Cal MediConnect 2017

Dementia Awareness
Overview of Dementia Training

- Definition
- Diagnosis of Dementia
  - Signs and Symptoms
  - Risk Factors
- Stages of Dementia
- Types of Dementia:
  - Reversible/Irreversible
  - Alzheimer’s Dementia: 10 Warning Signs
- Dementia Assessment Tools
- Impact of Disease Progression
- Care Management of Members & Caregivers Dealing With Dementia
- L.A. Care and Other Support Services
Alzheimer’s Dementia (AD)

AD is under-recognized by providers and as such, the clinical record may not reflect an AD diagnosis code:

- Only 50% of patients receive formal diagnosis
- Millions are unaware they have dementia.
- Lack of documented diagnosis in medical records
  - AD diagnosis may be delayed up to 10 years from early onset of symptoms
  - Significant impairment in function may occur by the time AD is recognized or documented
- Poor timing: diagnosis frequently occurs at times of crisis, hospitalization, failure to thrive, or urgent need for institutionalization

*Alzheimer’s disease (AD) is the most common form of dementia*
Signs and Symptoms

- Poor judgment/problem solving
- Changes in sleep and appetite
- Mood/personality/behavior changes
- Wandering
- Deterioration of self care, hygiene
- Difficulty performing familiar tasks, functional decline
- Memory loss/confusion
- Disorientation to time or place
- Getting lost in familiar locations
- Impairment in speech/language
- Trouble with time/sequence relationships
- Diminished insight
Risk Factors & Stages of AD

**Risk Factors**

- **Age**
  - >65 greater likelihood
  - After age 85; 50% increased risk

- **Family History**

- **Genetic**
  - APOE-e3 gene; may be a factor in 20-25% of cases

**Stages of Dementia**

1. No impairment
2. Very mild decline
3. Mild decline
4. Moderate decline
5. Moderately severe decline
6. Severe decline
7. Very severe decline

**Myth:** Aluminum
Types of Dementia:

Reversible Dementia

- Delirium
- Toxic Drug Reactions
- Vitamin B12 Deficiency
- Hydrocephalus
- Subdural Hematomas
- Hypo-or Hyperthyroidism
- Alcoholism

Irreversible Dementia

- Alzheimer’s
- Vascular
- Degenerative
- Frontotemporal Lobar Degeneration
- Parkinson’s Disease
- Huntington’s Disease

Alzheimer’s Dementia

- Most common type of dementia
- Accounts for 60-80% of cases
- Brain changes
  - Deposits of protein beta-amyloid (plaques)
  - Twisted strands of the protein tau (tangles)
  - Evidence of nerve cell damage and death
    - Insidious and progressive course
    - Must exclude other causes/possible diagnoses
10 warning signs of Alzheimer’s Dementia

**1 Memory loss that disrupts daily life**
- One of the most common signs of Alzheimer's is “recent” memory loss
- Other signs include forgetting:
  - Important dates or events
  - Asking for the same information over and over
- Increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things that were manageable.
- **Typical age-related change:** Forgetting names or appointments, but remembering them later.

**2 Challenges in planning or solving problems**
- Some people may experience changes in their ability to develop and follow a plan or work with numbers.
- Some may have trouble following a familiar recipe or keeping track of monthly bills.
- Some may have difficulty concentrating and take much longer to do things than they did before.
- **Typical age-related change:** Making occasional errors when balancing a checkbook.
10 warning signs of Alzheimer's continued:

3 Difficulty completing familiar tasks at home, at work or at leisure
- People with Alzheimer's often find it hard to complete daily tasks.
- They may have trouble driving to a familiar location.
- Managing a budget at work.
- Remembering the rules of a favorite game.
- **Typical age-related change:** Occasionally needing help to use the settings on a microwave or to record a television show.

4 Confusion with time or place
- People with Alzheimer's can lose track of dates, seasons and the passage of time.
- They may have trouble understanding something if it is not happening immediately.
- Sometimes they may forget where they are or how they got there.
- **Typical age-related change:** Getting confused about the day of the week but figuring it out later.
Alzheimer’s Dementia

10 warning signs of Alzheimer's: continued

5. **Trouble understanding visual images and spatial relationships**
   - For some people, having vision problems is a sign of Alzheimer's.
   - They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.
   - **Typical age-related change:** Vision changes related to cataracts.

6. **New problems with words in speaking or writing**
   - People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves.
   - They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").
   - **Typical age-related change:** Sometimes having trouble finding the right word.
Alzheimer’s Dementia

10 warning signs of Alzheimer's continued

7 Misplacing things and losing the ability to retrace steps

✓ A person with Alzheimer's disease may put things in unusual places.
✓ They may lose things and be unable to re-trace their steps to find them again.
✓ Sometimes, they may accuse others of stealing. This may occur more frequently over time.

❖ Typical age-related change: Misplacing things from time to time and retracing steps to find them.

8 Decreased or poor judgment

✓ People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers.
✓ They may pay less attention to grooming or keeping themselves clean.

❖ Typical age-related change: Making a bad decision once in a while.
Withdrawal from work or social activities

- A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports.
- They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby.
- They may also avoid being social because of the changes they have experienced.

