

A Systematic Review on Dementia Care

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Abstract:

Back Ground: Dementia A chronic persistent disorder of the mental process caused by brain disease or injury and marked by memory disorders ,personality changes and impaired reasoning.

Objectives: To Asses knowledge for younger people towards dementia among geriatric people.

Design: A systematic review.

Study: Prisma study.

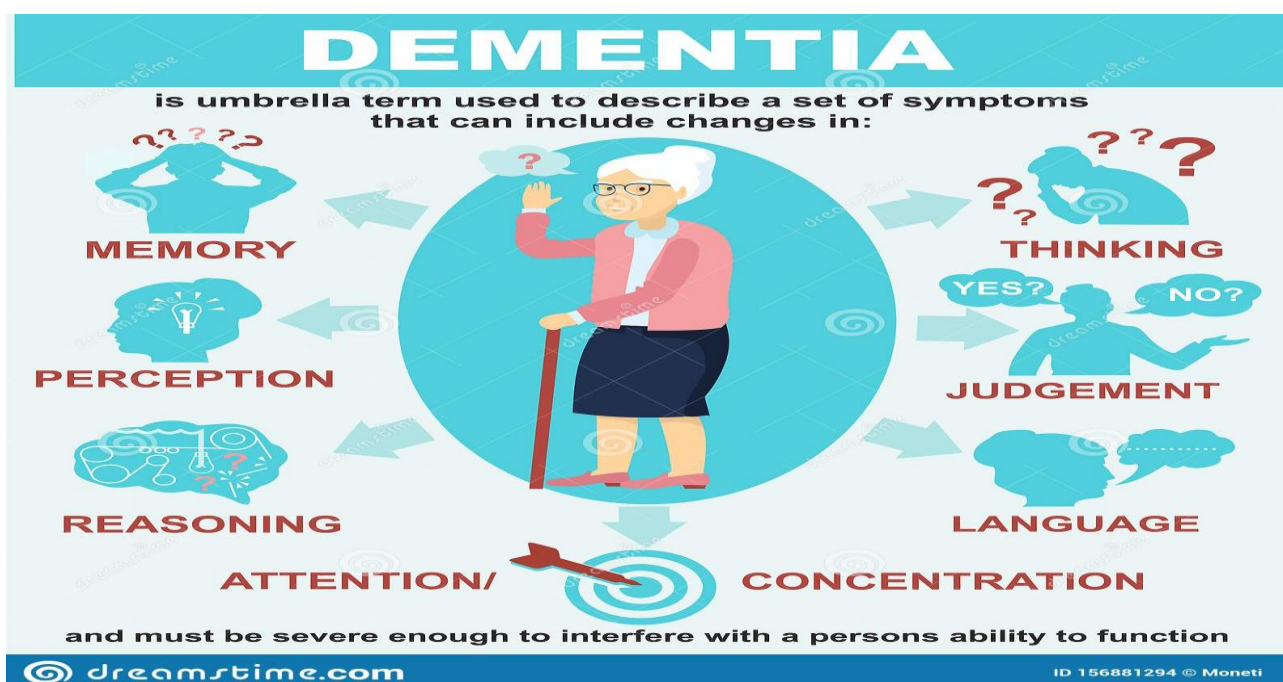
Methods: An online data collection with simple and sample survey has been conducted for dementia by Nurses,Doctors, Health workers and younger people at various old age homes and hospitals in and around Prakasam District Andhra Pradesh.

