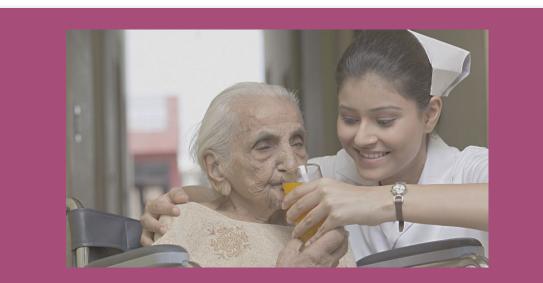


Reducing Agitation in Dementia Patients

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Introduction

- Approximately 60-70% of the adult population, 85 + has dementia (ASHA, 2020).
- Majority of dementia patients reside in nursing homes (ASHA, 2020).
- Approximately 50% of dementia patients experience agitation.
- Agitation can manifest neuropsychiatric behaviors.
 Patients can:
 - become suicidal and homicidal
 - become verbally and physically abusive
 - confused and sudden change in personality
- These behaviors are very dangerous and they can cause harm to healthcare staff.
- Agitation increases morbidity and mortality rate.

Background

- Confusion, depression, and stress
- Pain
- Distrutbed Sleep Cycle
- Constipation
- Unfamiliar Setting
- Bright lights or color



Alternative Therapies to Reduce Agiation

Environmental Factors:

- Light therapy can be used to help patients sleep better
 - Blue light therapy during the winters can help with maintaining a normal sleep schedule



• Consistent Temperature can help the patient stay calm without getting irritated from extreme temperature changes.

- WHO recommends 20 °C for the elder opoluation.
- Use a neutral color palette when selecting wall colors or clothes.
 - Bright colors can be a bit harsh on the eyes.

Wander garden

- Provides security and allow patients to connect with nature.
- This can also be sued in conjunction with image guided therapy to provide a calming effect.



Spatial Configuration:

- Adjusting a room to a patient's preference while maintaining a safety can reduce confusion.
- It can provide more familiar feeling.

Aromatherapy:

- Provides calming effect
- Use in conjunction with massage to relax the patient.

Music Therapy

 Patients can find music of their choice to be relaxing and encourage patients to interact with other people.

Doll Therapy:

- Patients with dementia look for a parent figure, which can cause them anxiety and frustration.
- Doll therapy helps patients feel relief which may decrease the use of antipsychotics.

Robotic Pet Therapy

- Decreased perception of pain and the use of antipsychotics.
- Caregivers do not have to take on the responsibilities of pet along with the patient

Daily Routine:

- Having a structured daily routine can decrease confusion in dementia patients.
- Following through tasks in a certain order can relieve agitation.

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