

Cal MediConnect Dementia Awareness



This training provides you with an overview of Dementia Awareness. During this training we will discuss, the definition, diagnosis, stages and types of dementia. We will also review dementia assessment tools, the impact of disease progression, dementia treatment and support services as well as avoidance of caregiver burnout.

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≡ Signs and Symptoms

≡ Risk Factors

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≡ Types of Dementia

≡ Dementia Diagnostic Tools & Progression

≡ Functional Impact of Dementia

≡ Functional Impact of Dementia: Memory Impairment

≡ Case Management Dementia

≡ Assessment of Dementia and Caregiver Road-map

≡ We are a team!

Welcome



00:37

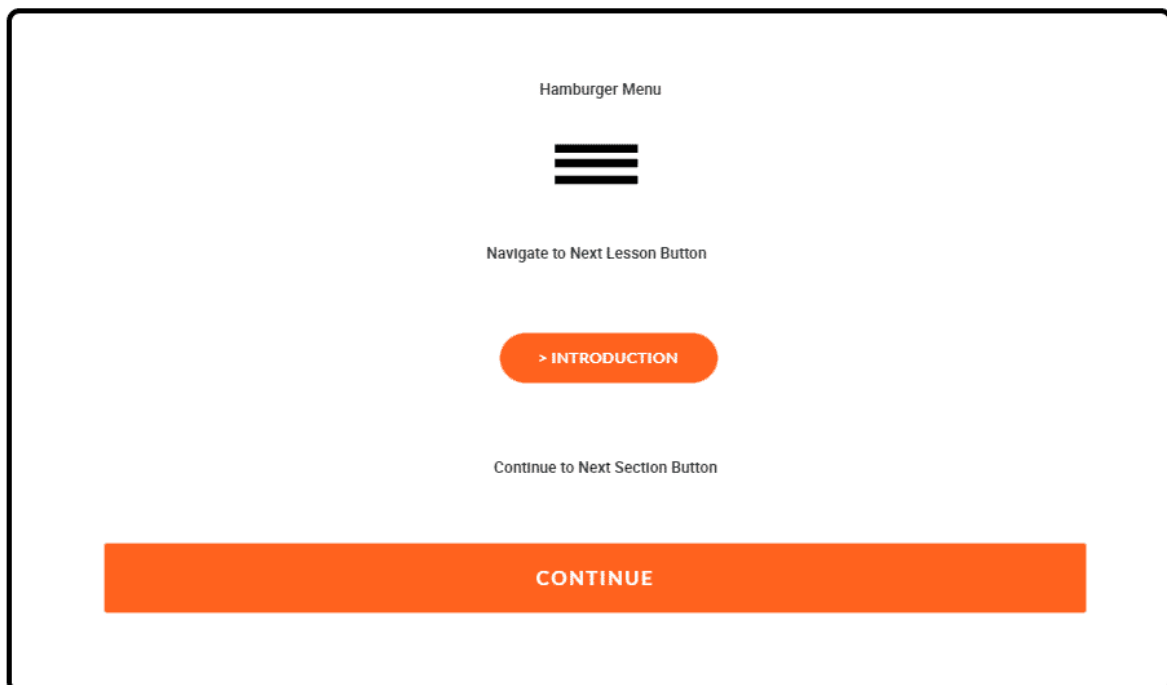
Welcome to CMC Cal Dementia Training

We have a great deal of important information to cover, so let's get started. My name is Rob and my name is Janet, we will be your hosts during this course.

Located in the upper left hand corner you will find what we call the hamburger menu. You can track your progress, and see what topics you need to complete. You can always revisit pages you have previously completed. But you can not skip ahead in the training without interacting with all the content of each page.

The course is designed with an automatic bookmark mechanism. When you return to the course you will continue from your automatic bookmark.

Below is an image of the navigation buttons and icons used in this presentation. If you do not see the CONTINUE button it means you have not completed the lesson or you need to simply scroll down the page.



Navigation Buttons

Introduction

> INTRODUCTION

Introduction



00:54

This training provides you with an overview of Dementia Awareness. During this training we will discuss, the definition, diagnosis, stages and types of dementia. We will also review dementia

assessment tools, the impact of disease progression, dementia treatment and support services as well as avoidance of caregiver burnout.

