

Palliative Care in Dementia

Discussions and Searching for Consensus
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Declaration of Interests

- Nil

Dementia

- What is dementia?
- What are the types of dementia?
- What are the signs of dementia?
- What are the stages of dementia?
- How long does dementia last?

Perception of Dementia

- A state of serious mental deterioration
- A complex neurodegenerative disorder
- A medical disease
- A process that can be described clinically but that has a unique journey for each individual
- A process of unravelling of the complex self
- A process of retrogression
- Reisberg FAST Scale

FAST Scale

Stage	Description	Mental Age
MMSE 1	Normal Aging No deficits whatsoever	Adult
2	7 Mild Cognitive Impairment Subjective functional deficit	28-29
3	Mild Cognitive Impairment most complex tasks impaired	12
4	Mild Dementia IADLs bill paying, cooking, cleaning, traveling	8-12
5	Moderate Dementia Needs help selecting proper attire	5-7
6a	Moderately Severe Dementia Needs help putting on clothes	5
6b	Moderately Severe Dementia Needs help bathing	4
6c	Moderately Severe Dementia Needs help toileting	4
6d	Moderately Severe Dementia Urinary incontinence	3-4
6e	Moderately Severe Dementia Fecal incontinence	2-3
7a	Severe Dementia Speaks 5-6 words during day	1.25
7b	Severe Dementia Speaks only 1 word clearly	1
7c	Severe Dementia Can no longer walk	1
7d	Severe Dementia Can no longer sit up	0.5-0.8
7e	Severe Dementia Can no longer smile	0.2-0.4
7f	Severe Dementia Can no longer hold up head	0-0.2

Where Does Palliative Care Fit In?

- When should we consider palliative care is appropriate?
- Palliative care approach
- General palliative care
- Specialised palliative care
- Good person centred dementia care

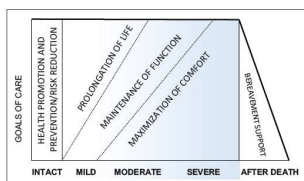
Important Domains

- **Applicability of Palliative care**
- Person centred care, communication and shared decision making 2, 1
- Setting the care goals and advanced care planning 9, 3
- Continuity of care
- Prognostication and timely recognition of dying
- **Avoiding overly aggressive, burdensome or futile treatment**

Important Domains

- Optimal treatment of symptoms and providing comfort 1, 2
- Psychological and spiritual support
- Family care and involvement 3, 6
- Education of the health-care team
- Societal and ethical issues

Dementia Progression and Care Priorities (van der Steen et al 2014)



The Irish Context

- Palliative Care for All 2008
- End of Life Care for Older People in Acute and Long-Stay Care Settings in Ireland 2008
- Genio

Particular Clinical Issues

- Transitions
- Hydration
- Artificial feeding
- Pain
- Sedation
- Disturbed behaviour
- Mood disturbance

Transitions

- The Transition at Diagnosis
- The Move to Long term Care
- The End stage

Future Directions

- Further integration of services
- Access to specialist advice in community, nursing homes and other long stay settings, general hospitals
- Education in primary care and long stay settings