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## Behavioral and psychological symptoms in dementia in Hong Kong Chinese

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Behavioral and psychological symptoms of dementia (BPSD) constitute an integral component of cognitive impairment including, vascular dementia. They could contribute significantly not to caregiver stress but also to escalating healthcare costs.

**Method:** 100 consecutive patients attending a Memory Clinic, located in a district hospital in Hong Kong diagnosed to have vascular dementia were reviewed. The National Institute of Neurological Disorders and Stroke Association Internationale pour la Recherche et l'Enseignement en Neurosciences (NINDS-AIREN) criteria were used to establish the diagnosis of vascular dementia. The Global Deterioration Scale (GDS) was used to stage the severity of the disease. The assessment of BPSD was based on collateral clinical history, patients' subjective experiences and objective behavior. Neuropsychiatric Inventory was adopted as the assessment tool.

**Results:** 62% were GDS stage 4 and 38% stage 5. About 91% of stage 5 patients had BPSD and 8% in stage 4 patients. The prevalence of BPSD was about 40%. Amongst these, the pattern of various domains reviewed: individual behaviors include delusion (20%), hallucination (12%), depression (42%), apathy (21%), anxiety (16%), elation (12%), disinhibition (8%), aggression (11%), irritability (13%), aberrant motor behavior (11%), sleep and nighttime behavioral disorders (26%) and eating disorders (19%).

**Conclusion:** BPSD are frequent in vascular dementia of mild-to-moderate severity. Like other types of dementia, correct identification and evaluation of these symptoms is a crucial component of the clinical approach to vascular dementia.

### Biography

Yung Cho Yiu graduated from the University of Hong Kong in 1981. He was also nominated fellowship in various international colleges of physicians. He has been a specialist in Geriatric Medicine in Hong Kong for decades. Currently he is the Head of the Division of Geriatric Medicine and the Deputy Chief of Service of the Department of Medicine & Geriatrics in the United Christian Hospital, Hong Kong. His main interests are on cognitive impairment and urodynamics. He publishes widely in international journals. He has also validated the Hong Kong version of the Addenbrooke Cognitive Examination Revised (ACE-R).

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