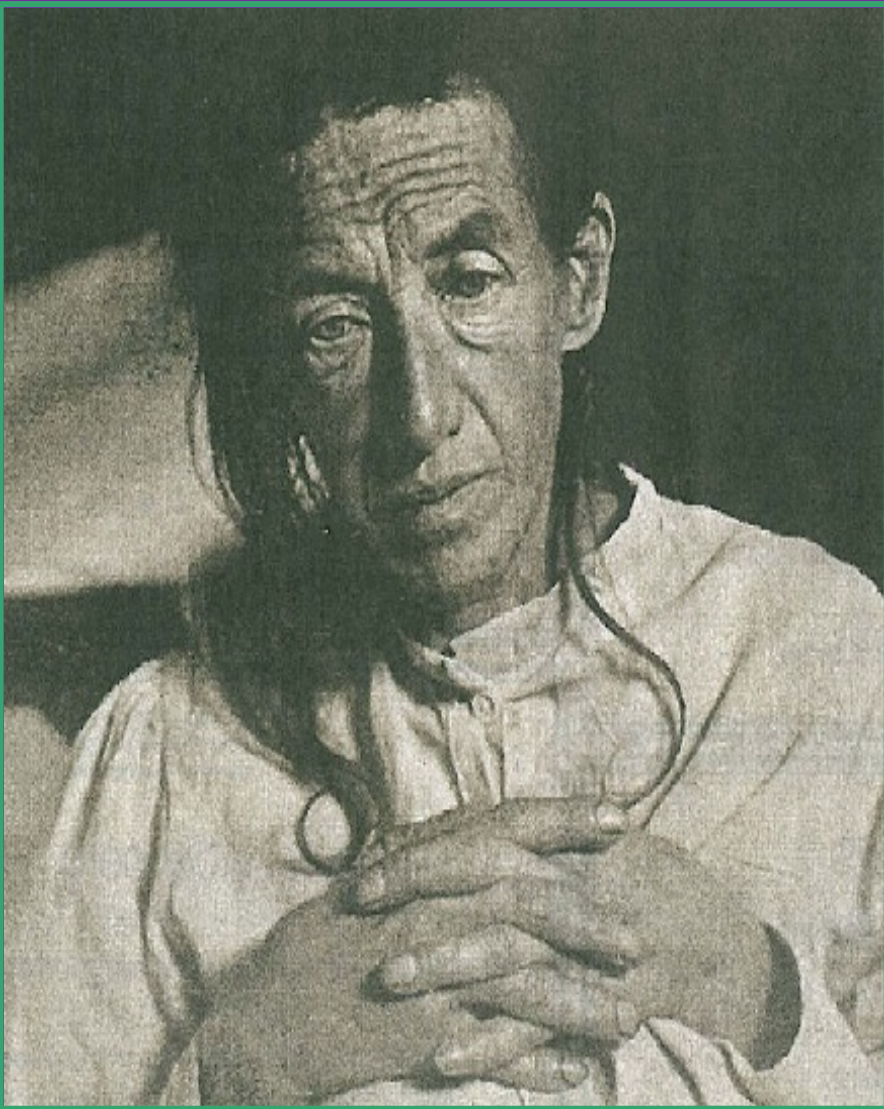
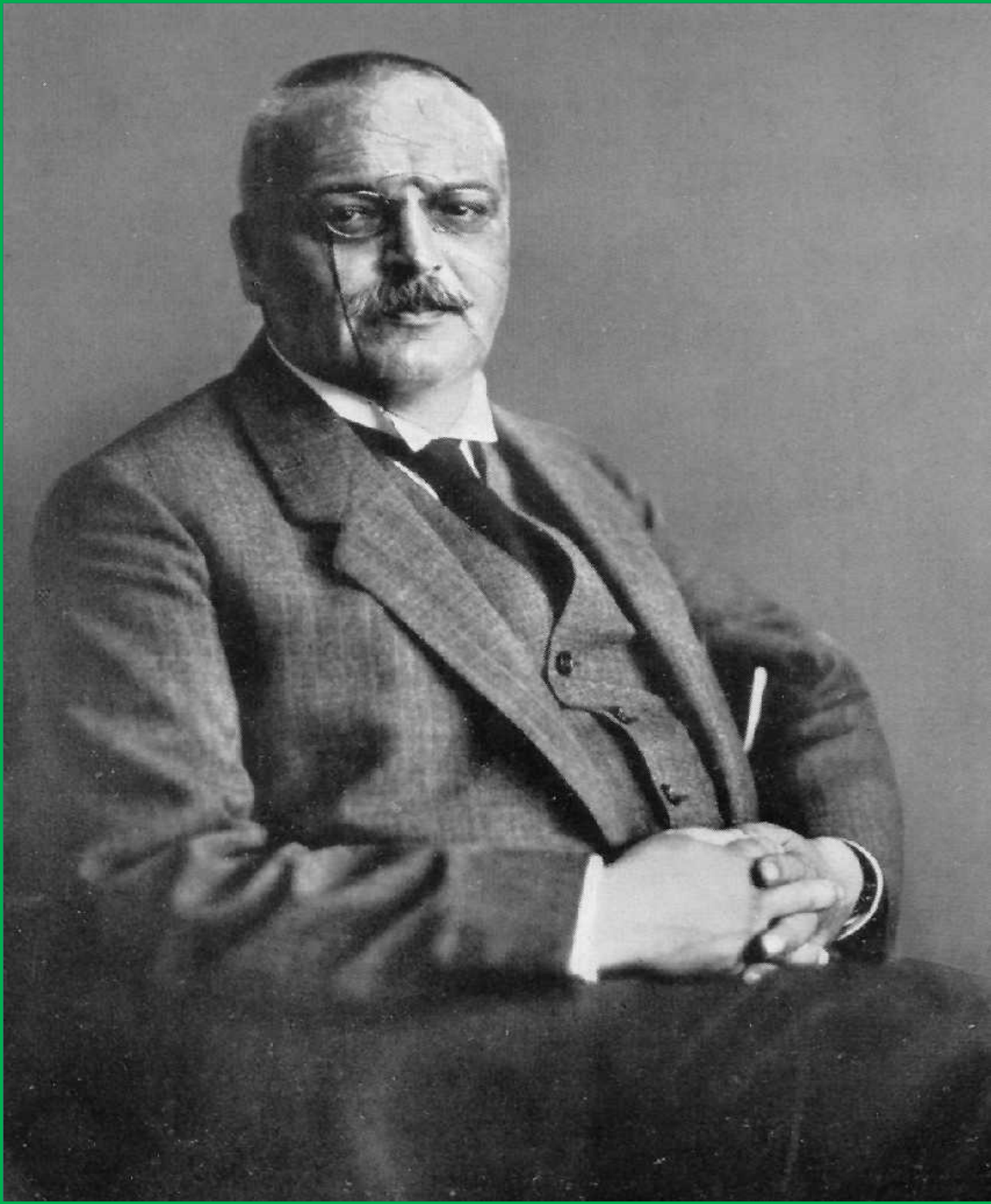


# Alzheimer's Disease

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 Bacteriuria 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

