

# Psychotropic Reduction: An Interdisciplinary Approach

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I have no conflicts of  
interest to disclose

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## Objectives

- The Participant will be able to:
  1. Differentiate between a root cause analysis and a medication-based approach to neuropsychiatric symptoms associated with dementia.
  2. Identify at least three potential adverse events associated with psychotropics.
  3. Identify at least three common etiologies behind neuropsychiatric symptoms associated with dementia.
  4. Recall at least three benefits of a interdisciplinary approach to neuropsychiatric symptoms associated with dementia

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Write  
Down Your  
3 Favorite



People (or people groups)



Foods



Places



Things To Do

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Neuropsychiatric Symptoms Associated with Dementia

- Medication Based Approach
- Root Cause Analysis

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## Antipsychotics Used Off Label

Historically wide spread

Data shows limited benefit with high mortality when used to manage dementia related "behaviors."

Common AE include: EPS, Parkinsons, CVAs, DM, Falls, Delirium...

Nørgaard, A., Jensen-Dahm, C., Wimberley, T., Svendsen, I. H., Ishtiak-Ahmed, K., Laursen, T. M., Waldemar, G., & Gasse, C. (2022). Effect of antipsychotics on mortality risk in patients with dementia with and without comorbidities. *Journal of the American Geriatrics Society*, 70(4), 1169–1179. <https://doi.org/10.1111/jgs.17623>

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## Benzodiazepines

High risk of falls

Confusion

Increased morbidity and mortality

Rochon, P. A., Vozoris, N., & Gill, S. S. (2017, April 10). The harms of benzodiazepines for patients with dementia. *CMAJ : Canadian Medical Association Journal* = *journal de l'Association medicale canadienne*. Retrieved October 28, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5386844/>

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## Alzheimer's Dementia

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- DSM IV: DEVELOPMENT OF MULTIPLE COGNITIVE DEFICITS MANIFESTED BY MEMORY IMPAIRMENT (AMNESIA), FOLLOWED BY ONE OR MORE OF THE FOLLOWING:
  - APHASIA (IMPAIRED LANGUAGE)
  - APRAXIA (INABILITY TO PERFORM COMPLEX MOTOR ACTIVITIES)
  - AGNOSIA (FAILURE TO RECOGNIZE OR USE FAMILIAR OBJECTS OR UTENSILS)
  - ABULIA (DISTURBANCES IN EXECUTIVE FUNCTIONS, E.G., PLANNING, ORGANIZING, SEQUENCING, ABSTRACTING, PROBLEM-SOLVING)

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# DSM V


**Replaces the term  
“Dementia” with  
Neurocognitive  
Disorder (NCD)**

**Differentiates  
mild NCD and  
major NCD**

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Dementia is a  
Cognitive  
Disorder

