

2019/Q3 EDUCATIONAL CAMPAIGN

WHAT YOU NEED  
TO KNOW

## BEHAVIOURAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA

**MediSystem**<sup>™</sup>  
Pharmacy  
A SHOPPERS DRUG MART COMPANY



## WHAT IS BPSD?

BPSD is short for the “behavioural and psychological symptoms of dementia” (BPSD). BPSD includes an assortment of symptoms and signs of “disturbed perception, thought content, mood or behaviour”<sup>4</sup> related to dementia. Most patients with dementia will experience at least one BPSD during its course.

Dementia can also cause changes in behavior and mood. In fact, at least 90 percent of people with dementia will develop behavioural and psychological symptoms of dementia.

### SOME EXAMPLES OF BPSD ARE:

- *repetitive behavior*
- *mood disturbance (e.g. depression)*
- *social inappropriateness*
- *agitation*
- *wandering*
- *psychosis, which may include delusions (false beliefs) and hallucinations (seeing or hearing things that are not actually there)*
- *physical aggression*
- *sleep disturbance*

### HOW CAN THESE SYMPTOMS BE MANAGED?

- *maintaining a familiar environment*
- *large face clocks, calendars and signs to improve orientation*
- *providing pleasant stimulating activities*
- *encouraging exercise and group activities*
- *provide aromatherapy or music to stimulate the senses*
- *following set routines for daily tasks*
- *providing a calm clear explanation about any changes to the routine*

*For more information on BPSD and deprescribing, please speak with your healthcare team, including your nurse, doctor, and your MediSystem pharmacist.*

REFERENCES ON REVERSE SIDE

**REFERENCES:**

- [http://www.bsa.ualberta.ca/sites/default/files/\\_\\_\\_\\_IPA\\_BPSD\\_Specialists\\_Guide\\_Online.pdf](http://www.bsa.ualberta.ca/sites/default/files/____IPA_BPSD_Specialists_Guide_Online.pdf)  
Module 8 – The IPA Complete Guides to Behavioral and Psychological Symptoms of Dementia. Accessed May 2019.
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3345875/>  
Behavioral and psychological symptoms of dementia. Cerejeira, J., et al. *Frontiers in Neurology* May 2012.
- <http://www.hqontario.ca/portals/0/documents/evidence/quality-standards/qs-dementia-clinical-guide-1609-en.pdf>  
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Dementia: Behavioural & Psychological Symptoms. Accessed May 2019.
- Alzheimer's Australia. Changed behaviours and dementia.  
<http://www.fightdementia.org.au/understanding-dementia/section-5-changed-behaviours-and-dementia.aspx> (accessed Feb 2013.)