

Dementia Types: Comprehensive Overview



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Authored by: “Andi” L. Chapman RN, CDP, CADDCT, EPECT

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Important note:

I am not a doctor or a therapist. Any professional help sought should be from a licensed healthcare professional with training in emotional disorders and suicide prevention.



Fast Facts

- #1 diagnosis in older persons is dementia and Alzheimer's
- 2011 began the baby-boomer explosion and continues with 10,000 "Boomer" turn 65 nearly every day
- STAGGERING COSTS! \$360 billion!
- 5th leading cause of death in the USA for 65+
- Nearly 2/3 of all diagnosed are women
- 80% of residents in SNF and ALF's have dementia of some form (and pain)
- One of the top 10 causes of death that cannot be prevented, cured, or slowed.

Life expectancy of one living with dementia's

- Age
- Type of dementia
- Diagnosis severity
- General health
- Level of function
- sex
- MANY variables
- Each has a different pattern
- As symptoms worsen, longevity decreases
- Lifestyle is HUGE!
- How much can you do for yourself?
- Worse for women

An
EXCELLENT
history will
be critical to
care

- An existing physical illness
 - An existing sensory loss or weakness
 - A history of mental illness
 - A history of PTSD or trauma in their lives
 - History of herpes and/or shingles
-
- ALL this is important to know!



Important to note, you
are NOT just bringing on
a patient/resident or
client.... You ARE
bringing on a FAMILY!





35

19

Who gets this?

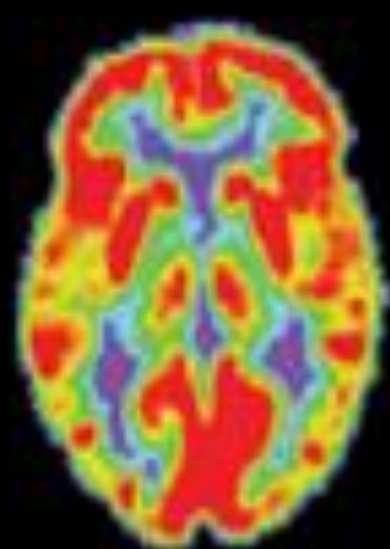
82

65

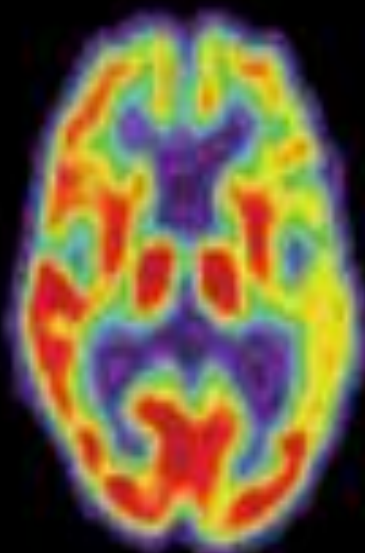
- Alzheimer's
- Vascular dementia
- Lewy body dementia
- Parkinson's
- Frontotemporal
- Creutzfeldt-Jakob
- Wernicke-Korsakoff
- Mixed dementia
- Normal pressure hydrocephalus
- Huntington's disease
- Other causes (Delirium / Downs Syndrome)

DELIRIUM vs DEMENTIA

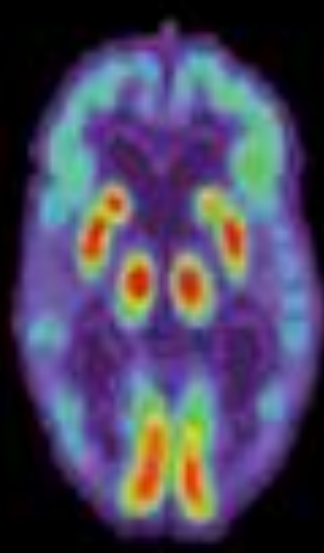
	DELIRIUM	DEMENTIA
ONSET	Acute	Insidious (months to years); may be abrupt in stroke/trauma
VITAL SIGNS	Typically, abnormal (fever, tachycardia)	Normal
COURSE	Rapid, Fluctuating	Progressive
DURATION	Hours to weeks	Months to years
CONSCIOUSNESS	Altered	Usually clear
ATTENTION	Impaired	Normal except in severe dementia
ALERTNESS	Impaired	Normal
BEHAVIOR	Usually agitated, withdrawn, or depressed; or combination	Intact early
SPEECH	Incoherent; rapid/slowed	Problems in finding words
PSYCHOMOTOR CHANGES	Increased or decreased	Often normal
REVERSIBILITY	Usually	Irreversible



Normal

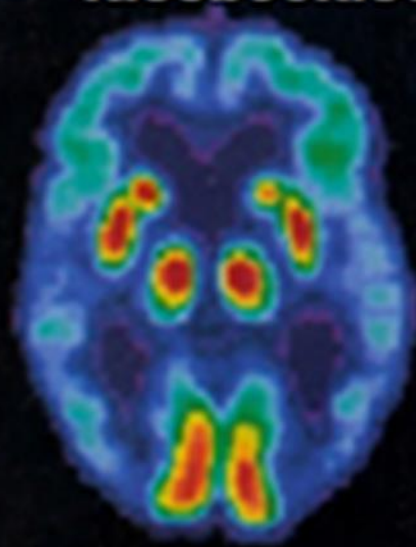


Early AD

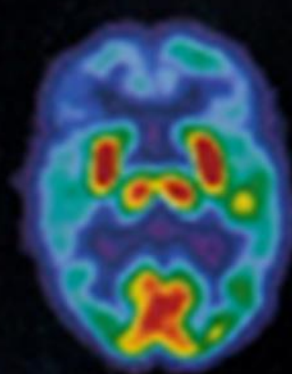


Advanced

facebook.com/DementiaTraining



Late Alzheimer's Brain



Normal Infant's Brain

Common “behaviors” in Dementia’s



- Aggressiveness
- Anger
- Anxiety
- Confusion / Hallucinations
- Hoarding
- Sadness or depression
- Sexuality
- SUNDOWNER’S

