

2019/Q3 EDUCATIONAL CAMPAIGN

WHAT YOU NEED
TO KNOW

BEHAVIOURAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA

MediSystem™

Pharmacy

A SHOPPERS DRUG MART COMPANY



WHAT IS BPSD?

Behavioural and psychological symptoms of dementia (BPSD) define the assortment of symptoms and signs of “disturbed perception, thought content, mood or behaviour”⁴ related to dementia. Most patients with dementia will experience at least one BPSD during its course.

SYMPTOMS OF BPSD

Symptoms, ranging from mild to very severe, are common in long-term care (LTC) facilities and may include aggression, agitation, depression, anxiety, delusions and hallucinations, pacing, screaming, sexual or social disinhibition, wandering and apathy. Agitation may worsen in the evening (“sundowning”).

MANAGEMENT

Assessments should be completed when a resident presents symptoms of BPSD such as, delirium, pain, constipation, infection, paranoia, substance abuse or withdrawal, hearing/ vision problems, boredom, change of routine and adverse drug reactions, to rule out any other causes. .

Both pharmacologic and non-pharmacologic treatment are often required to manage the resident with BPSD.

Non-pharmacological treatment should be trialed first whenever possible. Each treatment implemented should be assessed for efficacy and evaluated to determine when no longer needed.

EXAMPLES OF NON-PHARMACOLOGICAL TREATMENT

- *schedule for bathing, meals, and medication pass times may need to be more flexible*
- *reassure and redirect – allow behaviours that are not problematic*
- *sensory stimulation, such as aromatherapy or music*

EXAMPLE OF PHARMACOLOGICAL TREATMENT

- *antipsychotics (e.g. risperidone, olanzapine, aripiprazole): monitoring is required for anticholinergic effects, sedation, orthostatic hypotension/falls, increased weight, extrapyramidal symptoms, infection, and QT-prolongation*
- *antidepressants (citalopram, escitalopram, sertraline, venlafaxine XR): monitoring is required for QT-prolongation and sodium depletion*
- *cognitive enhancers (donepezil, galantamine, rivastigmine, memantine)*

For more information on BPSD and deprescribing, please speak with your MediSystem pharmacist.

REFERENCES

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