- 1 Definition
- 2 Diagnosis of Dementia
- 3 Signs and Symptoms
- 4 Risk Factors
- 5 Stages of Dementia
- 6 Reversible/Irreversible
- 7 Alzheimer's Dementia: 10 Warning Signs
- 8 Dementia Assessment Tools
- 9 Care Management of Members & Caregivers Dealing With Dementia
- 10 L.A. Care and Other Support Services

Background

> BACKGROUND

Background



What is Dementia?

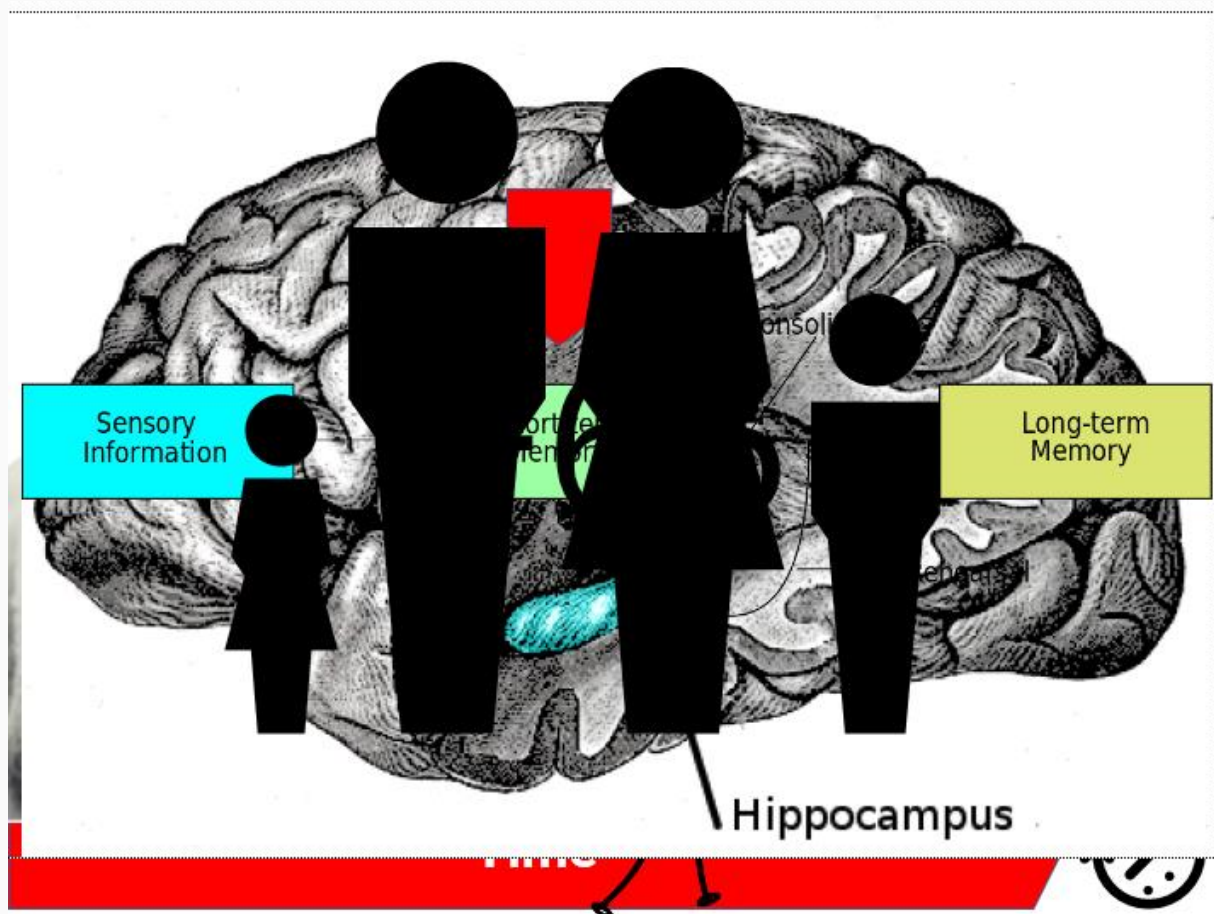
Dementia is a general term for loss of memory and other mental abilities that are severe enough to interfere with daily life. It is caused by physical changes in the brain.