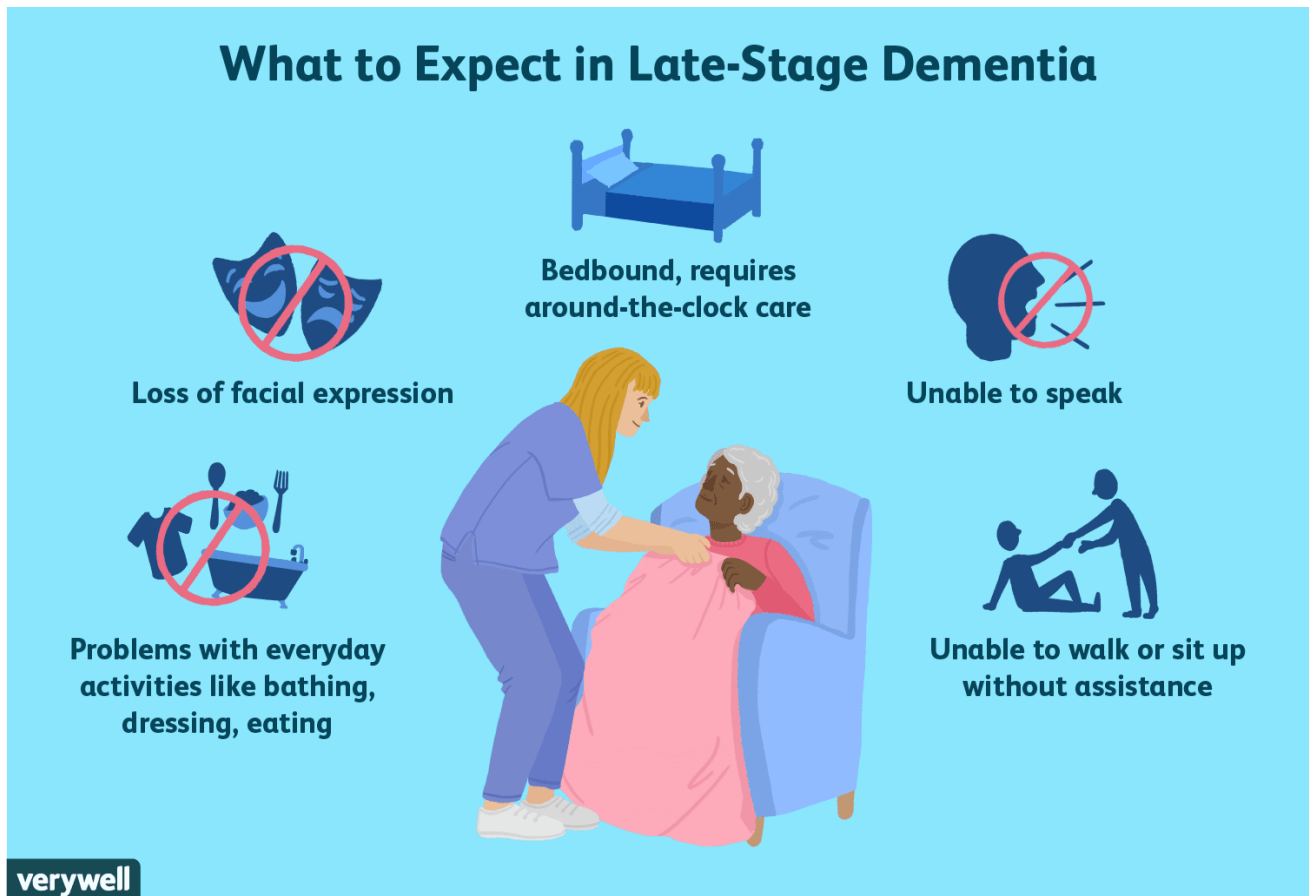
I. INTRODUCTION

Dementia, a syndrome with many causes, nearly 67 million people in the World and results a total health care cost for this disease costs near about 1500 billion. This number of people with dementia world wide is expected to rise to reach out 78 million by 2030 and 139 million by 2050 as per sources. By them concerned Governments may face Financial hezards in controlling this disease . Memory is the most common cognitive ability lost with dementia; 10% of persons > 70 years and 20-40% of individuals > 85 years have clinically identifiable memory loss. In addition to memory; other mental faculties are also affected in dementia; these include language, visuospatial ability; calculation, judgement and problem solving.

II. SYMPTOMS

- Cognitive:- Mental decline, Confusion in the evening hours, is orientation.
- Behavioural:- Irritability, Personality changes, Restlessness.
- Mood:- Anxiety, loneliness, nervousness
- Muscular:-inability to combine muscle movements or unsteady walking





III. CAUSES OF DEMENTIA

The common form of dementia are progressive, but some dementing illnesses are static or fluctuate dramatically from day to day.