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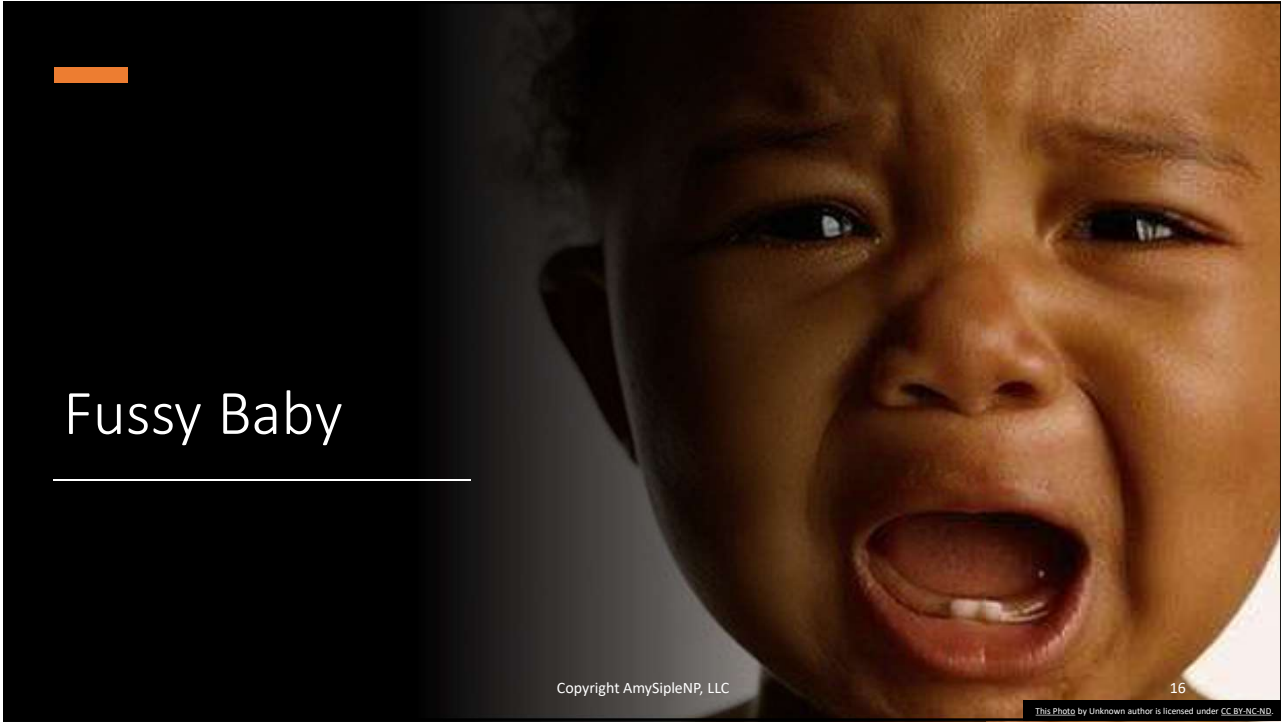
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Become a Detective

- Behavior in the form of ~
  - Fecal impaction
  - Urge to urinate
  - Hunger/Dysphagia
  - Discomfort
  - Fear in an unfamiliar environment
  - Loneliness
  - Longing for the security of 'home'
  - Search for Significance
  - Boredom

Cohen-Mansfield, J., Dakheel-Ali, M., Marx, M. S., Thein, K., & Regier, N. G. (2015, July 30). Which unmet needs contribute to behavior problems in persons with advanced dementia? *Psychiatry research*. Retrieved October 21, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4451402/>

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<b>A</b>	<b>Antecedents</b>	<b>What happened prior to the unwanted behavior?</b>
<b>B</b>	<b>Behavior</b>	Describe in detail the exact events as they happened.
<b>C</b>	<b>Consequences</b>	What did we do in response to the behavior and did it escalate or de-escalate the client?
<b>D</b>	<b>Decision/Debrief</b>	What did we learn from this encounter that can shape our future responses?

Loddon Mallee Regional Dementia Management strategy. ABC of Behaviour Management. (n.d.). Retrieved October 24, 2022, from [http://www.dementiamanagementstrategy.com/pages/abc\\_of\\_behaviour\\_management.aspx](http://www.dementiamanagementstrategy.com/pages/abc_of_behaviour_management.aspx)

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## More About Joe



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## Interdisciplinary Approach

- In light of the many psychological, social, and physical variables involved when someone is afflicted with dementia, which disciplines would you want to include in the care plan?



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# Direct Care Givers – CNAs, CMAs



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# PT/OT

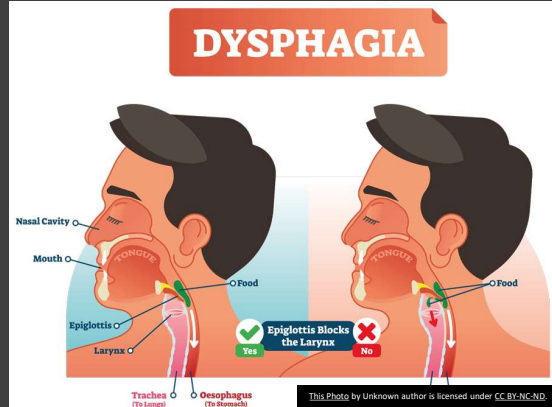
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# Speech

