

Behavioural and Psychological Symptoms in Dementia (BPSD)

Vocally disruptive behaviour

Psychotic symptoms

Anxiety

Nocturnal disruption

Aggression

Apathy

Depression

Wandering

Disinhibited behaviours

Agitation

Behavioural excesses (such as disruptive vocalisation or aggression). (Douglas et al, 2004)

What are behaviours that challenge?

Behavioural deficits (such as lack of social interaction or lack of self-care). (Douglas et al, 2004)

• (Brechin et al, 2013)

Managing BPSD

1. Treat/ rule out any underlying issues i.e. pain/ infection etc.
- 2. Try non pharmacological treatments.**
3. Pharmacological management

(Douglas et al, 2004)

Physical Factors

- Constipation
- Pain
- Infection/ illness
- Incontinence
- Hunger/ Thirst
- Discomfort
- Tiredness

(James and Stephenson 2007)

Other factors

Communication difficulties

Time of day

Habitual pattern of activity

Adverse Side effects of medication

(Manning et al, 2012)

Pain checklist

1. Physical signs such as sweating, shaking, change in temp, sleep disturbance, appetite changes.
2. Behaviour such as aggression, anxiety, increased confusion, agitation, resistance to care.
3. Facial expression such as grimacing, frowning, increased blinking, clenching teeth.
4. Vocalisation such as calling out, asking for help, groaning, screaming, and sighing.
5. Body movements such as rocking, fidgeting, increased mobility, stiffness, rigidity.

Pain is often poorly recognised and undertreated in dementia. The individual's ability to verbally communicate their needs may reduce as dementia progresses. This checklist contains common indicators of pain.

Preparations to refer to CHES and possible reversal causes of BPSD

- Pain checklist.
- Put on regular medication to control pain.
- Behaviour charts.
- Bloods to rule out infection and other physical causes – U&E, LFT, FBC and CRP.
- Constipation.
- Dehydration.
- Changes in medication.
- Anxiety and depression.

Non Pharmacological Management

Sensory factors

Use of language

Meaningful
Occupation

Changes in approach

Social Interactions

Communication

Identifying unmet needs

Sleep hygiene

(Douglas et al, 2004)

Environmental factor

- Noise
- Overcrowding
- temperature
- Signage
- Routine
- Changes to environment.
- Changes in carers.