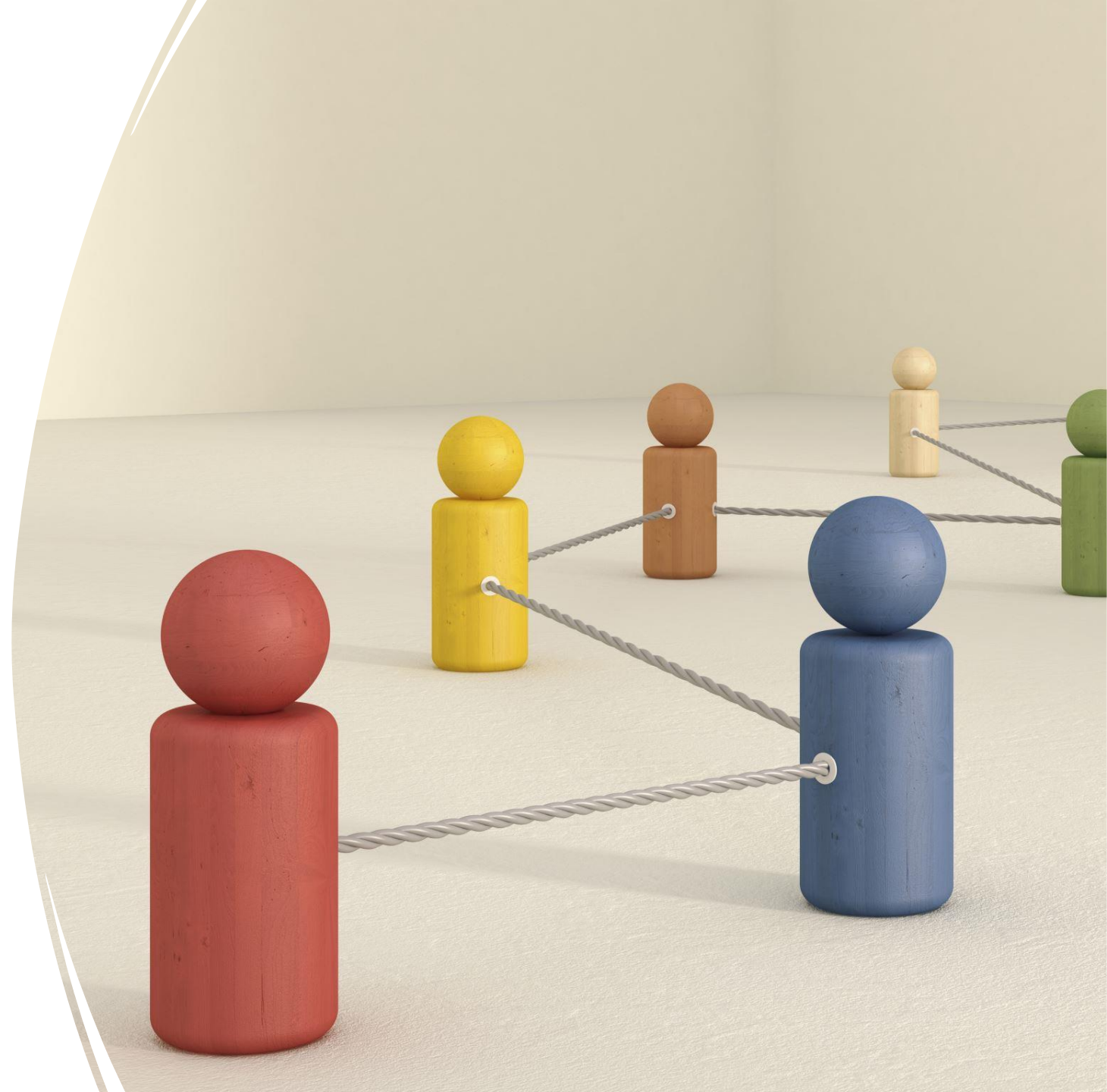
ACTIVITIES HELP MEET HUMAN NEEDS: Maslow's Hierarchy of Needs



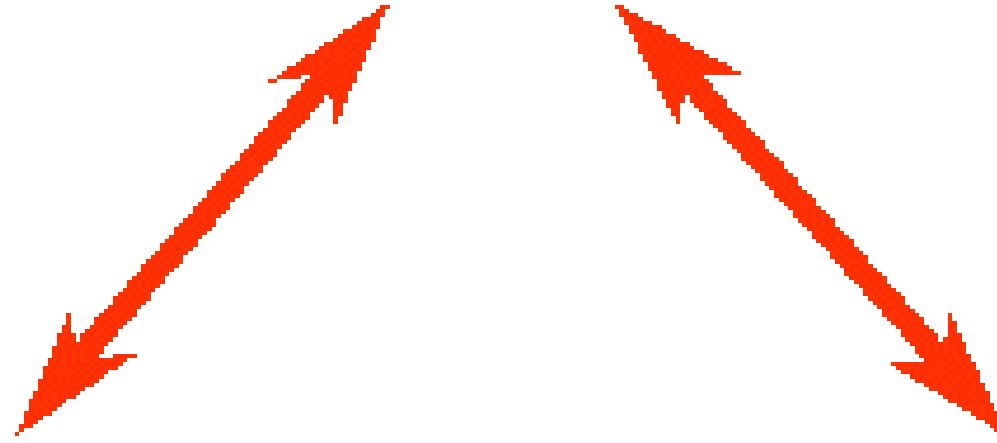
What we want, so does a person with cognitive challenges. They just might not be able to tell you.

Effects of sensory changes or deficits

- **Barriers during communication and care**
 - **Misinformation**
 - **Confusion**
 - **Wrong assumptions**
- **Reduced independence**
- **Isolation**