Dementia is under-recognized by providers. Only half of people ever receive a diagnosis and of those that do, only half of them get the diagnosis documented in their medical record. This impacts care planning and disease management.

Diagnosis is also often delayed on average by 6+ years after symptom onset. By the time it is recognized, there is significant impairment in function. Poor timing of diagnosis frequently occurs at time of crises, hospitalization, failure to thrive, urgent need for institutionalization.

Alzheimer's disease or AD is the most common form of dementia.

Take a few minutes to view the animation below to develop a clearer understanding of Alzheimer's Dementia.





Complete the content above before moving on.

Summary

AD is under-recognized by providers and, as such, the clinical record may not reflect an AD diagnosis code:

- Only 50% of patients receive formal diagnosis
- Millions are unaware they have dementia
- Lack of documented diagnosis in medical records
 - AD diagnosis may be delayed up to 10 years from early onset of symptoms
 - Significant impairment in function may occur by the time AD is recognized or documented
- Poor timing of diagnosis frequently occurs at time of crises, hospitalization, failure to thrive, or an urgent need for institutionalization.
- Alzheimer's disease (AD) is the most common form of dementia

Signs and Symptoms

> SIGNS

Signs and Symptoms



Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. As mentioned in the previous section Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are several warning signs and symptoms of Alzheimer's or other dementia. Browse all the flash cards below for an overview of Signs and Symptoms of Alzheimer's or other dementia.



Reproduced with permission from ACT on Alzheimer's

Poor judgment / problem
solving

**What's a typical age-
related change?**

Making occasional errors
when balancing a
checkbook.

Changes in sleep and
appetite

People with Alzheimer's
or dementia do not need
a special diet. As the
disease progresses, loss
of appetite and weight
loss may become
concerns.

Deterioration of self care,
hygiene

Alzheimer's disease and other kinds of dementia often make performing Activities of Daily Living (ADLs) difficult. Tasks may be done halfway, poorly or not at all.

Getting lost in familiar
locations

Losing navigational skills or getting lost even though you are in a familiar setting may provide some of the first indications that Alzheimer's or other types of dementia

Difficulty performing

What's a typical age-related change?

Difficulty performing
familiar tasks,
functional decline

Occasionally needing
help to use the settings
on a microwave or to
record a television show.

Impairment in
speech/language

**What's a typical age-related
change?**

Sometimes having trouble
finding the right word.

Mood/Person/
behavior changes

**What's a typical age-
related change?**

Developing very specific
ways of doing things and
becoming irritable when
a routine is disrupted.

Memory loss /
confusion

What's a typical age-related change?

Becoming easily distracted or having trouble remembering what you've just read, or the details of a conversation.

Wandering

Wandering, in people with dementia, is a common behavior that can cause great risk for the person, and is often the major priority (and concern) for caregivers.

Disorientation to time or
place

What's a typical age-related change?

Getting confused about the day of the week but

figuring it out later.

Diminished insight

What's a typical age-related change?

Making a bad decision once in a while.

Trouble with time/sequence

Occasionally forgetting an appointment or walking into a room and forgetting why you entered.



Complete the content above before moving on.

Summary

There are several warning signs and symptoms of Alzheimer's or other dementia. They include:

- 1 Memory loss that disrupts daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks at home, at work or at leisure
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Withdrawal from work or social activities
- 9 Changes in mood and personality

Risk Factors

> RISK FACTORS

Risk Factors

For an overview of the three primary risk factors influencing the onset of dementia click the forward button located on the media player below.

The **3** primary
risk factors influencing
the onset of
dementia or Alzheimer's disease





Complete the content above before moving on.

Knowledge Check

Select the primary risk factors of dementia or Alzheimer's disease.

☐

Cooking food in aluminum pots and pans.

☐

Genetics

☐

Family History

☐

Age

SUBMIT



Complete the content above before moving on.