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# Activity Director

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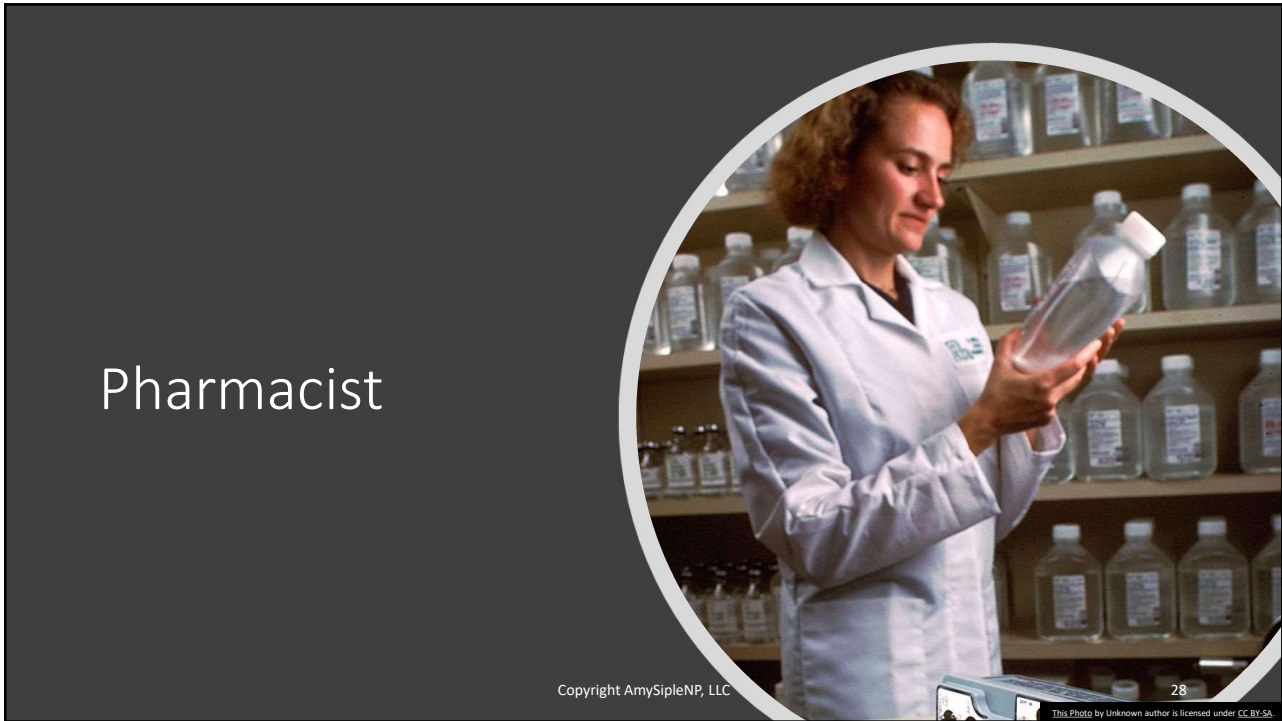
Physician/PA/NP