BEHAVIOR



**PERSONAL
FACTORS**

**(Cognitive, affective,
and biological events)**

**ENVIRONMENTAL
FACTORS**

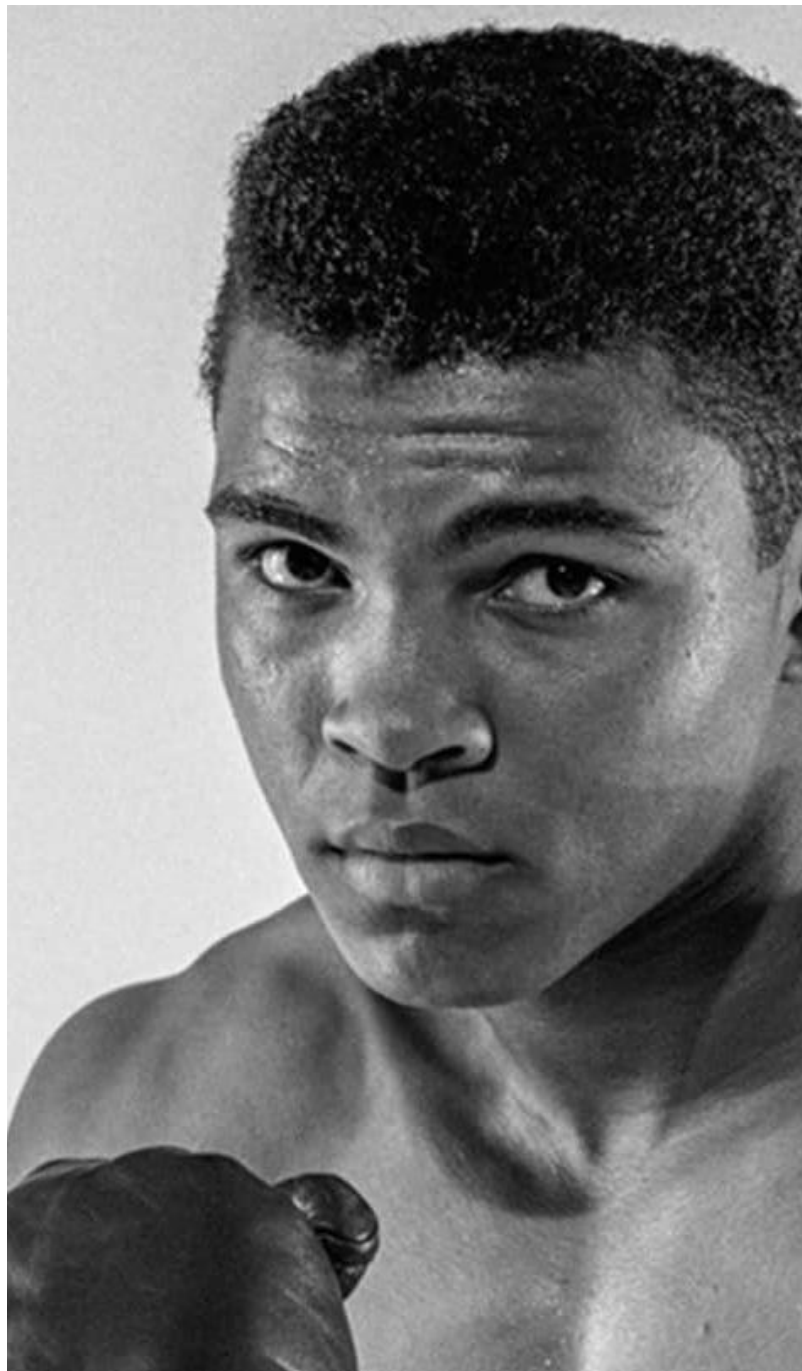
Noise -

30 days to settle into new residence

Assess for pain

- Change in their usual activity
- Look at their non-verbal cues – guarding, restless, posture
- Moaning or crying
- Combative or resisting care
- Increased wandering
- Sleeping or eating issues





Defining Dementia:

- Dementia is **NOT** a disease
- Dementia – **IS** a symptom
- Dementia is a loss of mental function in more than 2 areas that affect daily life.
 - Language, judgment, memory, spatial and/or visual abilities, struggling to follow a tv program
- Is reversible in some cases (pseudo-dementia) **and also,**
- non-reversible



Alzheimer's #1 and holding!

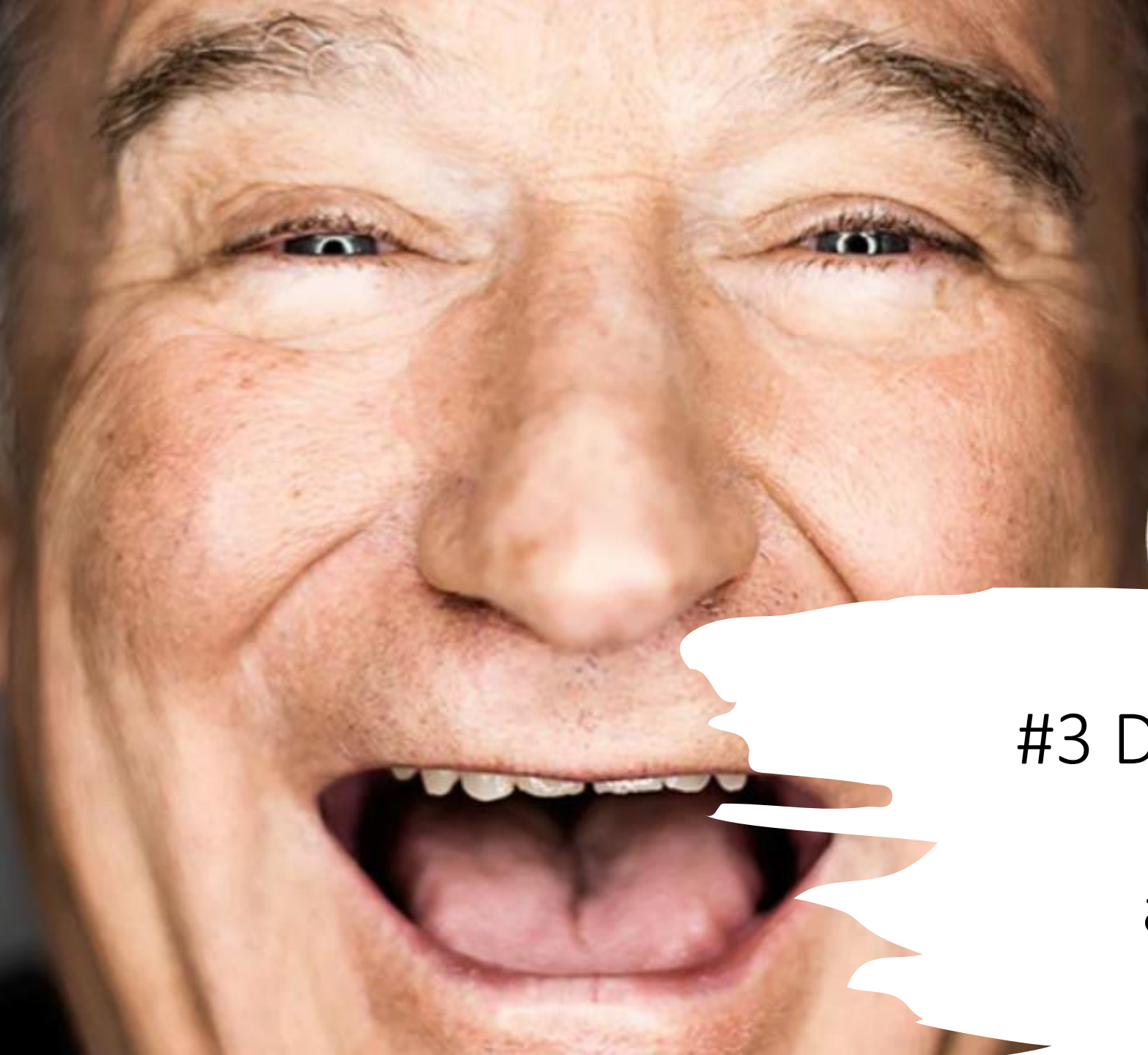
- Non-reversible
- From diagnosis to death may be 7 to 20 years
- Takes toll of patient, family, and caregivers
- Over 15 million unpaid caregivers providing 7.7 billion hours of care
- Drs classify as Possible; Probable; Alzheimer's
- Cognitive tests describe 7 stages
- 3 main presentations (1st 2nd End)



Vascular Dementia #2

Comparing Alzheimer's to Vascular

Aspect	Alzheimer's Disease	Vascular Dementia
Early	Memory loss, disorientation, confusion	Impaired judgment, planning difficulties, attention issues
Middle	Increased memory loss, language difficulties, mood swings	Worsening cognitive impairments, increasing confusion
Late	Severe memory loss, physical decline, inability to communicate	Severe cognitive and physical decline, abrupt worsening after strokes



