Alzheimer’s Disease
The Management of Comorbidities
End of Life Care
Lessons for Caregivers
Chronic Disease Management

- Coronary Artery Disease
- Type II Diabetes
- Chronic Obstructive Lung Disease
- Chronic Renal Disease
- Osteoporosis
- Hypertension
- Degenerative Joint Disease
Geriatric Syndromes

- Falls
- Delirium
- Malnutrition
- Sensory Deficits
- Incontinence
- Depression/ Anxiety
- Sleep Problems
- PolyPharmacy
Clinical Practice Guidelines

- Single Disease Focus
- Exclusion of Older Patients
- Life Expectancy
- Functional Status
- Quality of Life
Patient/Family Preferences

- Severity of Illness
- Symptom Burden
- Quality of Life
- Long Term Prognosis
- Intervention Risks
- Time Horizon to Benefit
- Absolute Risk Reduction
Feasibility

► Complexity
► Non Adherence
► Adverse Reactions
► Economic Burden
► Caregiver Stress
PolyPharmacy Issues

- Inappropriate Prescribing
- Delirium
- Anticholinergic Burden
- Antipsychotic Use
- Limited Evidence Base
PolyPharmacy Examples

- Multiple Drugs for same issue all at low doses

- PPI’S
  Started during acute hospitalization but NEVER stopped.
  Side effects include; osteoporosis, pneumonia, TB, rebound.
Gotta Go Drugs for Nocturia/Incontinences

Do they work?

Side effects - Dry Mouth, Dental Issues, Constipation, Confusion

Cholesterol Lowering Drugs

Statins

Side Effects - Muscle Weakness, leading to falls

Zetia

Lack of Evidence for Reduction in target illness - Surrogate Marker
PolyPharmacy

Antihypertensive(s)
- Falls
- Role of Weight Loss
- Issues with Measurement

NAIDs - Not superior to acetaminophen for pain
- Side Effects
  1. GI Bleeding
  2. Kidney Impairment
  3. Hypertension
PolyPharmacy
Role of Benzodiazepines
Anxiety/Grief/Insomnia
High Incidence 65-80
10.8% Women
6.1% Men
Highest Women over 80%=11.9%

▶ Side Effects
1. Dependence
2. Cognition
3. Mobility - MVAs
4. Falls and Fractures
Choosing Wisely - A Program of ABIM

Geriatrics Top 10

1. No Feeding Tubes for Advanced Dementia
2. Avoid Antipsychotics for Behavioral and Psychological symptoms of Dementia
3. Avoid Tight Control of Type II Diabetes
4. Avoid Benzodiazepine for Insomnia
5. Avoid Antibiotics for Bactiuria without Urinary Tract symptoms
6. Reevaluate Cholinesterase Inhibitor Frequently
7. Limit Screening for Breast, Colon and Prostate Cancer to those with 10 year life Expectancy
8. Avoid Appetite Stimulants
9. Avoid PolyPharmacy
10. No Physical Restraints
End of Life Issues

- Living Will
- Health Care Power of Attorney
- LA POST
- Hospice Care
Do Not Resuscitate Orders

- Natural Death
- Success Rate
- Harvard Study
- Potential Harms
Other Issues

- Intubation
- Hydration/Nutrition
- End Stage Renal Disease
- Antibiotics
- Hospitalization
The Doctors Visit

1. Bring All Medication Bottles
   - Prescription Drugs
   - Over the Counter Agents
   - Eye Drops
   - Vitamins
   - Health Foods
The Doctors Visit

2. Have an Agenda
   ► Write it Out
   ► Ask Questions
   ► Request Community Resources
The Doctors Visit

3. The Doctor’s Perspective