


Dementia

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A man with white hair and glasses is sitting in a hallway, holding a white sign. The hallway has white walls, a red carpet, and framed pictures on the walls. The sign has the text "EVERYONE OF US WILL BE AFFECTED BY DEMENTIA" written in black capital letters. Below this, the name "Paul Grady" is written in cursive. At the bottom of the sign, the hashtag "#dementiafriends" is written in blue, followed by a small logo for "Dementia Friends".

EVERYONE OF US
WILL BE AFFECTED
BY DEMENTIA

Paul Grady

#dementiafriends



What is Dementia

The word 'dementia' describes a group of symptoms that may include:

Memory loss

Difficulties with thinking, problem-solving or language, and

Sometimes changes in mood or behaviour.

These changes are often small to start with, but for someone with dementia they will become bad enough to affect daily life.

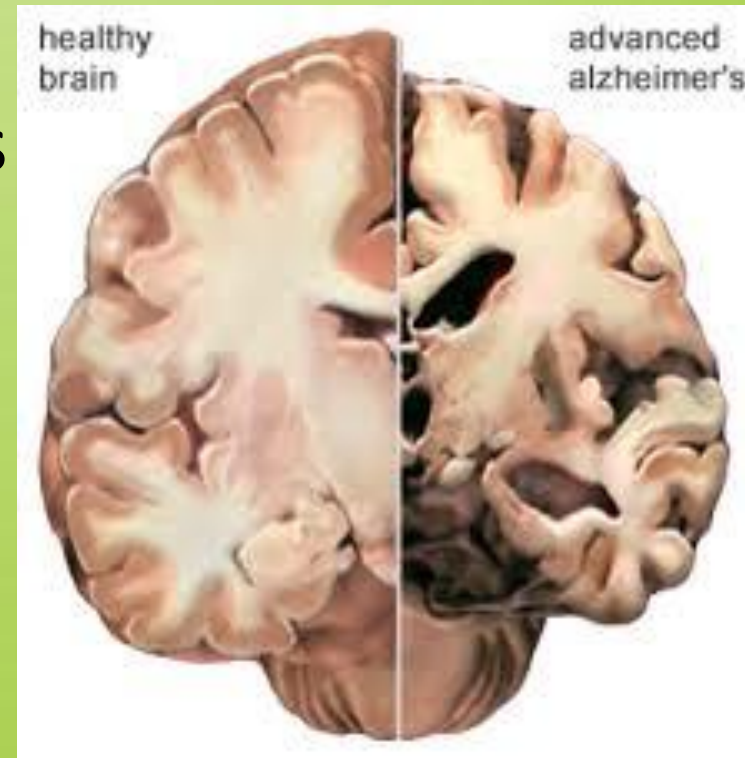
What is Dementia

A devastating illness that
at some point
robs the person and their family



Types of Dementia

- Alzheimer's disease
- Vascular dementia
- Mixed dementia
- Dementia with Lewy bodies
- Frontotemporal dementia



Rarer causes of dementia

Responsible for 5% of cases
common in younger people

- Corticobasal degeneration
- Creutzfeldt-Jakob disease
- HIV-related cognitive impairment
- Huntington's disease
- Alcohol-related brain damage and Korsakoff's syndrome
- Multiple sclerosis
- Niemann-Pick disease type C
- Normal pressure hydrocephalus
- Progressive supranuclear palsy

Facts

- 850,000 people in the UK with dementia.
- risk increases with age
- One in 14 people over 65 years of age,
- One in six people over 80, has dementia.
- It is more common among women than men.
- More than 40,000 younger people (under the age of 65) in the UK have dementia –
 - early-onset or young-onset dementia.

