



ST. VINCENT'S
UNIVERSITY HOSPITAL
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Overview of Dementia

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ST. VINCENT'S
HEALTHCARE GROUP

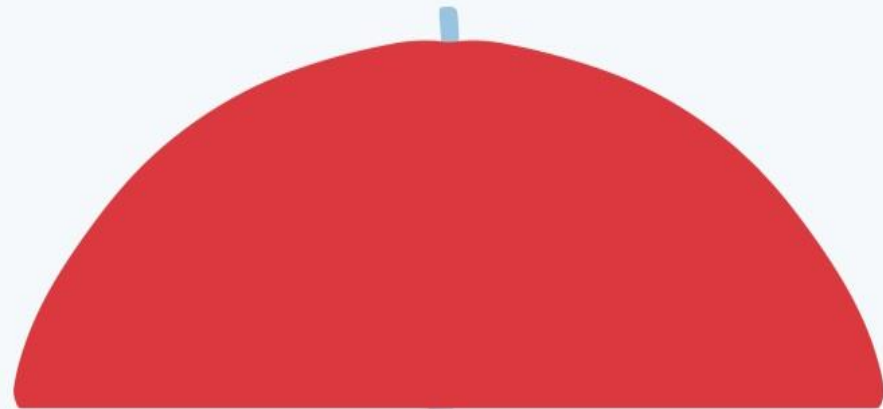
Advancing Healthcare Since 1834



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Dementia in Ireland





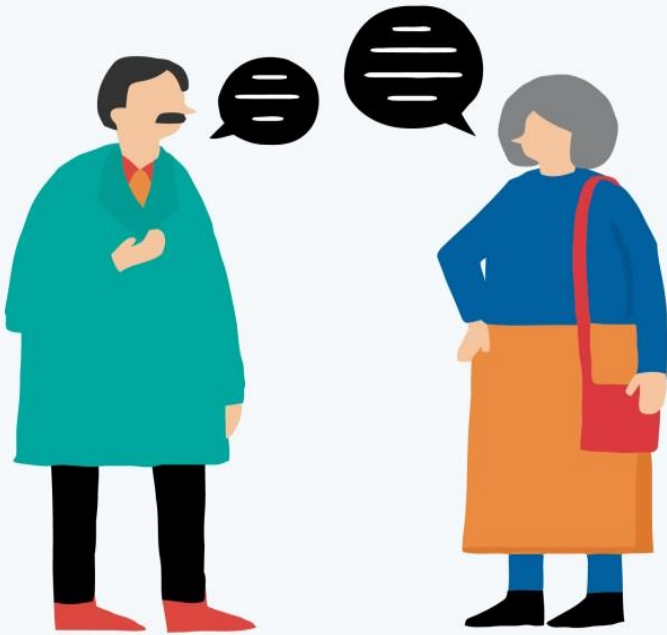
**DEMENTIA IS AN UMBRELLA TERM
USED TO DESCRIBE A RANGE OF
CONDITIONS WHICH CAUSE CHANGES
AND DAMAGE TO THE BRAIN**



THE ALZHEIMER
SOCIETY OF IRELAND

What is dementia?

- Dementia is a syndrome due to disease of the brain, where there is disturbance of memory; thinking; comprehension; language learning capability and judgment. Commonly accompanied by a deterioration in emotional control, social behavior or motivation (NICE, 2007).
- It is a permanent and progressive disease that eventually renders people unable to care for themselves.



**DEMENTIA IS NOT CAUSED BY AGEING
AND IS NOT A NORMAL PART
OF THE AGEING PROCESS**

Risk Factors

Non Modifiable

- Increasing Age
- Family History
- People with Downs Syndrome

Modifiable

- High Blood Pressure (hypertension)
- High Cholesterol
- Coronary Heart Disease
- Smoking
- Alcohol
- Depression
- Obesity
- General Lifestyle

10 Early Warning Signs

- Memory loss affecting daily life
- Planning/Solving problems
- Reduced ability completing familiar tasks
- Confusion in time and place
- Difficulty with visual spatial relationships
- New problems with words/writing
- Misplacing items with reduced ability to retrace steps
- Impaired judgement
- Social withdrawal
- Changes in mood and personality

