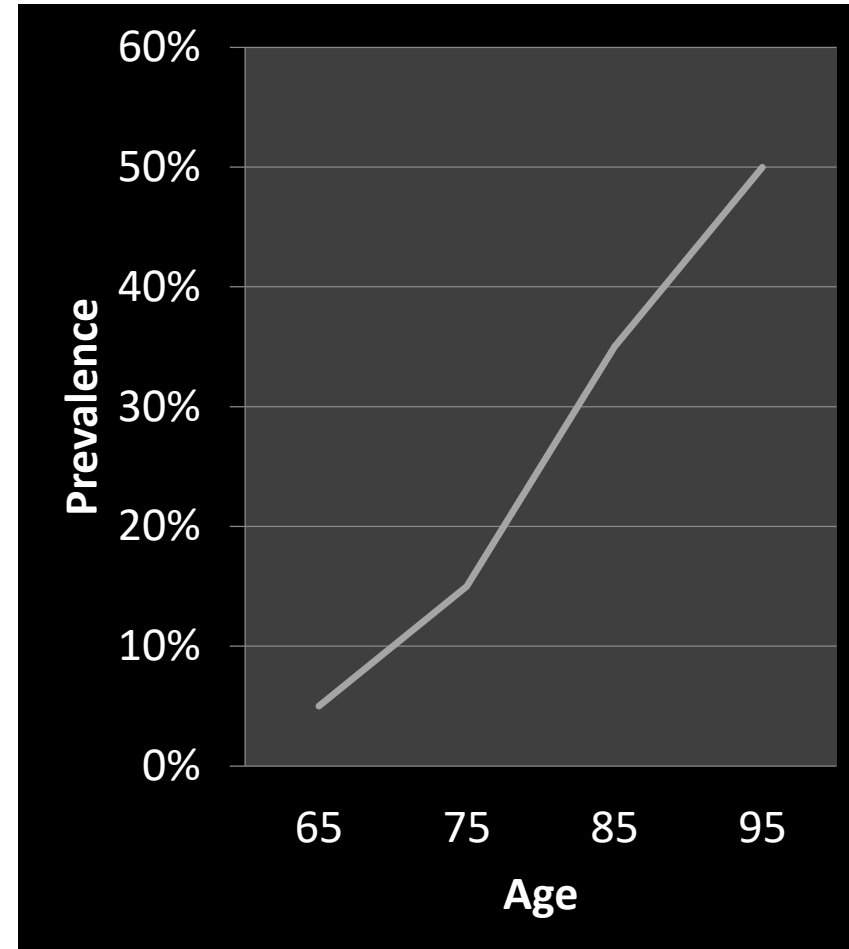
Alzheimer's Disease	Frontotemporal Dementia
Memory failure	Personality change, memory relatively well preserved
Visuospatial impairment	Impairment of judgement
Social graces relatively well preserved	Apathy, poor motivation, ritualistic behaviour
Alexia, agraphia, acalculia	Perseveration, food fads
Females > males	Female = Male
2-12 yrs (+- 8)	2 – 20 yrs (+-8)
B amyloid, NFT's	Pick bodies

