WEBVTT

00:00:00.000 --> 00:00:04.312 I'm Chris Van **** and I direct

00:00:04.312 --> 00:00:06.571 our department's division of

00:00:06.571 --> 00:00:08.759 aging and geriatric psychiatry.

00:00:08.760 --> 00:00:11.861 This is the first grand rounds that

00:00:11.861 --> 00:00:14.678 our division has hosted in some time

00:00:14.678 --> 00:00:17.863 and I I'd like to say I think we're

00:00:17.863 --> 00:00:20.029 resuming in very fine style with

00:00:20.029 --> 00:00:22.529 today's speaker doctor Brent Forrester.

00:00:22.530 --> 00:00:25.202 Now Brent is the chief of the division

00:00:25.202 --> 00:00:28.240 of Geriatric Psychiatry at McLean and

00:00:28.240 --> 00:00:29.990 Medical Director for Dementia care

00:00:29.990 --> 00:00:31.830 and behavioral and mental health.

00:00:31.830 --> 00:00:34.272 Population health management

00:00:34.272 --> 00:00:37.528 at Mass General Brigham.

NOTE Confidence: 0.87695661375

00:00:37.530 --> 00:00:39.885 He is associate professor of psychiatry

NOTE Confidence: 0.87695661375

00:00:39.885 --> 00:00:42.415 at Harvard Medical School and has

NOTE Confidence: 0.87695661375

00:00:42.415 --> 00:00:44.830 several other titles that I won't list.

NOTE Confidence: 0.87695661375

00:00:44.830 --> 00:00:47.902 But of special note is that Brent is

NOTE Confidence: 0.87695661375

00:00:47.902 --> 00:00:51.118 the current president of the American

NOTE Confidence: 0.87695661375

00:00:51.118 --> 00:00:53.666 Association for Geriatric Psychiatry,

NOTE Confidence: 0.87695661375

00:00:53.666 --> 00:00:56.926 which is our national organization.

NOTE Confidence: 0.87695661375

00:00:56.930 --> 00:00:59.330 He specializes in the treatment

NOTE Confidence: 0.87695661375

00:00:59.330 --> 00:01:01.330 of older adults with depression,

NOTE Confidence: 0.87695661375

00:01:01.330 --> 00:01:02.664 bipolar disorder,

NOTE Confidence: 0.87695661375

00:01:02.664 --> 00:01:05.332 and behavioral complications of

NOTE Confidence: 0.87695661375

00:01:05.332 --> 00:01:08.830 Alzheimer's disease and related dementia.

NOTE Confidence: 0.87695661375

00:01:08.830 --> 00:01:11.488 As we'll see.

NOTE Confidence: 0.87695661375

00:01:11.490 --> 00:01:13.298 In his presentation today,

NOTE Confidence: 0.87695661375

00:01:13.298 --> 00:01:16.010 his research focuses on novel treatment

NOTE Confidence: 0.87695661375

00:01:16.086 --> 00:01:18.691 approaches to manage the disabling

NOTE Confidence: 0.87695661375

00:01:18.691 --> 00:01:20.775 behavioral complications of dementia

NOTE Confidence: 0.87695661375

00:01:20.775 --> 00:01:23.364 such as agitation and aggression,

NOTE Confidence: 0.87695661375

00:01:23.364 --> 00:01:26.886 and his presentation today is entitled

NOTE Confidence: 0.87695661375

00:01:26.890 --> 00:01:29.305 addressing the epidemic of Alzheimer's

NOTE Confidence: 0.87695661375

00:01:29.305 --> 00:01:31.720 dementia with evidence based approaches

NOTE Confidence: 0.87695661375

00:01:31.791 --> 00:01:34.206 to treating Neuro psychiatric syndrome,

NOTE Confidence: 0.87695661375

00:01:34.210 --> 00:01:36.100 symptoms of dementia,

NOTE Confidence: 0.87695661375

00:01:36.100 --> 00:01:38.620 and population health informed

NOTE Confidence: 0.87695661375

00:01:38.620 --> 00:01:41.010 collaborative models of care.

NOTE Confidence: 0.87695661375

00:01:41.010 --> 00:01:43.050 So with no further delay,

NOTE Confidence: 0.87695661375

00:01:43.050 --> 00:01:44.790 let me introduce to you

NOTE Confidence: 0.87695661375

00:01:44.790 --> 00:01:46.329 doctor Brent Forrester.