A. Irreversible cause of dementia:-

- Alzheimers disease
- Vascular dementia
- Multi-intract
- Diffuse white matter disease
- Parkisons disease

B. Examples of Reversible cause of dementia:-

- Alcoholism
- Drug/medication intoxicification
- Thiamine (B1) Wernickes encephalopathy

C. Leading causes for dementia:-

- Allhemiers disease accounts for 60% of dementia.
- CVA accounts for 20% of dementia

IV. 3 STAGES OF DEMENTIA

• Stage 1

- Depression
- Memory and lack of spontaneity
- Lose the ability to handle the money and tell time

• Stage 2

- Progressive Memory loss
- Aphasia
- Apraxia
- Wandering.
- Repetitive movements
- Increased or decreased appetite
- Violent behaviours

• Stage 3

- Develops vegetative symptoms
- inability to walk
- seizures

V. CHANGES IN DEMENTIA

- Slow in natural pace of movement
- Gait changes and balance impairment

A. Secondary Risk

Frequent Falls which may cause fracture of bones .
Eg:-Fracture of neck of humour.

B. Therapeutic environment

- Should be without back ground noise
- Stimuli in environment
- Personal in Anxiety

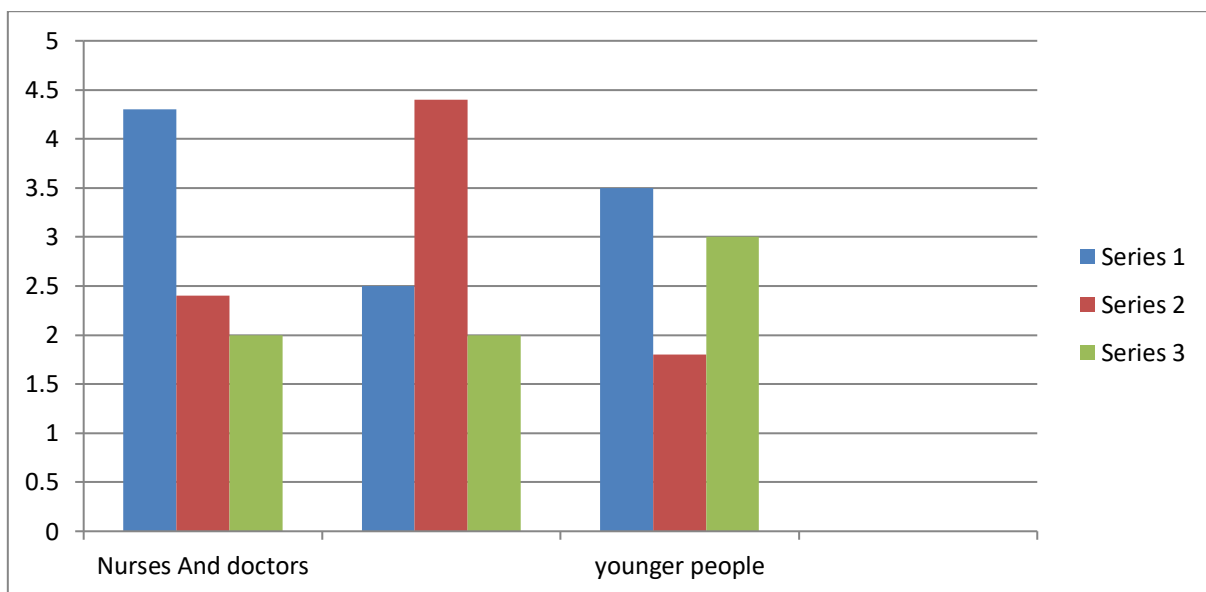
VI. DIAGNOSING OF DEMENTIA

DIFFERENTIAL DIAGNOSIS

- | | |
|-------------------------------------|---|
| 1. Parkinson | 10. Wilsons |
| 2. Huntington | 11. Pseudodementia |
| 3. Alzheimer | 12. Hypothyroid |
| 4. Multi infarct dementia(Vascular) | 13. CNS infection |
| 5. Lewy body dementia | 14. Beri Beri(B1 Deficiency) Thiamine |
| 6. Normal pressure hydrocephalus | 15. Pernicious anemia (B12 Def) |
| 7. Picks (Frontotemporal) | 16. Metabolic disorder (Liver and kidney failure) |
| 8. Creutz Jakob (Prion) | 17. Toxins (Alcohol) |
| 9. HIV related | |

Survey details:-

Qualification	Number of persons	Percentage
1)Nurses & Doctors	10	80%
2) Younger People	10	60%



VII. RESULTS

- Results were showing that out of thirty samples 25 members are not Aware of dementia
- Need more Awareness about dementia among younger people towards geriatric care.