Corticosubcortical Dementias

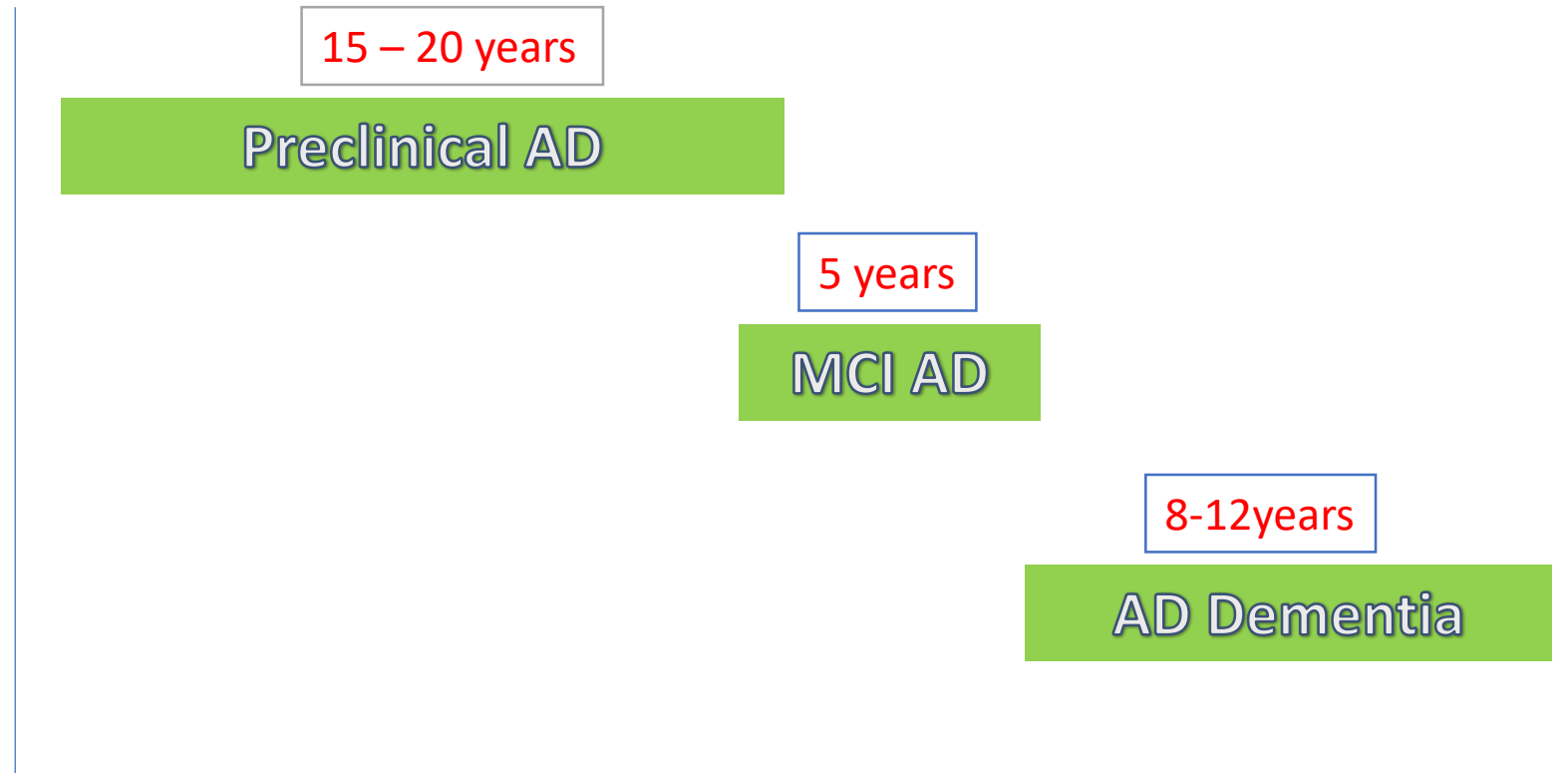
Lewy Body disease	Vascular Dementia
Parkinsonian symptoms	Recurrent strokes
Fluctuating mental state	High risk of vascular disease
Visual hallucinations	Associated with smoking diabetes mellitus, Hypertension, heart disease, strokes
Extreme sensitivity to antipsychotics Neuroleptic malignant syndrome	Stepwise deterioration