Summary

The three primary factors that influence the occurrence of dementia or Alzheimer's disease they are:

- Age
- Family History
- Genetics

Stages of Dementia

> STAGES

Stages of Dementia

Introduction

There are seven stages of dementia as defined by the Alzheimer's Association are:

Step 1

Stage One

No impairment

Step 2

Stage Two

Very mild decline

Step 3

Stage Three

Mild decline

Step 4

Stage Four

Moderate decline

Step 5

Stage Five

Moderately severe decline

Step 6

Stage Six

Severe decline

Stage Seven

Very severe decline

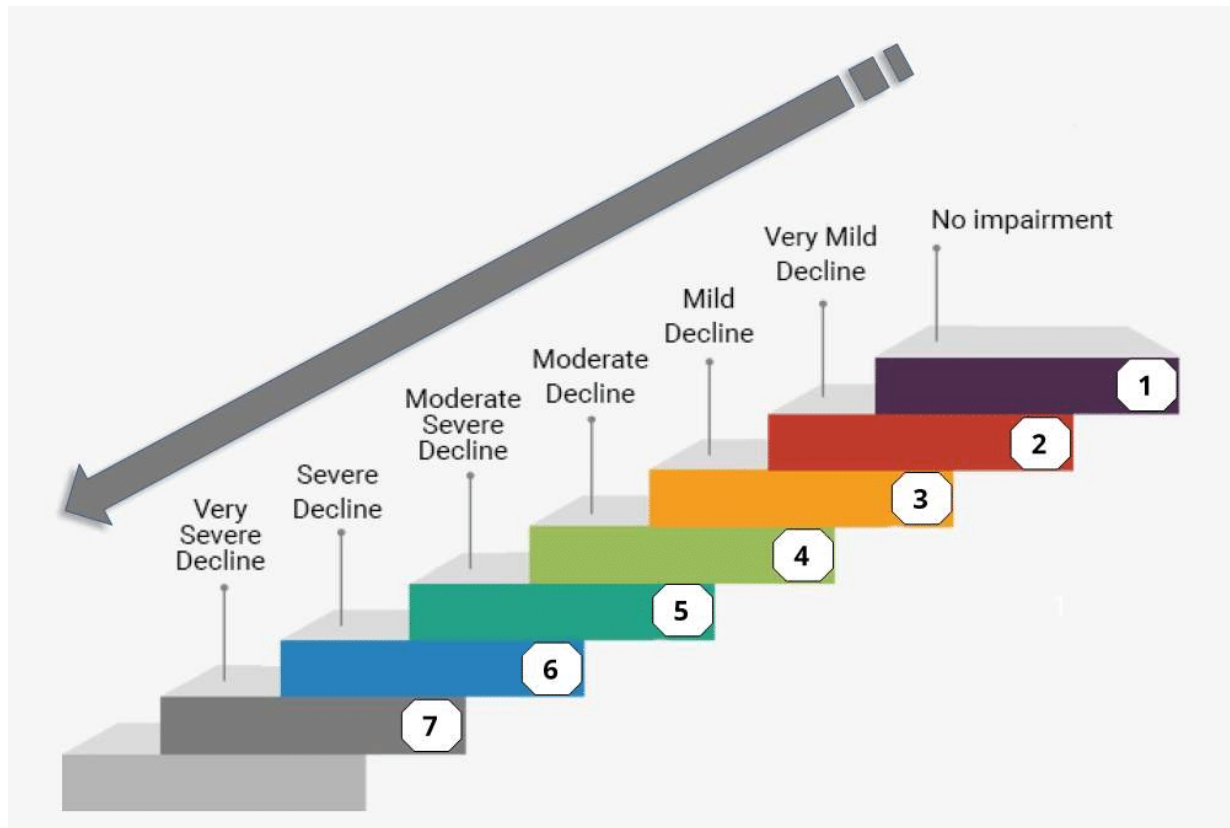
Summary

It is important to assess the stage of Dementia in order to anticipate caregiver burnout and provide support services for the caregiver as well. This is usually necessary starting stage 4 (preventive) and ongoing through the progression of the condition.



Complete the content above before moving on.

