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Management of challenging behaviors in dementia: A geriatrician's perspective

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Dementia is becoming an expensive disease worldwide and its prevalence is on the rise, particularly in the developing countries. The non-cognitive symptoms of dementia, also known as neuropsychiatric symptoms or behavioral and psychological symptoms of dementia (BPSD) is particularly challenging for the caregivers resulting in significant caregiver stress, leading to burnout and institutionalization. BPSD occurs in >90% of people with dementia at some point during the course of their illness. An overview of BPSD-types of behavioral problems encountered etiology of BPSD, approach to treatment of BPSD focusing on Person Centered Care (PCC) and treatment options. For healthcare workers, particularly the ones not trained in geriatric and gerontology, BPSD is challenging and stressful. The majority of caregivers will end up restraining-either physically or chemically, the patients for their safety. Restraining the elderly comes with complications like physical deconditioning, DVT, UTI, urinary retention, constipation, pneumonia, pressure sore, etc. The aim of this presentation is to introduce to the audience the causes of challenging behavior and how to manage the agitated patients non-pharmacologically, with restraints as a later alternative. The presentation will include two-three cases for discussion.

Biography

Si Ching Lim has a special interest in dementia care particularly in patients with behavioral and psychological symptoms of dementia. She is currently working as an In-charge of a 20 bedded dementia ward in a teaching hospital in Singapore and is responsible in developing the ward and training the staff in managing elderly with delirium and dementia with challenging behavior. She is also an Adjunct Assistant Professor at National University of Singapore and Dukes Graduate Medical School.

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