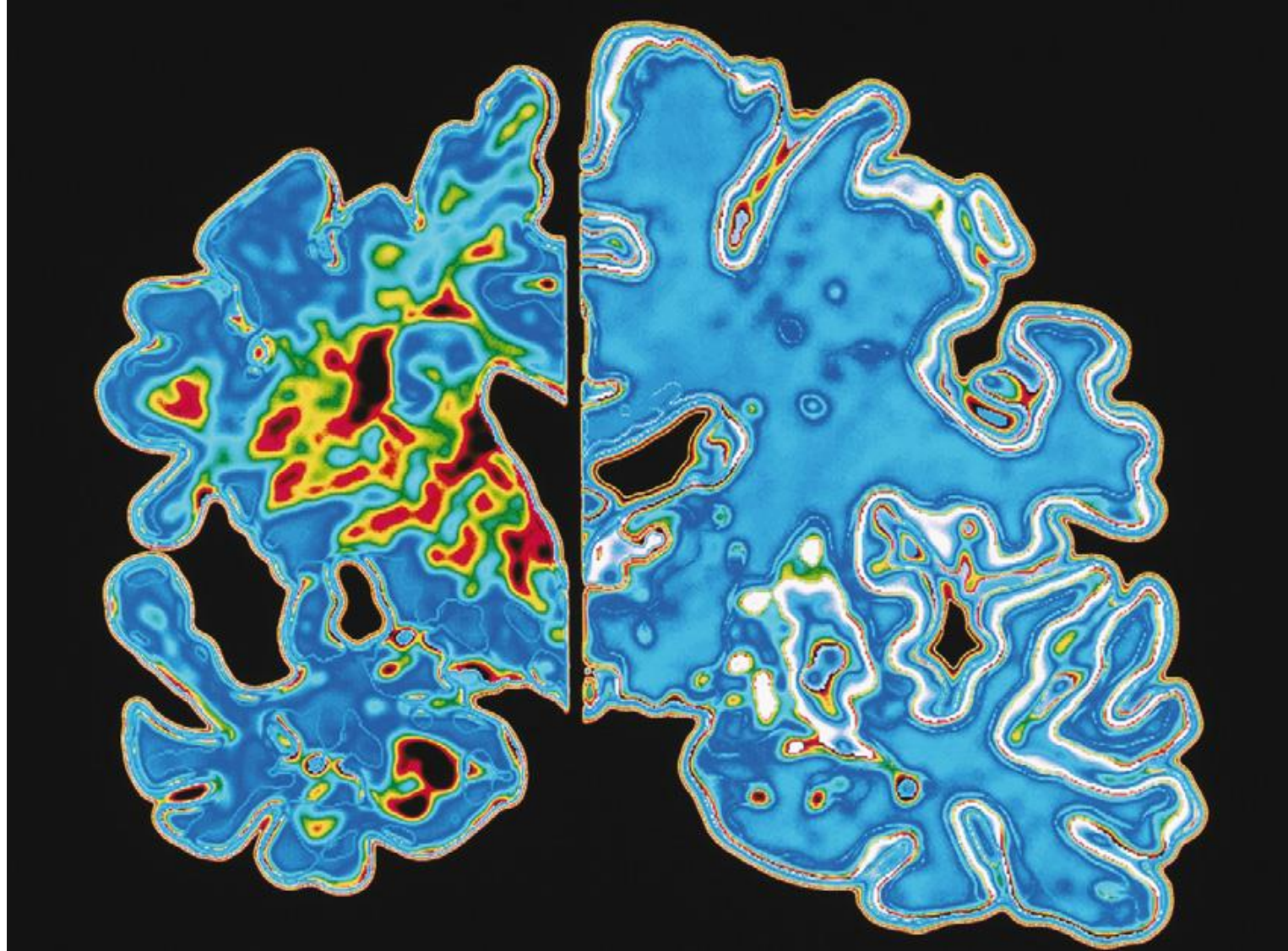
Alzheimer's Disease

- Deficits in 2 or more areas of cognition:
 - *impaired short & long term memory*
 - *Executive dysfunction*
 - *abstraction & judgement*
 - *aphasia, agnosia, apraxia*
- Personality change
- Gradual Decline
- Interference with work, social relationships, independence
- Awake person