Summary



Stages of Dementia

Types of Dementia

> TYPES

Types of Dementia

There are both reversible and irreversible types of dementia. Reversible dementias have an identifiable cause that can be partially or completely reversed, whereas irreversible dementias do not. We may know the cause of dementia, but are unable to reverse the process that is causing it. It is important to identify which kind of dementia someone has to know if it is reversible, and other treatment measures can be taken to help improve a member's/caregiver's status.

One of the most known irreversible dementias is Alzheimer's dementia, which accounts for a majority of dementia cases (about 60-80% cases).

The brain changes associated with this dementia involve abnormal protein deposits called 'plaques' and 'tangles' as well as nerve cell damage.

Alzheimer's can progress over a long period of time and, as such, can be confused with other conditions until properly diagnosed.

Dementia is categorized into three types of dementia 1) Reversible Dementia, 2) Irreversible Dementia, 3) Alzheimer's Dementia. Click each label above for a closer look at the three types of dementia.

Reversible Dementia	Irreversible Dementia	Alzheimer's Dementia
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Complete the content above before moving on.

Take a moment to review warning signs of Alzheimer's disease.

Poor judgment / problem
solving

**What's a typical age-
related change?**

Making occasional errors

solving

when balancing a
checkbook.

Changes in sleep and
appetite

People with Alzheimer's or
dementia do not need a
special diet. As the disease
progresses, loss of appetite
and weight loss may
become concerns.

Deterioration of self care,
hygiene

Alzheimer's disease and
other kinds of dementia
often make performing
Activities of Daily Living
(ADLs) difficult. Tasks may
be done halfway, poorly or
not at all.

Getting lost in familiar locations

Losing navigational skills or getting lost even though you are in a familiar setting may provide some of the first indications that Alzheimer's or other types of dementia

Difficulty performing familiar tasks,
functional decline

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

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What's a typical age-related change?

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Complete the content above before moving on.

Summary

Dementia is categorized into three types of dementia 1) Reversible Dementia, 2) Irreversible Dementia, 3) Alzheimer's Dementia. Each of these categorizes have different signs and symptoms.

Dementia

> DEMENTIA

Dementia Diagnostic Tools & Progression

Medical History and Physical (H & P) that can include:

- Physical/Neurological exam by primary care/neurology to exclude reversible & irreversible dementias.
- Brain Imaging (May require Authorization)
 - MRI, for exclusion
 - PET scan, fMRI, perfusion MRI and SPECT-may reveal hypo perfusion of hippocampus and other areas of brain
 - Amyloid PET (Negative scan makes Alzheimer's unlikely)
- MMSE = Mini-Mental Status Exam (standardized)
 - Maximum score of 30
 - 20-26 = mild dementia, some functional dependency
 - 10-20 = moderate dementia, more immediate dependency
 - <10 = severe dementia, often total dependence and need for constant supervision
- **Dementia Progression is not always linear and may occur as:**
 - MMSE may decrease 3-5 points yearly

- A small percentage of patients (<10%) have greater decline
- Survival after diagnosis is 3-8 years due to advanced debilitation through malnutrition, dehydration and infection

- **Other Tools that are used include:**

- Complex Care Case Management (CCM) Assessment of Cognitive status using:
 - PH - Q2
 - AD8
 - PH - Q9

CONTINUE

Functional Impact of Dementia

> IMPACT

Functional Impact of Dementia



Memory Impairment

Memory impairment is an essential feature of dementia. The earliest manifestation is episodic memory loss that starts with the loss of memory of facts and events, particularly specific events, and their contexts.

Episodic Memory

The memories of what you ate for breakfast, your first day of college, and your cousin's wedding are examples of episodic memory. Episodic memory is one of two types of declarative memory.

Declarative memory is a type of long-term memory that refers to facts, data, or events that can be recalled at will. Here are three examples of episodic memory events:

- Immediate recall (what you ate for breakfast)
- Memory of recent events (your cousin's wedding)
- Memory of distant events (your first day of college)

Knowledge Check

Declarative memory is a type of _____ that refers to facts, data, or events that can be recalled at will.

Type your answer here

SUBMIT



Complete the content above before moving on.