VIII. CONCLUSION

- **Treatment**
 - Goal of treatment is to ensure the patient remains safe, independent and able to perform ADL for as long as possible.
 - Basic training for patient in performing and adapting the ADL.
 - Gait training and co-ordination exercises.
 - Train the care givers in how to move and lift the patients
 - Provide simple and consistent commands
 - The role of Family Members is more essential and vital.

IX. PREVENTION FOR DEMENTIA

- Get plenty of exercise.
- Manage health problems including diabetes, high blood pressure.

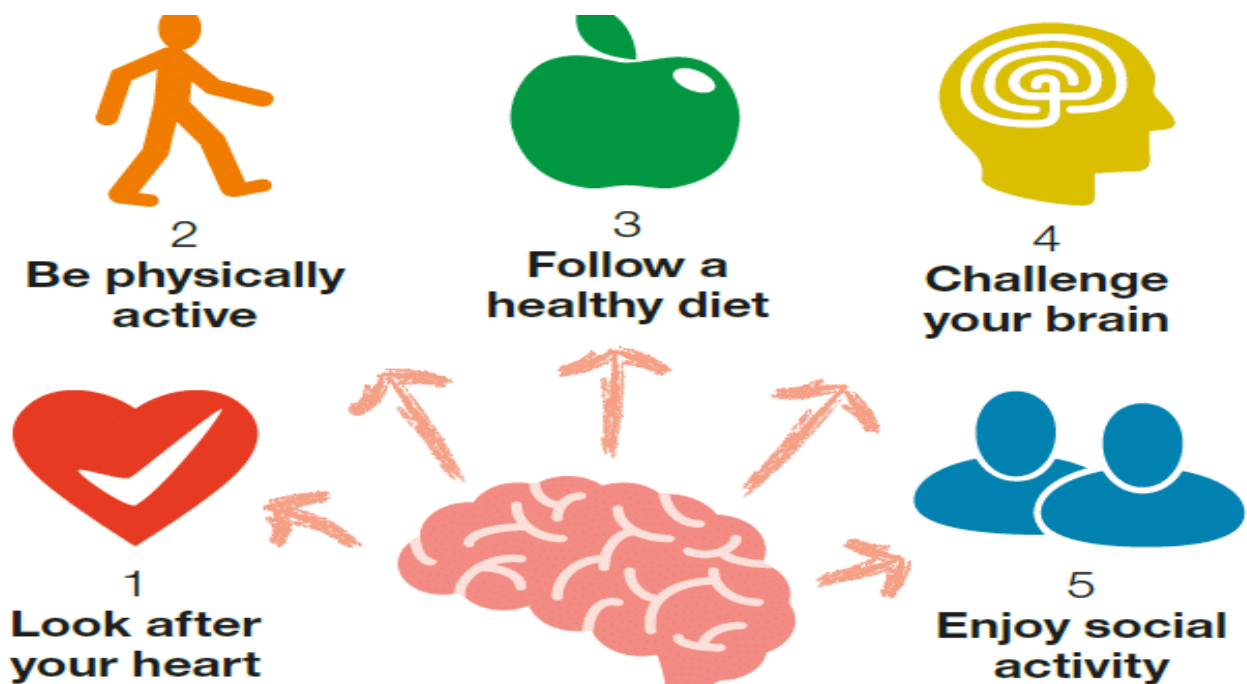
**12 TIPS FOR A HEALTHY BRAIN
HOW YOU CAN PREVENT DEMENTIA**



- 1. Add coconut oil to your diet.**
- 2. Limit sugar in your diet, especially fructose.**
- 3. Optimize your Vitamin D.**
- 4. Keep your fasting insulin levels below 3.**
- 5. Take your high quality fish oil supplement.**
- 6. Vitamin B12!**
- 7. Get your folate, too!**
- 8. Avoid mercury and aluminum.**
- 9. Gingko biloba!**
- 10. Eat your blues!**
- 11. Challenge your mind daily.**
- 12. Avoid anticholinergic or statin drugs.**

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- Stay mentally alert by learning new hobbies, Reading or solving cross ward.



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