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Aromatherapy versus pharmaceutical interventions for Dementia related behaviors

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The elderly population is expected to double in the next thirty years increasing the number of individuals with the diagnosis of dementia. By proxy, dementia related behaviors such as agitation, anxiety and restless will also increase. Currently, pharmaceutical management of these behaviors include Ativan, Haldol and other psychotropic drugs which have side effects that place individuals at risk for falls and at times even aggravate the behaviors. Although, not widely researched, aromatherapy is a safe alternative to treating Dementia related behaviors. The purpose of this integrative literature review is to investigate the correlation and efficacy of aromatherapy with dementia related behaviors and discuss the safety issues with psychotropic medications. Fourteen articles supporting the notion that aromatherapy is a quality alternative to the use of psychotropic drugs. Findings show aromatherapy has a calming effect on the body which can be measured physiologically as well as psychotropic medications increase mortality risks.

Biography

Vanessa Veit has completed her MSN at the age of 41 years from Massachusetts College of Pharmacology and Health Sciences in May 2017. She has experience in hospice and as a Director of Nursing in Long Term Care.

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