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Pharmacist

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## Dietary and Dining Staff



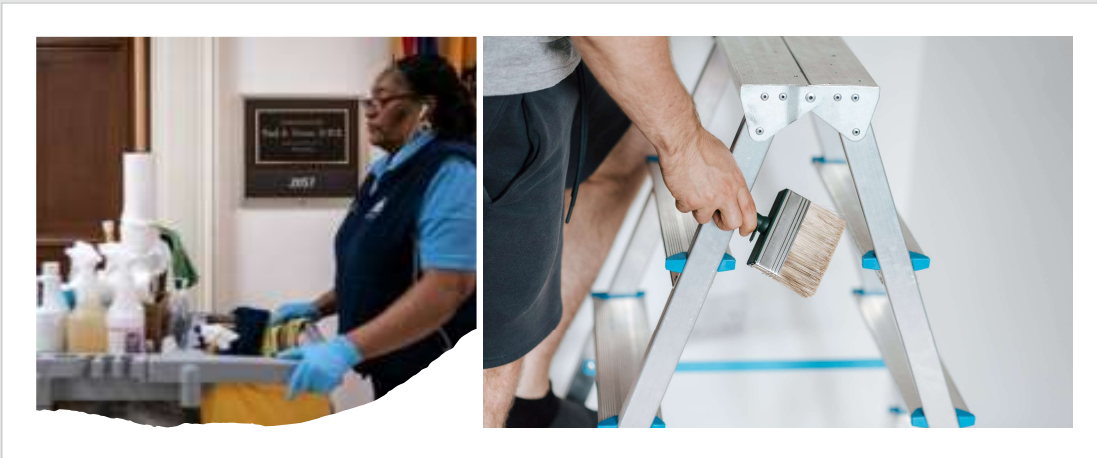
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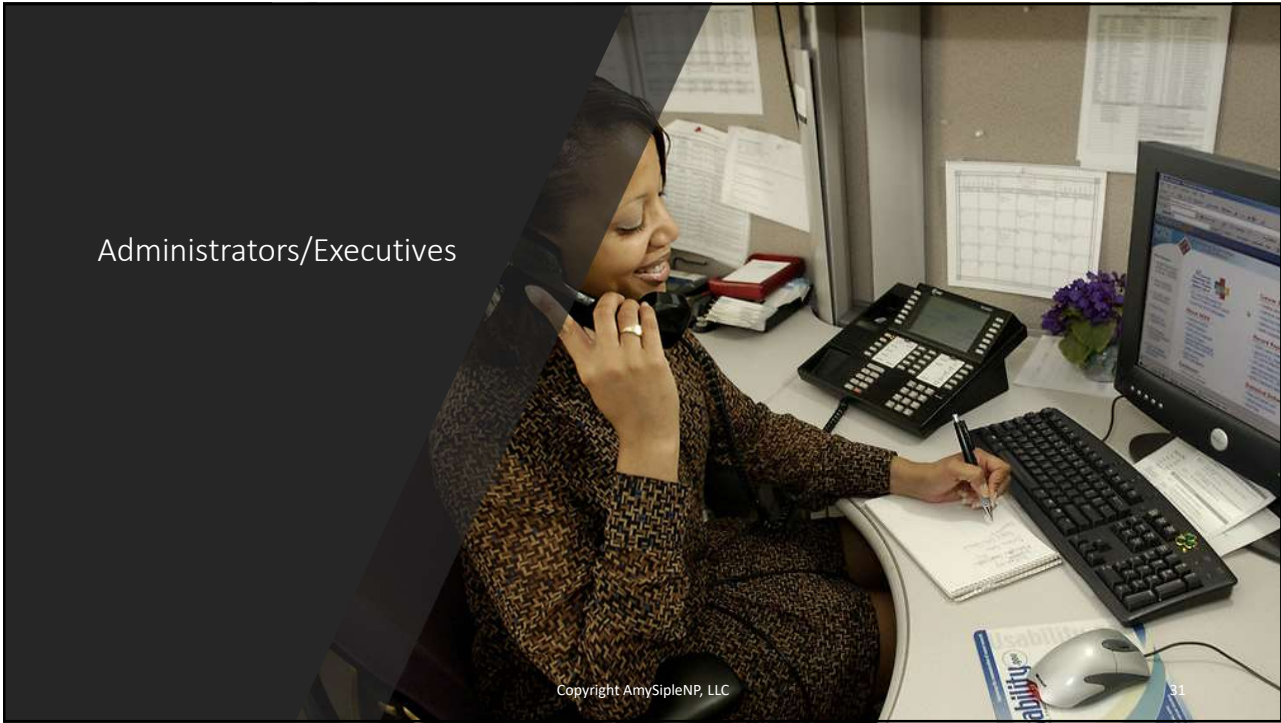
## Maintenance/ Housekeeping