#3 Dementia with Lewy Bodies and Parkinson's

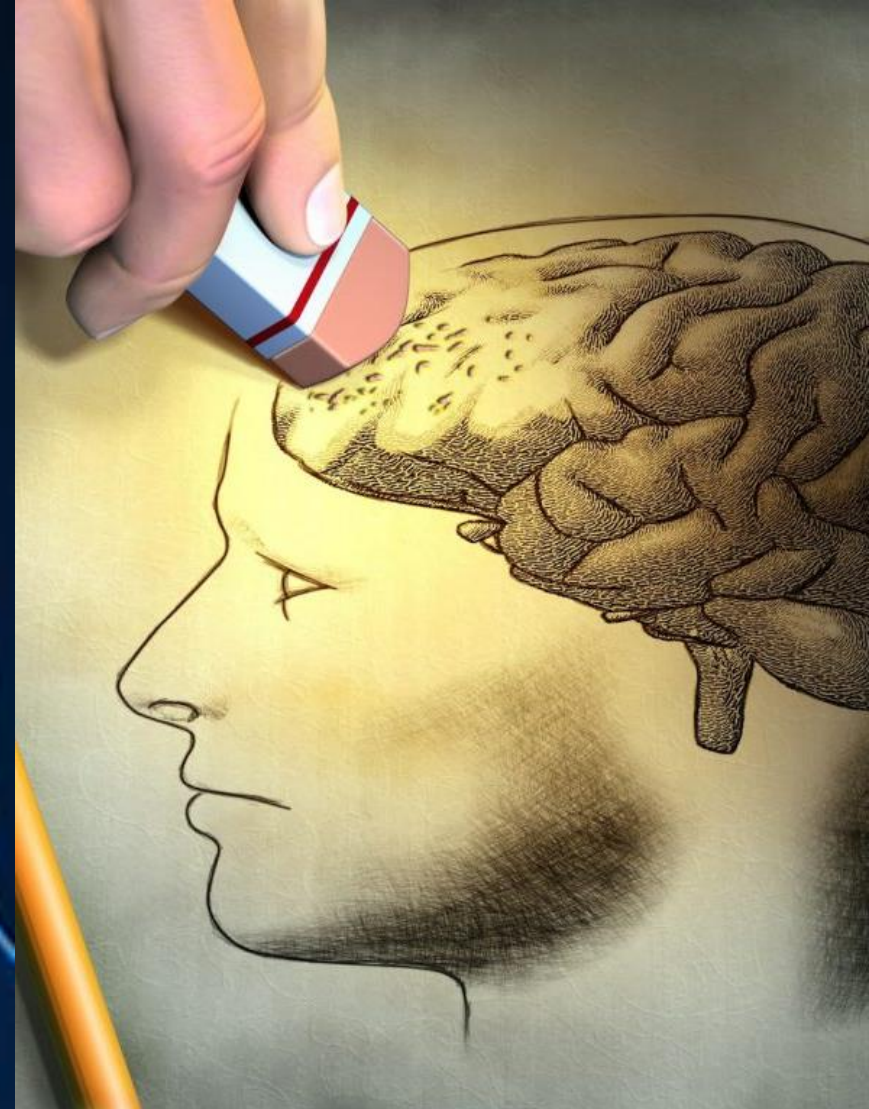
Behaviors and symptoms of Parkinson's Disease

- Psychosis
- Anxiety & depression
- Personality changes
- Compulsive sexual preoccupation
- Drinking / excessive gambling
- Hoarding
- Impulsive



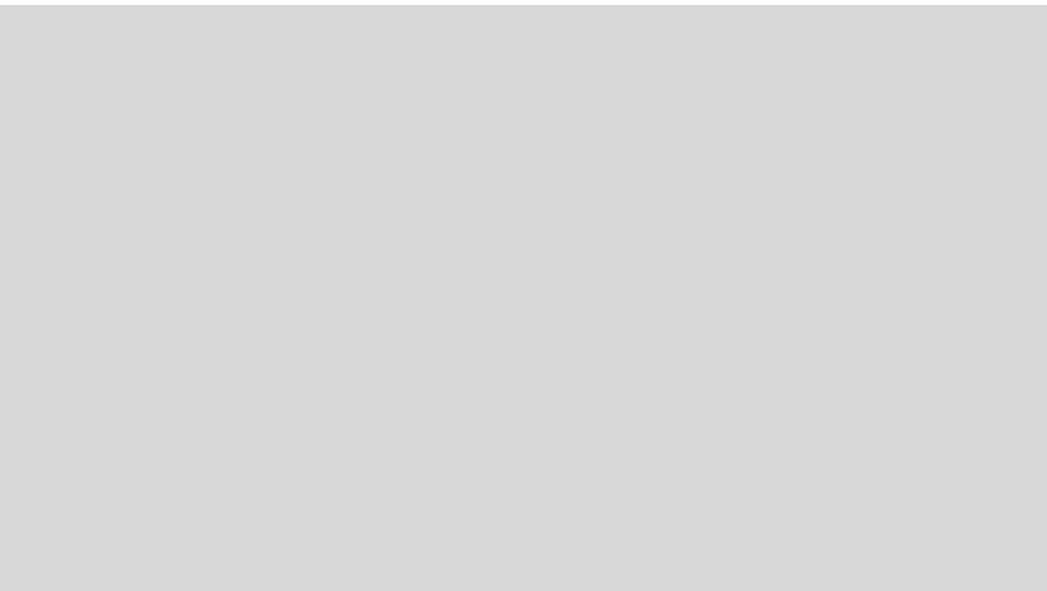
Latest
Parkinson's
information!

- Trichloroethylene (TCE)
- Banned in Europe but used in 48 states in USA
- Miami Heat star:
Brian Gant 36
Michael J. Fox 29



#4

Frontotemporal Dementia FTD



Because Frontotemporal is so unusual...