NOTE Confidence: 0.932037372380952

00:01:47.530 --> 00:01:49.672 Thank you Chris for that kind

NOTE Confidence: 0.932037372380952

00:01:49.672 --> 00:01:51.625 introduction and really great to see

NOTE Confidence: 0.932037372380952

00:01:51.625 --> 00:01:53.770 many of you on the screen who I know

NOTE Confidence: 0.932037372380952

00:01:53.770 --> 00:01:55.396 who have been friends and colleagues

NOTE Confidence: 0.932037372380952

00:01:55.396 --> 00:01:57.238 of mine for quite so many years.

NOTE Confidence: 0.932037372380952

00:01:57.240 --> 00:01:59.304 I will say that Yale holds a special

NOTE Confidence: 0.932037372380952

00:01:59.304 --> 00:02:01.496 place in my heart because as Michelle

NOTE Confidence: 0.932037372380952

00:02:01.496 --> 00:02:03.567 and Kirsten know during the annual

NOTE Confidence: 0.932037372380952

00:02:03.567 --> 00:02:05.548 meeting I become A at least a

NOTE Confidence: 0.932037372380952

00:02:05.548 --> 00:02:07.489 member of your family by going out

NOTE Confidence: 0.932037372380952

00:02:07.489 --> 00:02:09.414 to a dinner with the Yale folks.

NOTE Confidence: 0.932037372380952

00:02:09.420 --> 00:02:10.845 So that's always a highlight

NOTE Confidence: 0.932037372380952

00:02:10.845 --> 00:02:12.270 of the year for me,

NOTE Confidence: 0.932037372380952

00:02:12.270 --> 00:02:13.554 and it's a real pleasure to

NOTE Confidence: 0.932037372380952

00:02:13.554 --> 00:02:15.123 speak to you today about a topic

NOTE Confidence: 0.932037372380952

00:02:15.123 --> 00:02:16.228 that's dear to my heart.

NOTE Confidence: 0.932037372380952

00:02:16.230 --> 00:02:17.670 Which is Alzheimer's disease?

NOTE Confidence: 0.932037372380952

00:02:17.670 --> 00:02:20.370 So I'm going to share my screen.

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00:02:33.290 --> 00:02:34.950 And Chris, give me the

00:02:34.950 --> 00:02:37.050 thumbs up if that looks good.

00:02:37.050 --> 00:02:39.366 That looks good, alright, excellent.

00:02:39.366 --> 00:02:41.238 Alright, by the way,

00:02:41.240 --> 00:02:44.560 I should say the building on the left,

00:02:44.560 --> 00:02:46.765 the old print there is the original

00:02:46.765 --> 00:02:49.259 campus of the McLean Asylum and well,

00:02:49.260 --> 00:02:50.188 it says Somerville Mass.

00:02:50.188 --> 00:02:51.800 Some people would have call it now.

00:02:51.800 --> 00:02:53.114 Charleston Charles Charlestown,

00:02:53.114 --> 00:02:56.180 Massachusetts when it was founded in 1811,

00:02:56.180 --> 00:02:58.371 it moved to the campus where currently

00:02:58.371 --> 00:03:00.996 is in Belmont in 1895 and the buildings

00:03:00.996 --> 00:03:03.240 still pretty much look the same

00:03:03.240 --> 00:03:05.137 and and the building on the right,

00:03:05.140 --> 00:03:07.023 which little fuzzy is a new corporate

NOTE Confidence: 0.884717254545455

00:03:07.023 --> 00:03:08.381 structure that mass general Brigham

NOTE Confidence: 0.884717254545455

00:03:08.381 --> 00:03:10.381 built a few years ago and has largely

NOTE Confidence: 0.884717254545455

00:03:10.433 --> 00:03:12.036 been empty for the past two years.

NOTE Confidence: 0.884717254545455

00:03:12.040 --> 00:03:13.544 Because of the pandemic.

NOTE Confidence: 0.884717254545455

00:03:13.544 --> 00:03:15.876 But it represents our transformation

NOTE Confidence: 0.884717254545455

00:03:15.876 --> 00:03:18.321 from siloed sort of singular

NOTE Confidence: 0.884717254545455

00:03:18.321 --> 00:03:20.257 hospitals to a system of care,

NOTE Confidence: 0.884717254545455

00:03:20.260 --> 00:03:21.694 and I'm I'm mentioning that now

NOTE Confidence: 0.884717254545455

00:03:21.694 --> 00:03:23.159 because I think it's relevant for

NOTE Confidence: 0.884717254545455

00:03:23.159 --> 00:03:24.769 the the second part of the talk,

NOTE Confidence: 0.884717254545455

00:03:24.770 --> 00:03:26.090 which is more on the population

NOTE Confidence: 0.884717254545455

00:03:26.090 --> 00:03:26.970 health side of things.