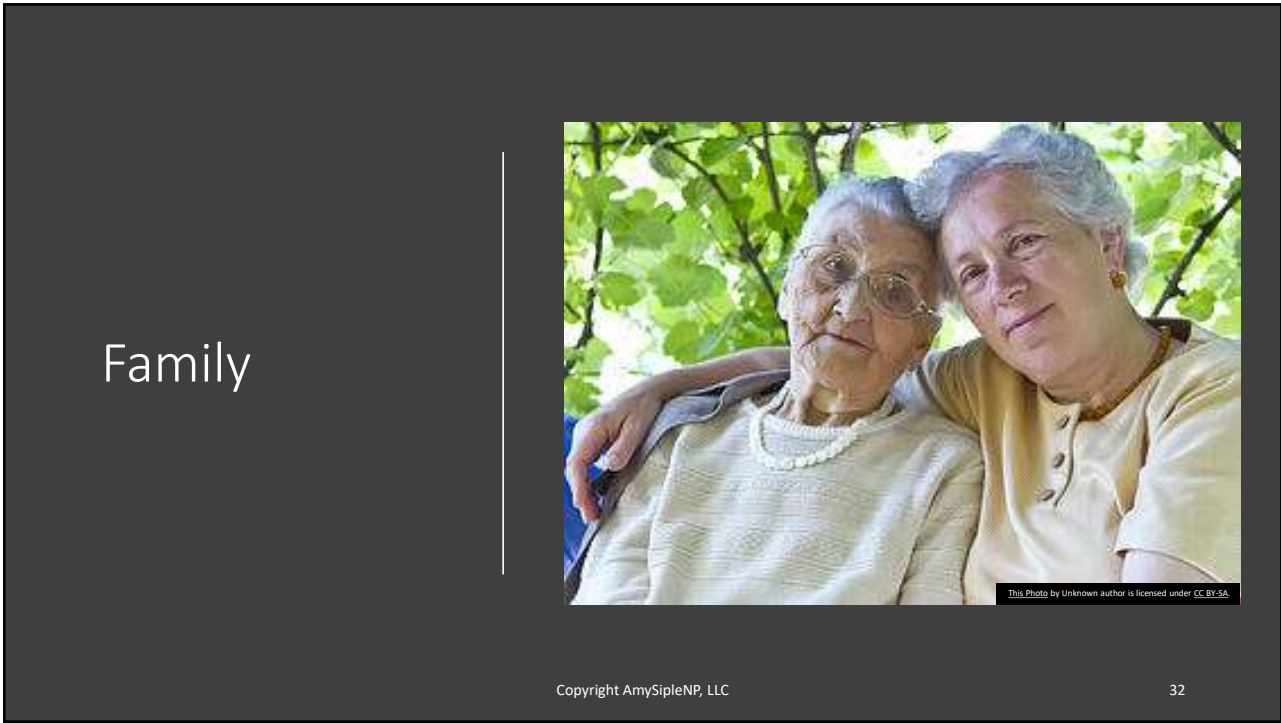
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## Family/Staff Response

- Family/Staff may have anxiety with GDRs of antipsychotics due to past experiences.
- Age, general health, and other circumstances can change the situation to the point where psychotropic drugs may no longer be needed

Amgen Inc.

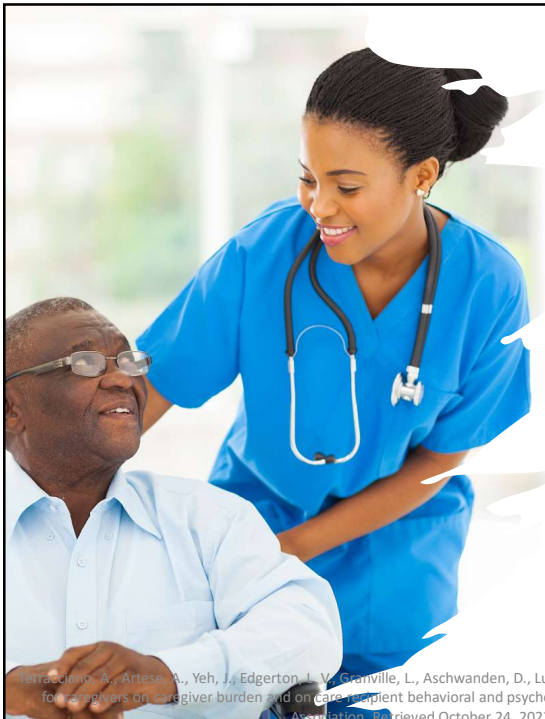


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## Cause and Effect

- Guides behavior in society
- Clients with dementia cannot typically learn new information
- Cause and effect can guide caregiver responses
- Equipping the healthcare team is our most effective strategy
- Many report feeling ill prepared and often lean on psychotropic agents

