

DEMENTIA NEWSLETTER FOR PHYSICIANS



Sault Ste. Marie & Algoma District

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A Publication of the Dementia Care Network Algoma

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Contributors...

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Visit Dementia Care Network Algoma

Your reference for community resources in Algoma
www.dementiaalgoma.org

For More Info...

Alzheimer Society of Sault Ste. Marie & Algoma District
633 Albert Street East
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P6A 2K5
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or 1-877-396-7888
www.dementiaalgoma.org/alzheimersociety/

Should the Elderly Be Screened for Cognitive Impairment?

Screening for asymptomatic conditions such as early cognitive impairment is justifiable if the condition is common (prevalence in those over 65: dementia = 8%, mild cognitive impairment = 10%), important (the most feared condition of seniors and their families), costly (annual costs are approximately 10 billion dollars), and if intervention is possible (cholinesterase inhibitors –and Memantine/Ebixa).



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The condition being screened for must have a high prevalence or there will be many false positives. An individual's risk of cognitive impairment can be calculated by the following table (remember the rule of **DOUBLING**): (age/family history/vascular risk factors).

Risk Calculator

Each 5 year increment in age **DOUBLES** the risk

65	2%
70	4%
75	8%
80	16%
85	32%

Each 1° **RELATIVE** with dementia **DOUBLES** the risk

Each vascular risk factor **DOUBLES** the risk (↑ BP, DM, hyperlipidemia, smoking, atrial fibrillation etc.)

Other situations to consider screening would be seniors who have relocated to residential care (prevalence 30-40%), follow up of delirium, follow up of first onset depression after the age of 65 and follow up of stroke. In general if the expected prevalence of cognitive impairment in an individual is over 15-20%, screening is justifiable. If screening for cognitive impairment is positive it is important to proceed to comprehensive assessment to determine if dementia is present. The benefits of “early” diagnosis and treatment of dementia are multiple:

Social	Medical
Social/financial planning	Reversible cause/component
Early caregiver education	Risk factor treatment
Safety: compliance, driving, cooking	Compliance strategies
Advance directives planning	AChEI treatment
Right/Need to know	Crisis avoidance

One method of screening is to use a caregiver or informant questionnaire (if two or more questions are answered yes, screening is positive):

- Does he/she repeat himself/herself or ask the same question over and over?
- Is he/she more forgetful, that is, have trouble with short-term memory?
- Has he/she become irritable, agitated or suspicious or started seeing, hearing, or believing things that aren't real?
- Are there concerns about his/her driving, for example, getting lost or driving unsafely? (Mundt JC – J of Gerontology: Psych Sci 2000 vol 55B #3: 163-170.)

How should you screen?

The Dementia Quickscreen is four simple tests which will take less than 2 minutes to administer to an individual:

The odds ratio for incorrect year is 37. The odds ratio for only 0 or 1 correct on three item recall is 3.1 (2 correct answers score as normal). The odds ratio for abnormal clock drawing is 24 (minor spacing irregularities of the numbers are scored as normal). Naming less than 15 four-legged animals in one minute increases the risk 20 times for dementia (sensitivity .88, specificity .96).

REMINYL ER Announcement

Janssen-Ortho announces that REMINYL ER (extended release) tablets will now be reimbursed through the Ontario Drug Benefit program of the Ministry of Health effective **January 12, 2006**.

Physician Members Wanted!

The Dementia Care Network Algoma currently has openings for physician members.

The Dementia Network was formed in 2002 with the goal of improving the system of care for people affected by dementia. It is composed of a Steering Committee and Education Committee. To date, the Network has created resources such as dementia care maps, dementia network website, physician newsletter, and PSW newsletter. The Network has also conducted education and advocacy activities.

Time commitment is approximately 2 hours four times per year. Please contact Carolyn Cybulski at 705-942-2195 if you are interested.

Community Resources for Persons with Dementia and their Family Caregiver

Once you have made a diagnosis of dementia, your patients and their family caregivers will require a wide range of programs and services in order to support them throughout the continuum of the disease. The on-going assessment, pharmacological treatment, and management of associated problems and issues of the patient with dementia is increasingly complex because of the many cognitive, behavioural, psychiatric and physical changes that occur over the course of the disease. In addition, the family caregiver will require psychological support, education about the disease, and assistance in mobilizing caregivers' support systems in order to maintain their required caregiving role. Physicians need to know where to turn for help.