Functional Impact of Dementia: Memory Impairment

> MEMORY

Functional Impact of Dementia: Memory Impairment

Memory impairment is divided among two categories, "Early Changes" and "Late Changes." The chart below identifies which changes are "Early Changes" and which changes are "Late Changes."

Early Changes	Late Changes
<ul style="list-style-type: none">• Confusion• Difficulty with language• Difficulty with concentration• Difficulty with complex tasks• Lost in familiar places (wandering)• Sleep problems	<ul style="list-style-type: none">• Increased anger or hostility• Aggressive or very passive behavior• Hallucinations or delusions• Disorientation• Requiring help with basic tasks• Incontinence• Anorexia

Knowledge Check

Sort signs and symptoms too their appropriate "Early Changes" category or "Late Changes" category, by dragging and dropping each label to its appropriate category.

Early Changes

Confusion

Difficulty with language

Difficulty with concentration

Difficulty with complex tasks

**Lost in familiar places
(wandering)**

Late Changes

Increased anger or hostility

**Aggressive or very passive
behavior**

Hallucinations or delusions

Disorientation

**Requiring help with basic
tasks**

Incontinence

Anorexia



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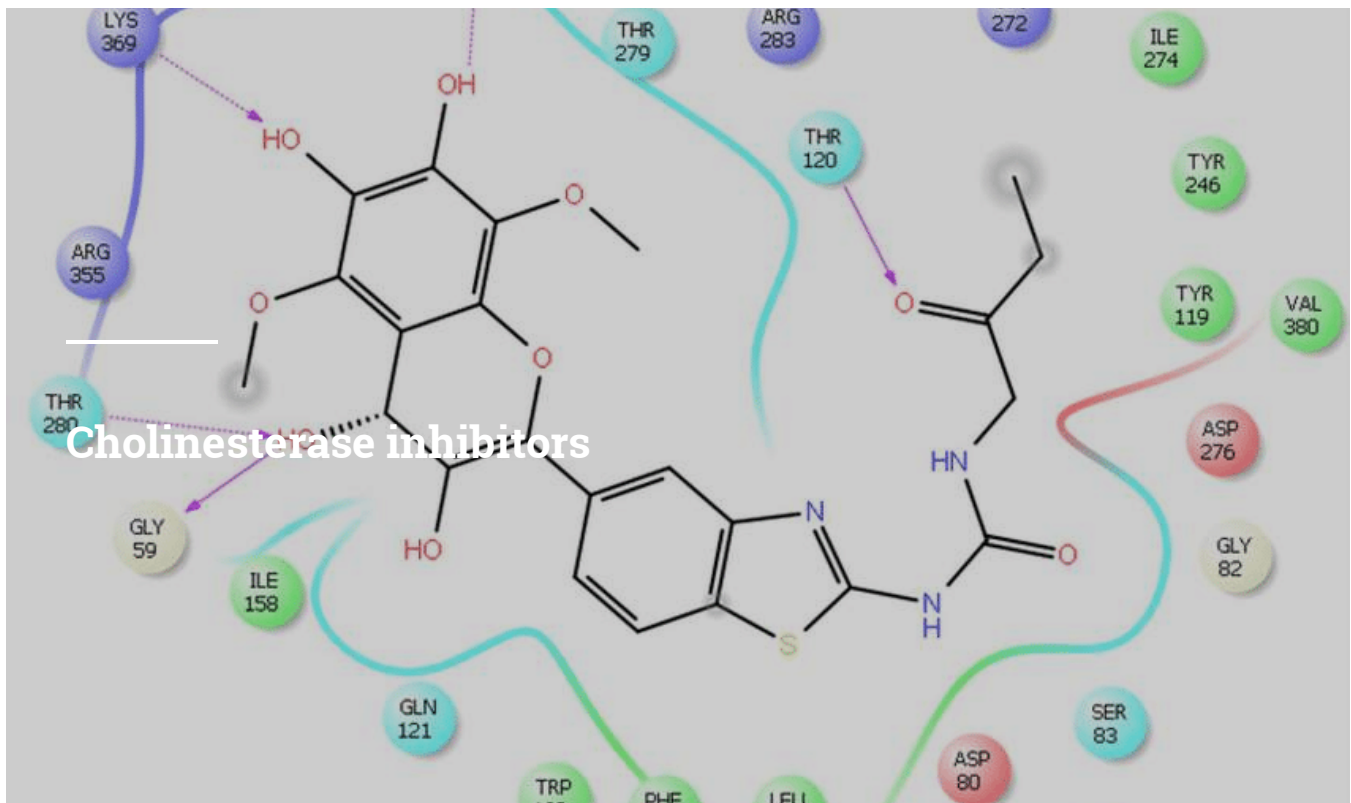
Summary