NOTE Confidence: 0.91127961

00:03:29.690 --> 00:03:31.786 Alright, so here are some of my disclosures.

NOTE Confidence: 0.90437754

00:03:33.920 --> 00:03:35.480 So I'm going to talk a bit about

NOTE Confidence: 0.90437754

00:03:35.480 --> 00:03:36.683 real quickly about epidemiology of

NOTE Confidence: 0.90437754

00:03:36.683 --> 00:03:38.213 dementia and talk about a case,

NOTE Confidence: 0.90437754

00:03:38.220 --> 00:03:39.718 really to highlight some of the key

NOTE Confidence: 0.90437754

00:03:39.718 --> 00:03:41.300 clinical issues I want to address today,

NOTE Confidence: 0.90437754

00:03:41.300 --> 00:03:42.962 which are really the behavioral symptoms

NOTE Confidence: 0.90437754

00:03:42.962 --> 00:03:44.766 of dementia that drive the burden of

NOTE Confidence: 0.90437754

00:03:44.766 --> 00:03:46.271 this disease and give those of you,

NOTE Confidence: 0.90437754

00:03:46.280 --> 00:03:48.122 especially those of you who, whether you,

NOTE Confidence: 0.90437754

00:03:48.122 --> 00:03:50.018 whether your geriatric psychiatrist or not.

NOTE Confidence: 0.90437754

00:03:50.020 --> 00:03:52.632 Most people I realize or not you're going

NOTE Confidence: 0.90437754

00:03:52.632 --> 00:03:54.560 to be seeing not only an aging population,

NOTE Confidence: 0.90437754

00:03:54.560 --> 00:03:56.688 but you're going to be seeing an

NOTE Confidence: 0.90437754

00:03:56.688 --> 00:03:58.159 increasing aging population with

NOTE Confidence: 0.90437754

00:03:58.159 --> 00:03:59.680 various neurodegenerative illnesses

NOTE Confidence: 0.90437754

00:03:59.680 --> 00:04:00.697 including Alzheimer's disease.

NOTE Confidence: 0.90437754

00:04:00.697 --> 00:04:02.392 And knowing more about diagnosis

NOTE Confidence: 0.90437754

00:04:02.392 --> 00:04:04.124 and treatment approaches is going

NOTE Confidence: 0.90437754

00:04:04.124 --> 00:04:05.460 to become increasingly important,

NOTE Confidence: 0.90437754

00:04:05.460 --> 00:04:07.000 so that's what I really want to

NOTE Confidence: 0.90437754

00:04:07.000 --> 00:04:07.660 focus on today.

NOTE Confidence: 0.90437754

00:04:07.660 --> 00:04:09.428 And then I'll spend some time at the

NOTE Confidence: 0.90437754

00:04:09.428 --> 00:04:10.951 end talking about how we've adapted

NOTE Confidence: 0.90437754

00:04:10.951 --> 00:04:12.499 some of these key principles and

NOTE Confidence: 0.90437754

00:04:12.546 --> 00:04:13.996 implemented them in a population

NOTE Confidence: 0.90437754

00:04:13.996 --> 00:04:15.446 based setting in primary care.

NOTE Confidence: 0.930118456071429

00:04:17.810 --> 00:04:20.190 So I like to start every talk I give on

NOTE Confidence: 0.930118456071429

00:04:20.257 --> 00:04:22.567 Alzheimer's disease with the most recent

NOTE Confidence: 0.930118456071429

00:04:22.567 --> 00:04:24.936 facts and figures from the Alzheimer's

NOTE Confidence: 0.930118456071429

00:04:24.936 --> 00:04:27.228 Association and every March or so.

NOTE Confidence: 0.930118456071429

00:04:27.230 --> 00:04:28.430 So we're about to see another

NOTE Confidence: 0.930118456071429

00:04:28.430 --> 00:04:30.038 one of these in in about a month.

NOTE Confidence: 0.930118456071429

00:04:30.040 --> 00:04:31.260 The Alzheimer's Association comes

NOTE Confidence: 0.930118456071429

00:04:31.260 --> 00:04:33.090 up with their facts and figures

NOTE Confidence: 0.930118456071429

00:04:33.145 --> 00:04:34.697 that highlights demographic issues

NOTE Confidence: 0.930118456071429

00:04:34.697 --> 00:04:36.249 related to Alzheimer's disease.