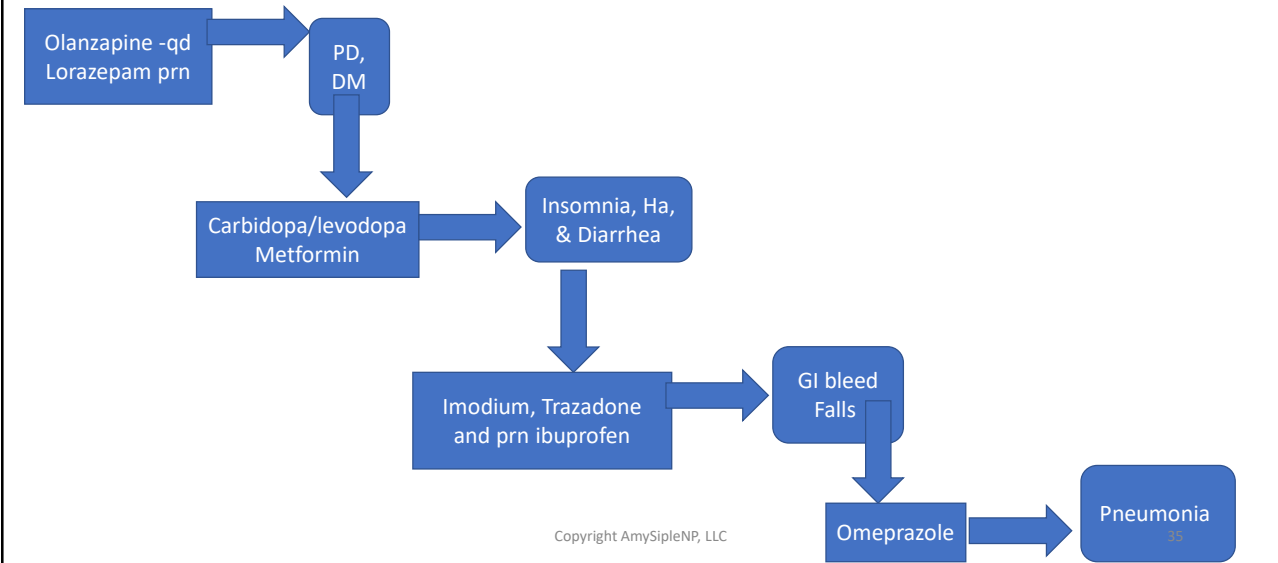


DeRacciano, A., Artesi, A., Yeh, J., Edgerton, J. V., Grenville, L., Aschwanden, D., Luchetti, M., Glueckauf, R. L., Stephan, Y., Sutin, A. R., & Katz, P. (2020, August). Effectiveness of powerful tools for caregivers on caregiver burden and on care recipient behavioral and psychological symptoms of dementia: A randomized controlled trial. *Journal of the American Medical Association*. Retrieved October 24, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7302999/>

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## Polypharmacy and Comorbidities – Joe



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## Case Study

- 65 bed facility in Kansas
- Majority of Clients Older Adults with Dementia

CASPER REPORT	Comparison Group National Percentile
Antipsych Meds	61%
Antianxiety/Hypnotic	90%
Behav Sx affect Others	85%

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## Approach

- Get buy in from administration and DON
- Make rounds with nursing staff members individually
- Provide handouts of the BEERS list and other pertinent literature
- Engage with the social worker, therapy, and activity director about overall impression and individual cases
- Ask to view any problematic "behaviors"
- Provide Free CE classes on Deprescribing and Managing "Behaviors"
- Call family members
- A series of 10 short videos on psychotropic stewardship
- Frequent consults with pharmacist

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## About 6 months Later

CASPER REPORT	Comparison Group National Percentile	Previously
Antipsych Meds	<b>9%</b>	61%
Antianxiety/Hypnotic	<b>19%</b>	90%
Behav Sx affect Others	<b>59%</b>	85%

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