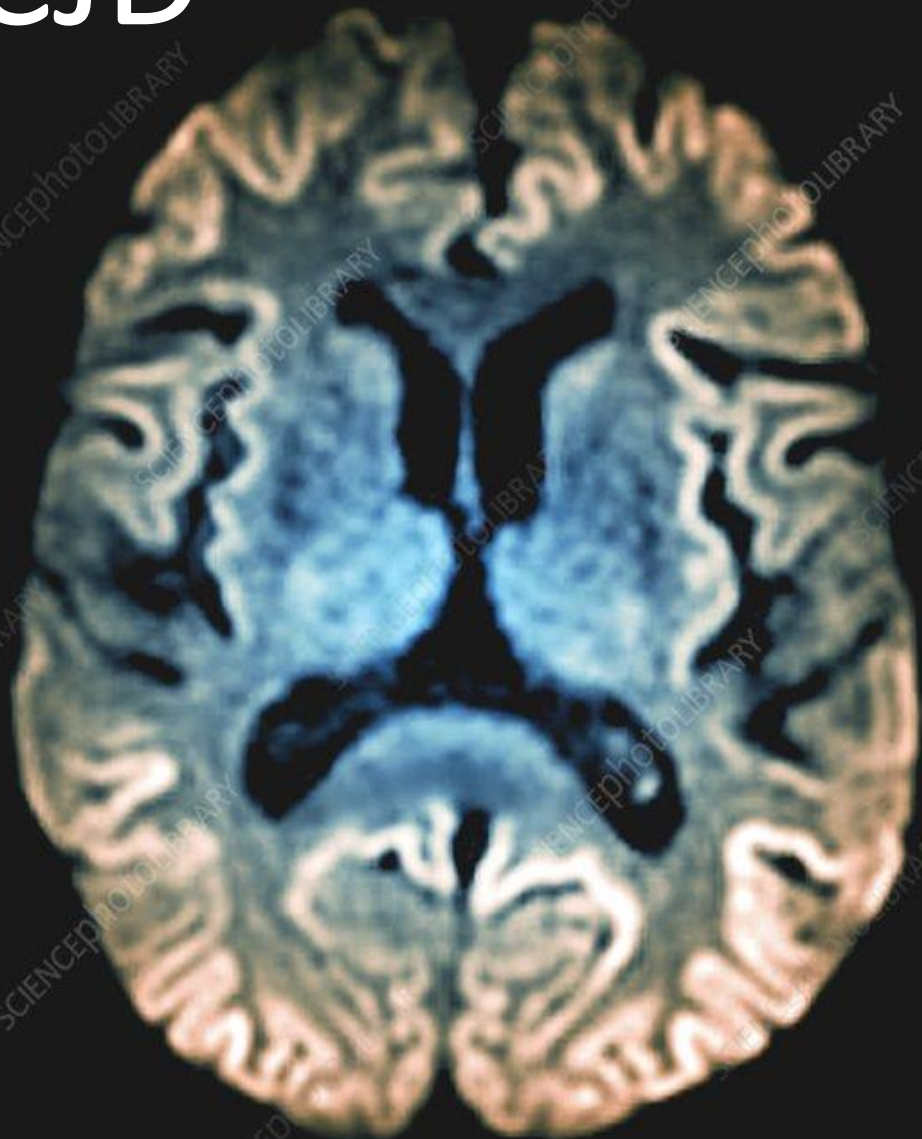
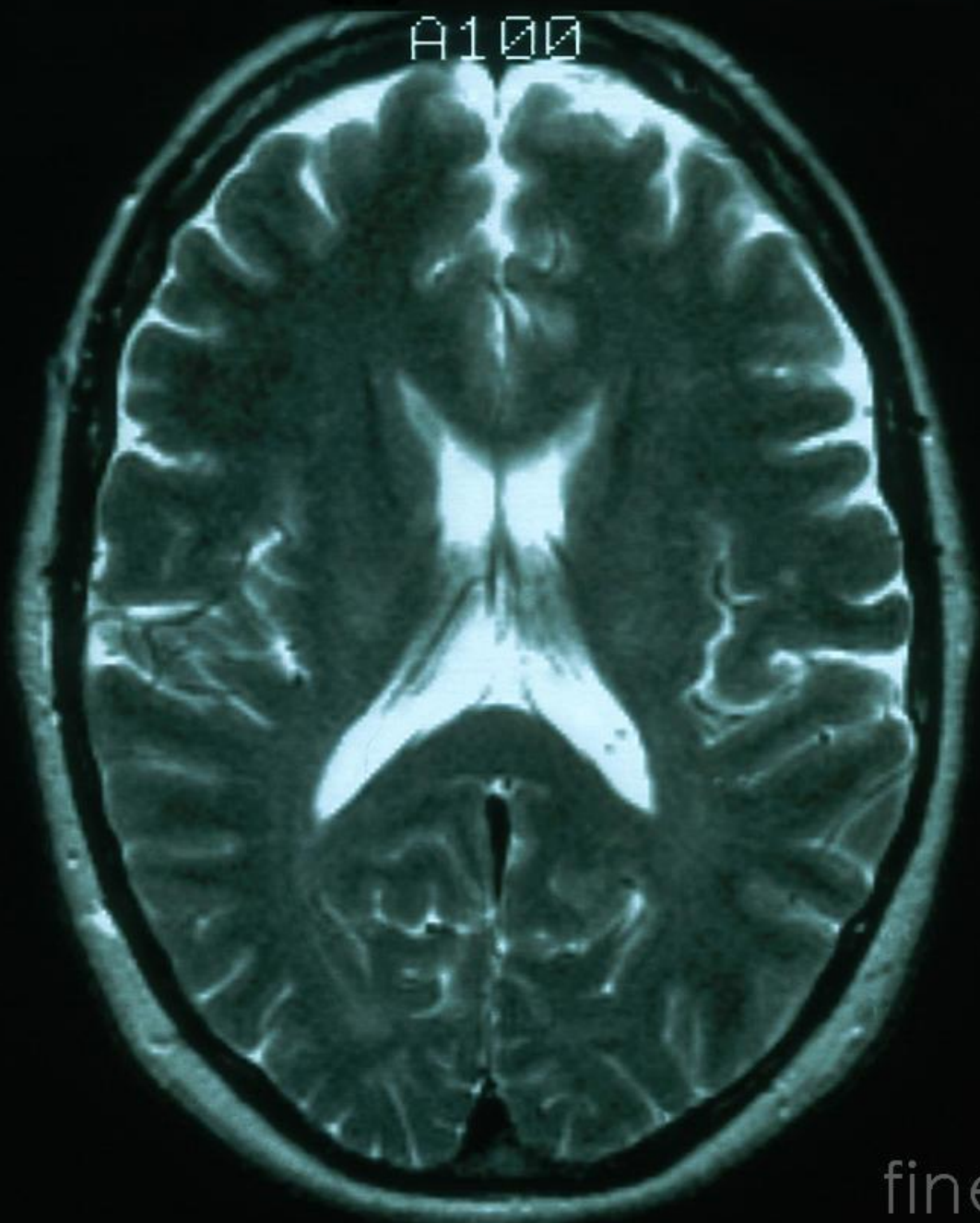


- Caregiver burden increased without understanding
- May appear as depression or psychiatric illness so it is often misdiagnosed.
- Disorganized thinking while maintaining normal memory in the early stages
- May be thought of as substance abuse
- Financial toll on families – hiding errors