Memory impairment is divided between two categories, "Early Changes" and "Late Changes."

Case Management Dementia

> MANAGEMENT

Case Management Dementia



- **Treatment of dementia may involve medications such as:**
 - Cholinesterase inhibitors: Aricept, Exelon, Cognex...etc.
 - NMDA receptor antagonists: Namenda
- **Care Management of dementia may involve:**
 - Care coordination with primary care physician (PCP) and specialists
 - Physical/Occupational therapy

- Durable Medical Equipment (cane, walker, incontinence supplies, etc.)
- Caregiver assessment support (see next slide)
- Patient supervision for safety
- Long term care

Assessment of Dementia and Caregiver

> CAREGIVER

Assessment of Dementia and Caregiver Road-map



1

It is important to follow the policy and procedure (P&P) for assessment of dementia patients using AD 8 to assess cognitive status and dementia progression

2

If AD8 score is ≥ 4 , cognitive capacity may be compromised

3

It is important to anticipate potential further decline and focus on assessing for potential caregiver's burnout

4

Coordinate care with Primary Care Physician (PCP)

5

Refer patient/member & caregiver for further support (next slide)

6

Caregiver assessment:

Use the Benjamin Rose Institute Caregiver Strain Instrument for assessing the caregiver's capacity or potential burnout to support the patient/member

7

Refer the caregiver to community resources as well as to alzgl.org
844-HELP-ALZ for additional support services and caregiver training

Tips for Caregivers

The following tips can improve a caregivers performance.

Step 1

May hit or yell

Keep it simple and use minimal words, create comforting surroundings, keep sharp objects or harmful items away from patient.

Step 2

Fear of Bathing

Allow time, be positive, do not overfill the bath tub, be realistic about the frequency of bathing.

Step 3

Wandering/Getting Lost

“Child-proof” the house (locks on doors & gates); place bells/chimes on door knobs, and use comforting measures.

Step 4

Repeat storytelling or questions

Accept the behavior, avoid continual change of place, people, or patterns.

Step 5

Sundowning (confusion/ nervousness with sunsets

Adhere to mealtime routine, take walks to use up energy, and avoid giving tea/coffee to patient, use memory books (comforting).



Complete the content above before moving on.

We are a team!

> TEAM

We are a team!



L.A. Care

Dementia can be a challenging disease to care for as a patient's needs often change over time, which requires a care plan that is flexible and comprehensive. But remember there is a team available to help you. L.A. Care's Care Management Department uses multiple resources to assist with the most challenging cases. We can also help direct you to other service resources as needed. L.A. Care's Managed Long Term Services and Supports (MLTSS) department can specifically answer questions on CBAS, IHSS, MSSP, CPO, and HCBS services that may benefit your patients. We at L.A. Care are a committed team, and are focused on meeting the goals of for our dementia patients with the highest quality and dignity we can provide them.

1

L.A. Care Care Management

- Start processes for long Term Services and Supports (LTSS) care coordination
- Engage, educate and support patients and caregivers -

2

L.A. Care Managed Long Term Services and Supports (MLTSS)

- In-Home Supportive Services (IHSS)
(Back to the State in 2018 for ongoing management)
- Community-based Adult Services (CBAS)
- Long Term Care SNF (LTC)
- Multipurpose Senior Services Program (MSSP)
- Care Plan Options (CPO) – CMC only
- Home and Community Based Services (HCBS)

3

Alzheimer's Association website and organization (alzgl.org)

Thank you for completing CMC Dementia instructional.

To exit the tutorial click the **Exit Course** button below.

EXIT COURSE