Types of Dementia	Prevalence	Symptoms
Alzheimer's Disease	50 – 60%	<p>Poor short term memory, impaired concentration, decision making difficulties, disorientation</p> <p>Progressive, gradual decline.</p> <p>Different with each individual, 2-20 years</p>
Vascular and Mixed Dementia	25%	<p>Exhibits a more stepwise decline</p> <p>Gait abnormalities, signs of vascular disease. Concentration problems.</p> <p>Difficulty with verbal communication, memory may be the first symptom, acute confusion or seizures. Often have depression as there may be insight</p>
Lewy Body Dementia	10- 15%	<p>More prevalent in over 65's. Similar to dementias- memory loss, shortened attention span etc. May be tremor, muscle stiffness (Parkinsonian symptoms) and visual hallucinations</p> <p>Gradual, may be fluctuations in symptoms hr/hr, day/day.</p>
Frontotemporal Dementia	2- 4%	<p>More likely to affect those under 65</p> <p>Early on memory is intact but behaviour and personality may change. Poor insight, unable to empathize, disinhibition and inappropriate behaviour.</p>

Diagnosing Dementia

GP

- Concerns about your memory
- Referral to Geriatrician >65, Neurology, Memory Clinic, Psychiatry/Psychiatry of Old Age

Assessment

- History & examination with patient
- Collateral from family
- Cognitive Assessment
- Medication Review
- Bloods, ECG and brain imaging

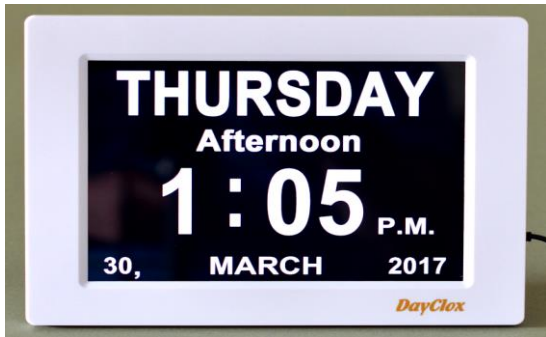
Diagnosis

- Diagnosis disclosed
- Medications – may slow the progression
- Enduring Power of Attorney
- Driving
- Local services – Public Health Nurse, Community Occupational Therapist
- Alzheimer's Society, Living Well with Dementia, Alzheimer's Café, Social Clubs

Early Diagnosis

- ✓ Allows a person get maximum benefit from available treatments (if appropriate)
- ✓ Allows a person to plan for the future
- ✓ Access to information
- ✓ Access to appropriate services

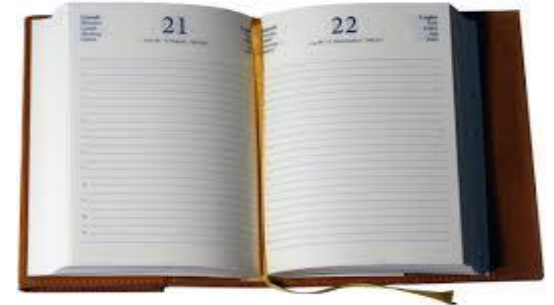
Support within your home



Orientation Clock



Blister pack for Medications



To remember plans



Pendant Alarm & Telecare



Phone



Appropriate Signage

Connecting & Reconnecting



Dance
Theatre
Ireland



Living
Well with
Dementia

HSE CHO 6 Dublin South



Social Walk and Talk
Come and join us for a relaxed evening walk.
Welcome to people with dementia accompanied by family or friends.
Led by a guide from DLR Sports Partnership.

Dementia Friendly Walks



Cabinteely Park
(meet at Cabinteely House)
Every Wednesday @ 6:30pm
1st August to 5th of September

Register your interest, contact Michelle at 0871232021 or michelle.hardiemurphy@hse.ie





The Alzheimer Café



Finally....

- It is possible to live well with dementia
 - Right information
 - Right support
 - Social contact
 - Continue with your interests
 - Access to services when required

Useful Websites

- www.alzheimer.ie
- www.dementia.ie
- www.understandtogether.ie
- <https://www.hse.ie/eng/services/list/4/olderpeople/>
- www.freedemliving.com
- www.livingwellwithdementia.ie
- www.southtipperarydementia.ie
- www.flac.ie

References

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- ❑ O' Caheny, D (2016) *The brain from the fantastic to the forgetful*. Dementia Services Information and Development Centre, Dublin
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