<https://loveisoutthereftd.org>

#5 CJD

KURU



fineart
america

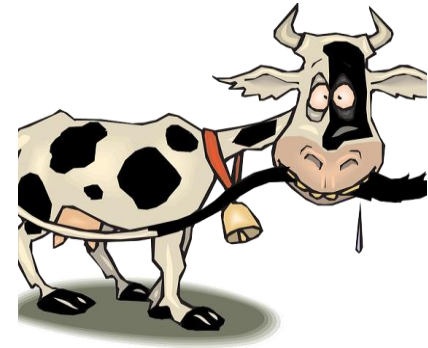
Types of CJD



Sporadic : the most common but how the prion spreads is a mystery



Familial: inherited gene changes that generate the prion protein



Acquired: Exposure through the consumption of infected meat

#6

Alcohol
Use

AKA

Wernicke
Korsakoff
Syndrome

- memory (especially your ability to form new long-term memories)
- focus and concentration
- problem-solving and planning
- goal-setting
- decision-making
- organization
- motivation
- emotional control
- physical balance, even when not drinking

Moderate Drinker

Alcoholic



Frontal Cortex



Axial magnetic resonance images from a healthy 57-year-old man (left)

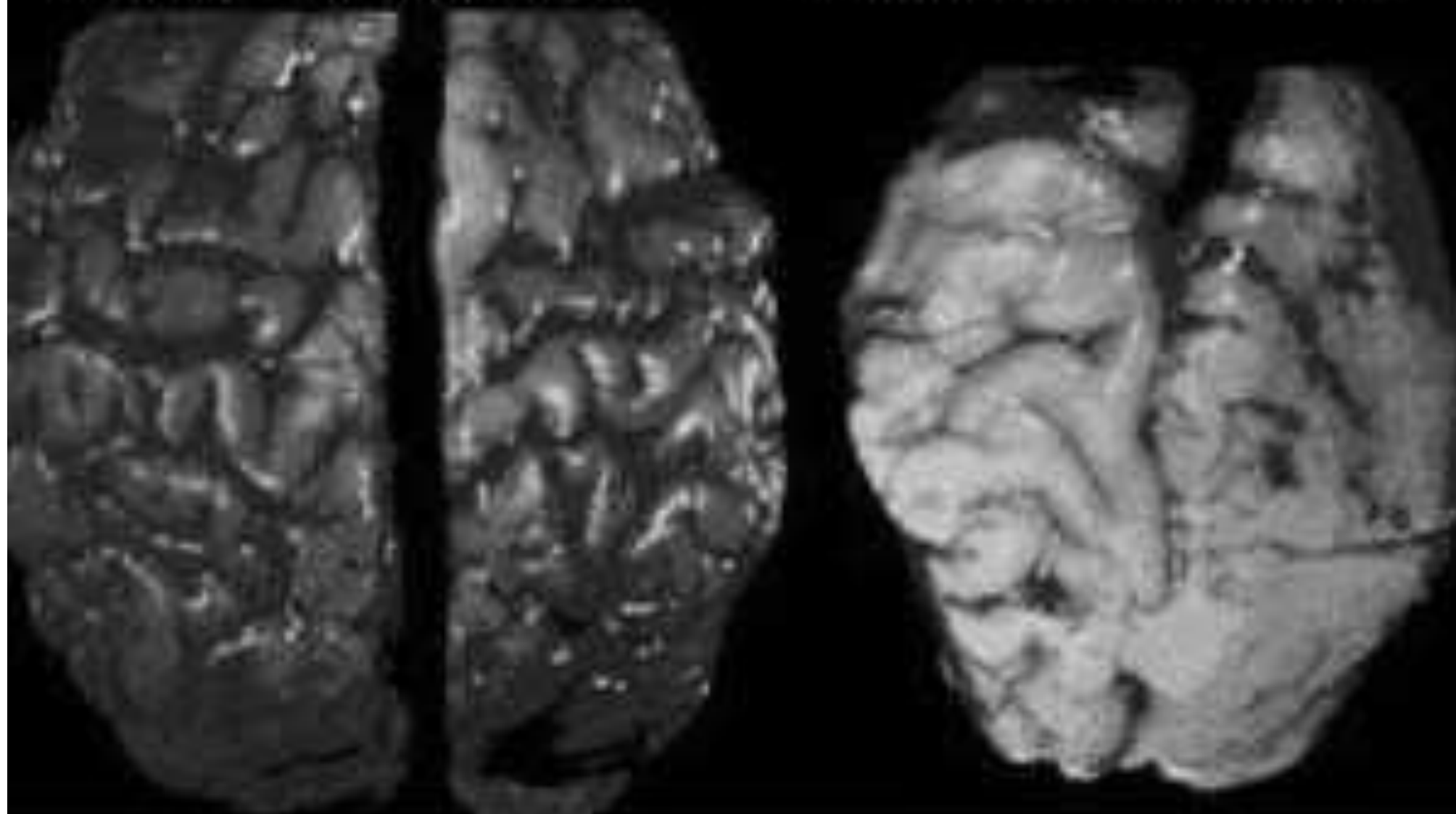
Treatment Wernicke-Korsakoff Syndrome

- B-1 given either by IV or by mouth
- Balanced diet to keep B-1 up
- Treat alcoholism!