Problems with
Language

Problems with
Abstract Thinking

Loss of
Initiative

Misplacing
Things

Memory Loss

Personality
Changes

Disorientation

Poor Judgement

Difficulty Performing
Familiar Tasks



COMMON SYMPTOMS OF DEMENTIA

Learn More about Common Symptoms of Dementia at [LifeStyleOptions.com](http://www.lifestyleoptions.com):
<http://www.lifestyleoptions.com/resources/caring-for-dementia.aspx>

Symptoms

- everyone experiences different symptoms at different times
- Memory loss:
 - problems recalling things that happened recently (although some people easily remember things from a long time ago)
 - repeating themselves (such as asking the same question over and over)
- Difficulty thinking things through and planning:
 - problems concentrating, following a series of steps, grasping new ideas or solving problems
 - struggling with familiar daily tasks, such as following a recipe or using a debit or credit card

Symptoms

- Problems communicating:
 - difficulty finding the right word
 - struggling to follow a conversation or misinterpreting things
- Being confused about time or place:
 - losing track of what time, date or season it is
 - not knowing where they are, even in a place they know well.

Symptoms

- Sight and visual difficulties:
 - difficulty judging distances (e.g. on stairs,)
 - misinterpreting patterns
 - or reflections in mirrors
- Mood changes or difficulties controlling emotions:
 - becoming unusually sad, frightened, angry or easily upset
 - losing interest in things and becoming withdrawn
 - lacking self-confidence

Early Signs of Dementia	Normal Aging
Forgetting the names of people close to them	Forgetting the names of people they rarely see
Forgetting things more often than they used to	Briefly forgetting part of an experience
Repeating phrases or stories in the same conversation	Not putting things away properly
Unpredictable mood changes	Mood changes in response to an appropriate cause
Decreased interest in activities & difficulty making choices	Changes in their interests

Treatment

- Drug therapy
 - To reduce symptoms
 - To slow progression
- Talking therapies
 - Counselling
 - Psychotherapy
 - CBT
- Cognitive stimulation therapy
- Life story and reminiscence work
- Complementary therapies
 - Massage
 - Light box therapy
 - Aromatherapy



Care considerations

Strange places/people/noises can be frightening and disorientating

So:

Use simple language

Be prepared to repeat yourself

Don't forget body language

Allow/encourage familiar items, such as blankets, pictures, clock, smells.

Care considerations

Ask for a 'this is me' booklet

what the person likes to be called

their normal routine

any difficulties with communication

Food likes/dislikes

Pain/symptoms

Cultural/religious needs

Sleeping patterns

What helps – i.e. how to help to relax when agitated

Improve patient wellbeing & orientation with clear high-contrast signage



Dementia Friendly Environment



- Visual orientation
- Good lighting
- Reduced risk
- Assistive technology
- Socially engaging
- Neither over nor under stimulating

Pets

Benefits for those with Dementia

- Alzheimer's patients suffer less stress and have fewer anxious outbursts if there is a pet in the home.
- Pets can help ease the stress of caregivers.
- Pets can provide a source of positive, nonverbal communication.



Patients at home

- **ADL**

- Washing
- Cooking
- Food and nutrition
- hygiene

Safety

- Cooker
- Getting lost
- Letting strangers in the home



In Care Homes

As per own home BUT

- Unfamiliar surroundings
- Unfamiliar staff



In Hospital

As for home/care home and

- Secondary issues/reason for admission
 - How does this impact on dementia
 - i.e. pain, confusion from infection
- Poor short term memory
 - Need reminders
 - Re-directing to bed space
 - Reminding where toilet/washing areas are
 - Assistance with hydration and nutrition
 - Pressure area care
 - Hygiene needs

Infection risks

- Urinary tract infections
 - Infected skin lesions/sores
 - Scabies
 - Norovirus
 - MRSA
-
- Bugs don't know/care that the patient has dementia

Infection control considerations

As per every patient

However risk assessment and adaptations often needed

door open even if isolated

may require more frequent checks

if patient wandering, consider safety

environmental hygiene

hand hygiene

personal hygiene

Resources

- Use expertise of others
 - Family
 - Carers
 - Dementia friends/specialist nurses

 - MH Trust

 - Dementia charities

“Those with dementia are still people and they still have stories and they still have character and they are all individuals and they are all unique. And they just need to be interacted with on a human level.”

- Carey Mulligan

Thank you