DEMENTIA (The pearl card)

**Definition:**
Acquired cognitive deficits (two or more domains) that occur in the absence of acute confusion, that causes dysfunction and have no other medical cause.

**Cognitive deficits (two or more domains):**
- Memory
- Orientation
- Language
- Visual-Spatial
- Executive decision making

**Absence of confusion (Delirium):**
- 1) change in cognition
- 2) short term, fluctuating course
- 3) change in consciousness (inattention)
- 4) medically caused

**The Work-Up:***************
A) H & P, Neurolgical exam and MMSE or MOCA to answer the following:
1) Is it dementia? 2) What kind of dementia? 3) What can we do?
B) LAB EVALUATION—Goal: is to look for the rare reversible cause and for factors that can be altered that can slow decline.

<table>
<thead>
<tr>
<th>BASIC LABS</th>
<th>INDICATION DEPENDENT LABS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CBC</td>
<td>VDRL</td>
</tr>
<tr>
<td>Chemistry Profile</td>
<td>HIV</td>
</tr>
<tr>
<td>TSH</td>
<td>Lyme titer</td>
</tr>
<tr>
<td>B 12 level</td>
<td>ESR, ANA</td>
</tr>
<tr>
<td>RBC folate</td>
<td>EEG</td>
</tr>
<tr>
<td>CT/MRI</td>
<td>Neuropsychic testing</td>
</tr>
<tr>
<td>Lumbar puncture</td>
<td></td>
</tr>
</tbody>
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**ALZHEIMER’S DISEASE (AD) Criteria (DSM IV)—(must fulfill A-1 & A-2 thru G):**
A-3 Memory impairment. (Key feature)
A-2 Impairment of cognitive domains (one or more)
1) Orientation 2) Language 3) Visual- Constructions 4) Executive control
B) Dysfunction as result of cognitive deficits
C) Course—gradual and progressive decline. (Key feature)
D) No other CNS or systemic diseases as cause
F) Not caused by delirium
G) Not caused by psychiatric disorder

**VASCULAR DEMENTIA SYNDROMES—(must fulfill 1,2, & 3 below):**
1) Diagnostic Criteria:
   1) dementia diagnosis is established
   2) documented cerebrovascular disease
   3) demonstrable relationship between 1 and 2.
   By: a) onset of dementia within 3 months of stroke or
   b) abrupt deterioration in cognitive function or
   c) a stepwise course in cognitive decline.

For more information see: Web site: geriatrics.unmc.edu & visit GERI Pearls evv 9/10/09

**BEHAVIORAL PROBLEMS in DEMENTIA:
**
- #1 NEED IMMEDIATE TRANSFER OR MEDICATION FOR SAFETY?
- #2 MEDICAL EVALUATION & TREATMENT (do a Delirium w/u)
- #3 CONTINUE TREATMENT & REASSESS

**Hallucinations/paranoia**
1) Quetiapine 25 mg -50 mg bid
2) Olanzapine 2.5 mg-10.0 mg q d.
3) Risperidone 0.25 mg- 1 mg q.d
4) Clozaril (?psychiatry consult)

**Impulsive, disinhibited, aggressive, violent**
1) Valproic acid 125 mg bid-500 mg tid
2) Gabapentin 100 q hs -300 mg tid

**Anxiety/restlessness**
1) Buspiron e 5--20 mg TID

**Depression**
- SSRI's
  - Sertraline 25-100 mg q day
  - Citalopram         10-20 mg q d
  - Escitalopram 10 – 20 mg q day

**Others**
- Bupropion SR 37.5--300 mg q d.
- Venlafexine XR 37.5 -100 mg q d
- Remeron            7.5-30 mg q hs

**Acetyl-cholinesterase inhibitors:** Donepezil 5- 10 mg q d, or Galantamine 4 mg bid -12 mg bid

**Memantine:** 5 to 10 mg bid

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