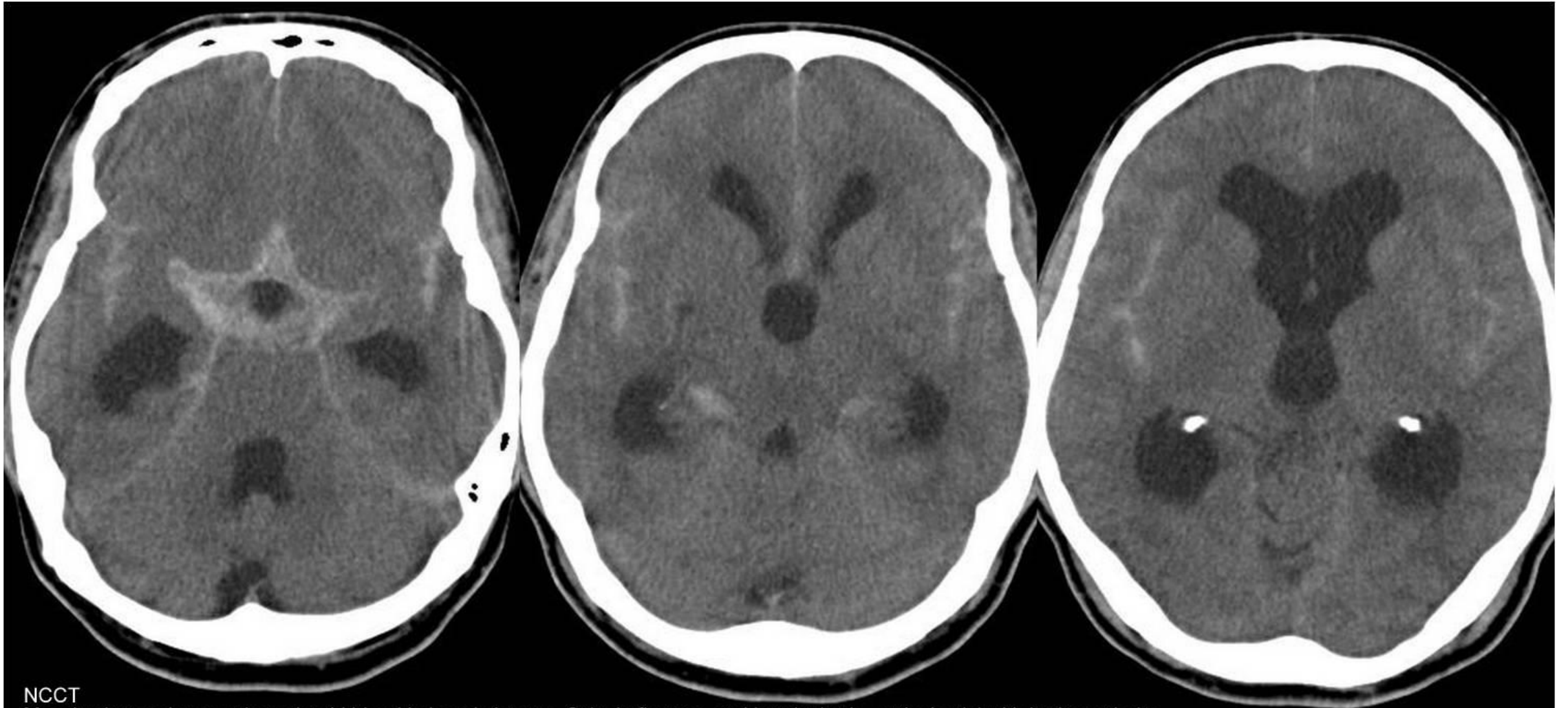


Brain of normal baby

Brain of baby with FAS



#7 Hydrocephalus



NCCT
Massive hyper dense subarachnoid bleed in basal cisterns, Sylvain fissures and hemispheric cortical sulci with hydrocephalus

#8 Mixed Dementia


Alzheimer's

Vascular Dementia

Dementia with Lewy Bodies

#9
TBI





#10 Downs Syndrome

Why is this included?

Because with Downs Syndrome.....

10-20 fold
increase in
developing
leukemia

Hearing loss
75%

Heart defects
50%

Infections
50-75%

Vision issues
50%

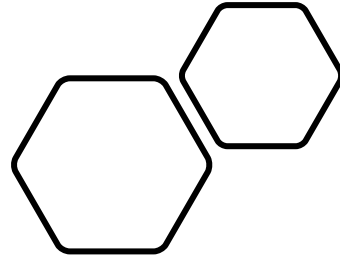
Thyroid
issues

Sleep disturbances
Sleep apnea 50-
75%

Psych disorders
and

**ALZHEIMER'S
DISEASE**

Just like
anyone else
with a
cognitive
disorder



- **They get:**
 - Sick
 - Have pain
 - Need companionship
 - Need kindness
 - Because they are alive!

A scenic view of a mountain range at sunset or sunrise. The sky is a mix of orange, yellow, and light blue. In the foreground, a dark, jagged mountain peak is visible on the left. A large, dark grey banner is overlaid across the middle of the image, containing the text "Know thyself." in white, sans-serif font.

Know thyself.

Socrates

© outpoker



What do you know about yourself when you feel.....

Put your mask on first!

Through education

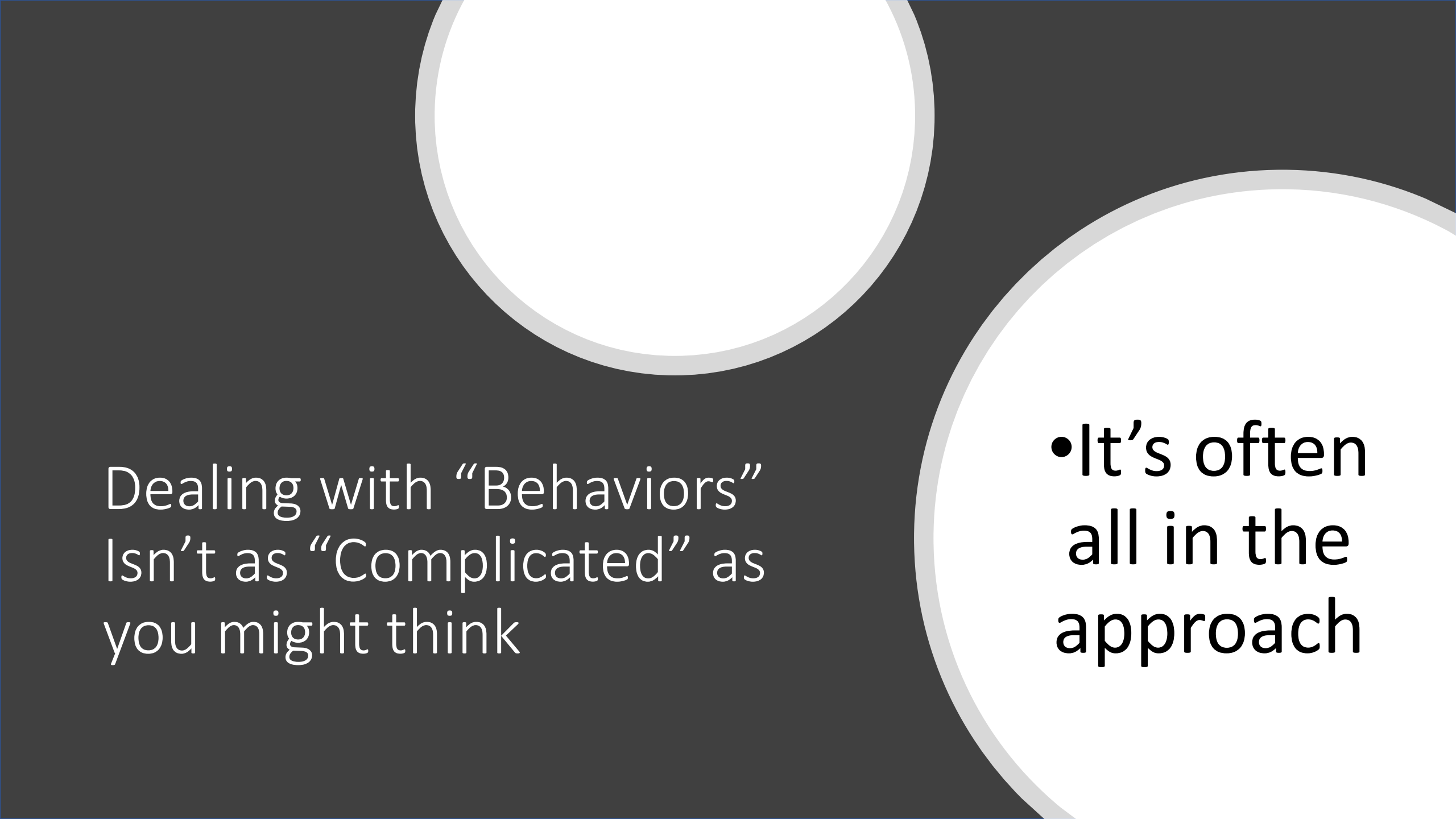
Preparation by
having
conversation

Patient Advocate
form / Preferences
known

Encourage activity
and prepare for
the “darkening
days” (service dog)

Understand what
your mind and
body are saying in
times of stress

Don't be afraid of
failure –
Fear regret!