Primary Dementia Care Agencies:

GERIATRIC ASSESSMENT PROGRAM-Group Health Centre, 759-7484. Diagnostic assessment, initiation of a treatment plan, information on community services.

GERIATRIC CLINIC-Blind River District Health Centre, 356-2265. Diagnostic assessment, initiation of a treatment plan.

SENIORS MENTAL HEALTH SERVICES-Sault Area Hospital, 759-9396. Diagnostic assessment, referral to geriatric psychiatry, referral to North Network resources, information on community resources, care-planning, education, advocacy, driving risk assessment and referral.

SENIORS MENTAL HEALTH SERVICES-North Shore Community Support Services Inc., 848-2800. Diagnostic assessment, referral to geriatric psychiatry, information on community services, care-planning, education and advocacy.

Homemaking:

Various services including Meals on Wheels, Adult Day Programs, Volunteer Transportation, Companion Visitors and homemaking are available. Visit the dementia network website for a complete listing.

www.dementiaalgoma.org

Personal care and respite: The Algoma Community Care Access Centre provides case management, in-home nursing, personal support, specialized consultation services such as occupational therapy and physiotherapy, co-ordination of respite (day programs, in-home respite, short-stay respite) and placement into long-term care homes and supportive housing. In Sault Ste. Marie and Central Algoma: 705-949-1650, East Algoma: 461-9329 or 356-1331, North Algoma: 856-7018 or 868-3434.

Dementia specific counseling: This service provides supportive or therapeutic counseling, education, information and referral to both the person with dementia and their caregiver at all stages of the disease. Issues such as getting a diagnosis, understanding dementia, care of the person with dementia and family coping may be discussed. Contact the Algoma Community Care Access Centre or the Primary Dementia Care Agencies for a contact in your area.

Support, information and education:

The Alzheimer Society provides support for both the person with dementia and their family member by offering: one-on-one support, peer support groups, education, resource material and referrals to community agencies. Contact the Alzheimer Society of Sault Ste. Marie & Algoma District: 705-942-2195 or 1-877-396-7888; Elliot Lake Satellite office: 848-8145.

Education Day for Physicians and Clinicians!

2006 Dementia Symposium in Eastern Ontario

Thursday, March 30, 2006
8:30-4:00, Centurion Conference Centre,
170 Colonnade Rd., Ottawa; \$125

Keynote speakers include:

- Dr. Sandra Black: Assessment and Treatment of Dementia
- Dr. Inge Loy-English: Understanding Frontotemporal Dementia

Practical workshops will focus on clinical issues and case studies:

- Driving and dementia
- End-of-life decision making
- Pharmacological & non-pharmacological management of behaviours
- Assessing capacity

The Dementia Symposium is hosted by:

- Alzheimer Society
- Regional Geriatric Assessment Program of Ottawa
- Champlain Dementia Network

**CALL TODAY TO REGISTER:
613-513-4004**

Physician Education For You!

Grand Rounds, Riverview

Thursday May 18, 2006 at noon

Dr. Byers

Sex and the Single Man (in the nursing home)

RSVP Mary-Lou MacLeod, 759-3434, ex 4149

Alzheimer Education Conference

Wednesday February 22, 2006,

8:00-4:00, Riuniti Banquet Hall

1324 Great Northern Road, Sault Ste. Marie

Enhancing Quality of Life in Late-Stage Dementia

Keynote Address: Dr. Michael Gordon

Ethical Issues in End of Life Dementia Care

Early Bird Registration Feb. 3 \$35.00

Final Registration Feb. 17 \$45.00

To Register call the Alzheimer Society at 942-2195

CME Education Session

Watch for further information on this upcoming educational opportunity in the Algoma District

Date: Wednesday April 19, 2006, 5:30-9:00pm

Topic: Dementia Diagnosis and Practical Office
Based Assessment

Dr. F. Ianni and Dr. A. Cziffer

Contact: Mary Clelland, CME Coordinator
Ontario College of Family Physicians
416-867-9646 ex.50

This session is sponsored by Dementia Care
Network Algoma and the Ontario College of
Family Physicians

THANK YOU

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Champlain Dementia Network for allowing the reproduction of this edition of the Dementia Newsletter
for Physicians.

All past issues of this publication can be obtained at www.dementiaalgoma.org