Typical age-related change:
Sometimes feeling weary of work, family and social obligations.

Changes in mood and personality

- The mood and personalities of people with Alzheimer's can change.
- They can become confused, suspicious, depressed, fearful or anxious.
- They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

Typical age-related change:
Developing very specific ways of doing things and becoming irritable when a routine is disrupted.
Dementia Diagnostic Tools & Progression

- **Medical History and Physical (H & P) that can include:**
  - **Physical/Neurological exam** by primary care/neurology (to exclude reversible & irreversible dementias)
  - **Brain Imaging (May requires Authorization)**
    - MRI, for exclusion
    - PET scan, fMRI, perfusion MRI and SPECT-may reveal hypo perfusion of hippocampus and other areas of brain
    - Amyloid PET (Negative scan makes Alzheimer’s unlikely)

- **MMSE = Mini-Mental Status Exam** (standardized)
  - Maximum score of 30
  - 20-26, **mild** dementia, some functional dependency
  - 10-20, **moderate** dementia, more immediate dependency
  - <10, **severe** dementia, often total dependence and need for constant supervision

- Dementia Progression is not always linear and may occur as:
  - MMSE may decrease 3-5 points yearly
  - A small percentage of patients (<10%) have greater decline
  - Survival after diagnosis is 3-8 years due to advanced debilitation through malnutrition, dehydration and infection

- **Other Tools** that are used:
  - **Complex Care Case Management (CCM) Assessment of Cognitive status using:**
    - AD8
    - PH-Q2
    - PH-Q9
Memory Impairment

Memory impairment is an essential feature of dementia. The earliest manifestation is episodic memory loss that starts with the loss of memory of facts and events, particularly specific events and their contexts.

Episodic Memory

- Immediate recall
- Memory of recent events
- Memory of distant events
## Functional Impact of Dementia: Memory Impairment

<table>
<thead>
<tr>
<th>Early Changes</th>
<th>Late Changes</th>
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<tbody>
<tr>
<td>• Confusion</td>
<td>• Increased anger or hostility</td>
</tr>
<tr>
<td>• Difficulty with language</td>
<td>• Aggressive or very passive behavior</td>
</tr>
<tr>
<td>• Difficulty with concentration</td>
<td>• Hallucinations or delusions</td>
</tr>
<tr>
<td>• Difficulty with complex tasks</td>
<td>• Disorientation</td>
</tr>
<tr>
<td>• Lost in familiar places (wandering)</td>
<td>• Requiring help with basic tasks</td>
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<tr>
<td>• Sleep problems</td>
<td>• Incontinence</td>
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<td>• Anorexia</td>
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**Care Management of Dementia**

- Treatment of dementia may involve medications such as:
  - Cholinesterase inhibitors: Aricept, Exelon, Cognex…etc.
  - NMDA receptor antagonists: Namenda
- Care Management of dementia involve:
  - Care coordination with primary care physician (PCP) and specialists
  - Physical/Occupational therapy
  - Durable Medical Equipment (cane, walker, incontinence supplies, etc.)
  - Caregiver assessment support (see next slide)
  - Patient supervision for safety
  - Long term care
Assessment of Dementia and Caregiver

• It is important to follow the policy and procedure (P&P) for assessment of dementia patients using AD 8 to assess cognitive status and dementia progression
• If AD8 score is ≥ 4, cognitive capacity may be compromised
• It is important to anticipate potential further decline & focus on assessing for potential caregiver’s burnout
• Coordinate care with Primary care (PCP)
• Refer patient/member & caregiver for further support (next slide)

• Caregiver assessment:
  • Use the Benjamin Rose Institute Caregiver Strain Instrument for assessing the caregiver’s capacity or potential burnout to support the patient/member

• Refer the Care-giver to community resources as well as to alzgla.org 844-HELP-ALZ for additional support services and caregiver training
Tips for Caregivers

Symptom

• May hit or yell

• Fear of Bathing

• Wandering/Getting Lost

• Repeat storytelling or questions

• Sundowning (confusion/nervousness with sunsets)

Tip for Caregiver

• Keep it simple & use minimal words, create comforting surroundings, & keep sharps or harmful items away

• Allow time, be positive, do not overfill the tub, be realistic re: frequency of bathing

• “Child-proof” the house (locks on doors & gates); place bells/chimes on door knobs, & use comforting measures

• Accept the behavior, avoid continual change of place, people, or patterns

• Adhere to mealtime routine, take walks & avoid tea/coffee to use up energy; & use memory books (comforting)
We are a Team!
Support Services at L.A. Care Health Plan

L.A. Care Case Management
• Engage, educate and support patients and caregivers
• Start processes for Long Term Services and Supports (LTSS) care coordination

L.A. Care Managed Long Term Services and Supports (MLTSS)
• In-Home Supportive Services (IHSS) (Back to the State in 2018 for ongoing management)
• Community-based Adult Services (CBAS)
• Long Term Care SNF (LTC)
• Multipurpose Senior Services Program (MSSP)
• Care Plan Options (CPO) – CMC only
• Home and Community Based Services (HCBS)

Alzheimer’s Association website and organization (alzgla.org)