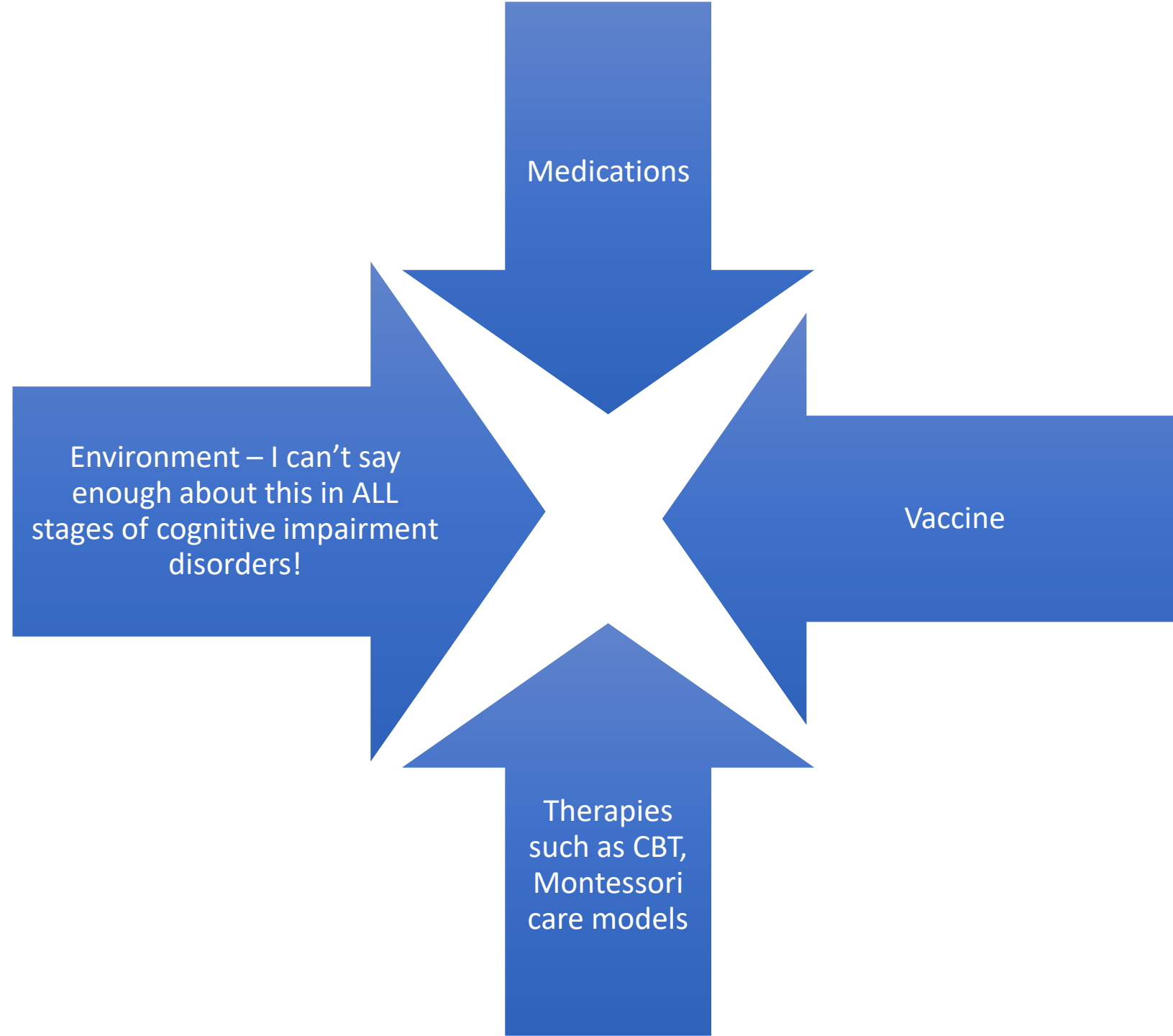


Dealing with “Behaviors”
Isn’t as “Complicated” as
you might think

- It’s often
all in the
approach

Where is science going?

Despite many promising leads, new treatments for Alzheimer's are slow to emerge.





Hydrogen sulfide AP39

Oh, how mitochondria love it!

Neuroscience News. Com 1/12/21

When considering alternative treatments, ask....

Who is this for? Who was it tested on?

What are the side effects? Do these outweigh the treatment? Can it worsen another condition?

Will this treatment change the outcome?

Cost? \$56,000.00 a year. Acucanunab
Be realistic!

Time and ability to perform the treatment.



Who reported the
research or
treatment?

As a healthcare community we should:

1

Expand
support –
coordinate
services

2

Improve early
detection

3

Plan for
educating the
public –
Dementia Safe
Communities

Common Causes of Behaviors

	Medication Side Effects	Environment (Glare, Temperature, etc.)	Vision or Hearing Challenges	Background Noise	Pain	Change in Routine or Environment	Menopause	Dehydration	Prostate Problems	Anxiety or Depression	Infections or other medical Causes	Hypohydrdium
Reduced short term memory	X		X	X	X	X	X	X		X	X	X
Loss of long term memory	X										X	
Confusion on tasks	X	X	X	X		X	X	X		X	X	X
Confusion on place	X	X	X	X		X	X	X		X	X	X
Confusion on date	X	X	X	X		X	X	X		X	X	X
Increase in general confusion	X	X	X	X		X	X	X		X	X	X
Reduced ability to eat	X				X						X	X
Loss of appetite	X	X	X	X	X	X	X	X		X	X	X
Difficulty swallowing	X				X						X	
Change in general behavior	X	X	X	X	X	X	X	X	X	X	X	X
Mood swings	X			X	X	X	X	X		X	X	
Aggression	X		X	X	X	X	X	X	X	X	X	
Passive	X		X	X	X	X	X	X	X	X	X	
Reduced alertness	X	X	X		X	X					X	X
Reduced coordination	X		X		X						X	X
Lack of movement	X				X			X			X	
Slow responsiveness	X		X		X	X		X		X	X	X
Loss of interest	X	X	X		X	X	X	X		X	X	X
Fatigue	X	X	X		X	X	X	X		X	X	X
Change in sleeping patterns	X	X			X	X	X	X	X	X	X	X
Change in urination	X								X		X	



Thank you for your time and attention

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“Andi” L. Chapman RN, CDP, CDS, EPECT, CADDCT, CMDCP