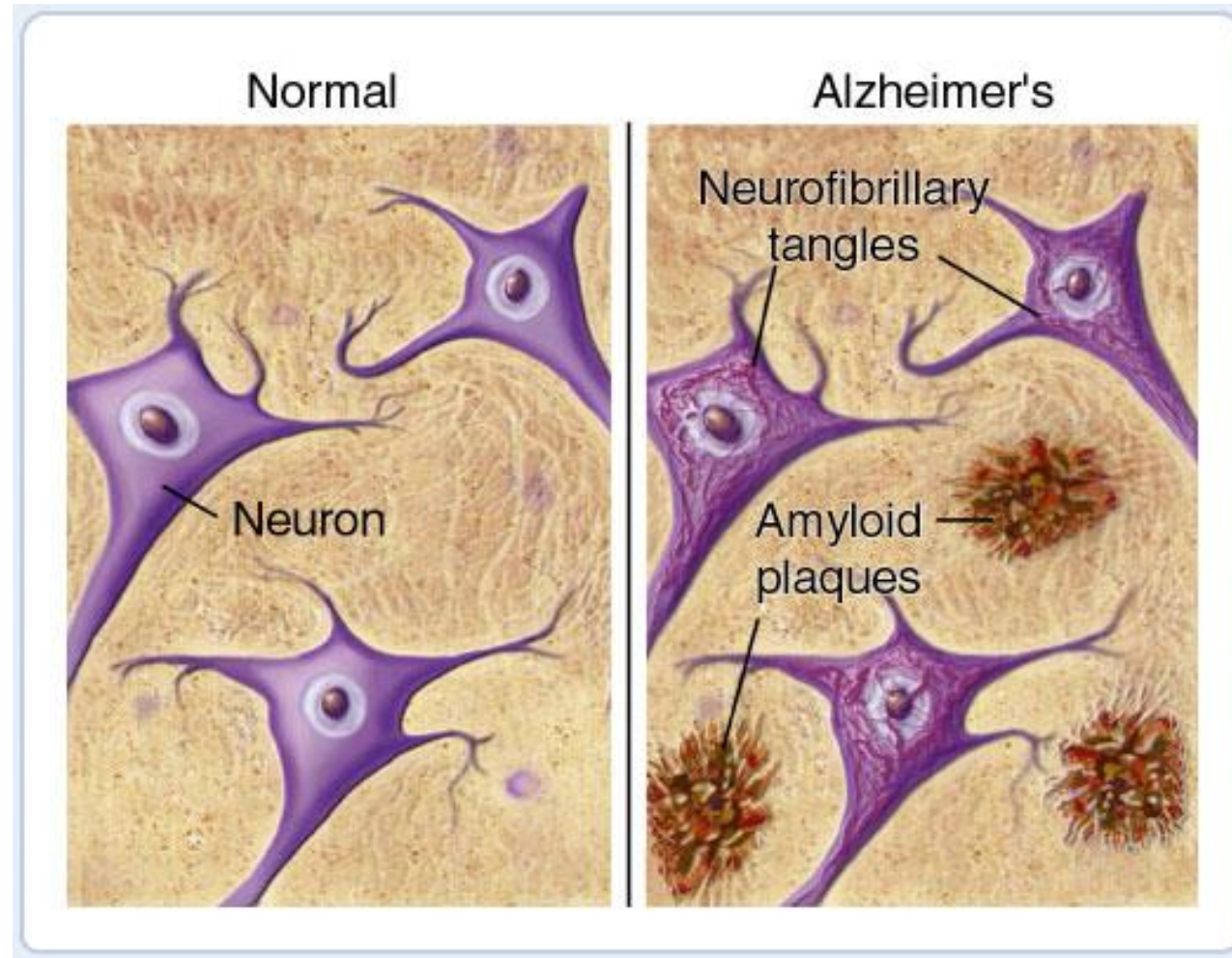


Continuum of Alzheimer's Disease





Pathophysiology



Screening for Dementia

- High incidence of suspicion in altered behaviour, personality change, depression
- Often brought to one's attention by family member
- Seldom recognised as a problem by the patient – lack of insight

Case Study 1 – break into groups

MoCA

- Link to [moca.pdf](#)
- Youtube link – search “moca test”
- [MoCA Website](https://www.mocatest.org/) - <https://www.mocatest.org/>

MoCA

- MMSE – under copyright, thus restricted use in clinical practice
- High correlation with MMSE
- <26/30 Normal
- 19 – 25 MCI / AD
- < Very high probability of AD

Case 2 -

- Neuropsychiatric symptoms
- Drugs to treat symptoms
- Caregiver stress

Neuropsychiatric symptoms – BPSD (behavioural and psychological symptoms associated with dementia)

- Hallucinations
- Paranoia
- Delusions
- Altered sexual behaviour
- Aggression
- Disinhibition
- Apathy
- Depression
- Anxiety
- Pacing
- Wandering
- Apathy
- Sleep Wake Cycle disturbance
- Dietary changes

NPI- NH

- Google “[NPI-NH PDF](#)”

Pitfalls

- Mealtimes
- Going to outdoor events
- Change of environment
- Traveling
- Unrecognised illness & pain e.g. teeth, fracture
- Bathing
- Caregiver stress & burnout

On a daily basis people have to make decisions...

- Managing their affairs
 - Financial decisions
 - Property
 - Estate
- Their daily lives
 - How to live their lives
 - Where to live their lives
- Health
 - Whether to seek healthcare
 - When to seek healthcare
 - Whether to accept the advice of healthcare professional