NOTE Confidence: 0.930118456071429

00:04:36.250 --> 00:04:38.202 And I'll just highlight a few things on

NOTE Confidence: 0.930118456071429

00:04:38.202 --> 00:04:39.956 this slide right now in the United States,

NOTE Confidence: 0.930118456071429

00:04:39.960 --> 00:04:42.020 there are about 6.2 million

NOTE Confidence: 0.930118456071429

00:04:42.020 --> 00:04:43.668 Americans with Alzheimer's disease,

NOTE Confidence: 0.930118456071429

00:04:43.670 --> 00:04:45.630 and based on the aging of the population,

NOTE Confidence: 0.930118456071429

00:04:45.630 --> 00:04:46.605 that number is supposed to

NOTE Confidence: 0.930118456071429

00:04:46.605 --> 00:04:47.870 triple in the next 20 years.

NOTE Confidence: 0.930118456071429

00:04:47.870 --> 00:04:48.644 And that's not.

NOTE Confidence: 0.930118456071429

00:04:48.644 --> 00:04:49.934 Unique to the United States,

NOTE Confidence: 0.930118456071429

00:04:49.940 --> 00:04:51.965 it's true all over the

NOTE Confidence: 0.930118456071429

00:04:51.965 --> 00:04:53.585 world with aging adults.

NOTE Confidence: 0.930118456071429

00:04:53.590 --> 00:04:55.074 It's the 6th leading cause of death

NOTE Confidence: 0.930118456071429

00:04:55.074 --> 00:04:56.707 in the United States and by the way,

NOTE Confidence: 0.930118456071429

00:04:56.710 --> 00:04:58.576 the pandemic has been a disaster

NOTE Confidence: 0.930118456071429

00:04:58.576 --> 00:04:59.509 for Alzheimer's disease.

NOTE Confidence: 0.930118456071429

00:04:59.510 --> 00:05:01.256 The death rate in Alzheimer's dementia

NOTE Confidence: 0.930118456071429

00:05:01.256 --> 00:05:03.798 not only because of individuals who are in

NOTE Confidence: 0.930118456071429

00:05:03.798 --> 00:05:05.784 more advanced stages and congregate living,

NOTE Confidence: 0.930118456071429

00:05:05.790 --> 00:05:08.610 but but independently because of illness

NOTE Confidence: 0.930118456071429

00:05:08.610 --> 00:05:11.116 issues related to the illness of Alzheimer's,

NOTE Confidence: 0.930118456071429

00:05:11.120 --> 00:05:12.308 or the effect of the virus.

NOTE Confidence: 0.930118456071429

00:05:12.310 --> 00:05:14.752 We've seen just a much higher

NOTE Confidence: 0.930118456071429

00:05:14.752 --> 00:05:17.610 mortality rate over the past two years.

NOTE Confidence: 0.930118456071429

00:05:17.610 --> 00:05:19.234 This is a disease that not only

NOTE Confidence: 0.930118456071429

00:05:19.234 --> 00:05:20.769 impacts the person with the illness,

NOTE Confidence: 0.930118456071429

00:05:20.770 --> 00:05:22.770 but like many illnesses that we care for.

NOTE Confidence: 0.930118456071429

00:05:22.770 --> 00:05:25.410 In psychiatry really impacts the family.

NOTE Confidence: 0.930118456071429

00:05:25.410 --> 00:05:28.310 So we estimate there over 11.2 million

NOTE Confidence: 0.930118456071429

00:05:28.310 --> 00:05:30.230 Americans providing unpaid caregiving

NOTE Confidence: 0.930118456071429

00:05:30.230 --> 00:05:33.149 support to loved ones with dementia.

NOTE Confidence: 0.930118456071429

00:05:33.150 --> 00:05:35.406 The total cost of care in the United

NOTE Confidence: 0.930118456071429

00:05:35.406 --> 00:05:38.394 States in 2021 was $355 billion,

NOTE Confidence: 0.930118456071429

00:05:38.394 --> 00:05:43.420 with an added two $57 billion.

NOTE Confidence: 0.930118456071429

00:05:43.420 --> 00:05:45.312 For providing home care,

NOTE Confidence: 0.930118456071429

00:05:45.312 --> 00:05:47.478 for example, what's really important,

NOTE Confidence: 0.930118456071429

00:05:47.478 --> 00:05:50.320 I think that's become much more clear,

NOTE Confidence: 0.930118456071429

00:05:50.320 --> 00:05:52.438 especially in this report from the

NOTE Confidence: 0.930118456071429

00:05:52.440 --> 00:05:54.840 2021 Alzheimer's Association report,

NOTE Confidence: 0.930118456071429

00:05:54.840 --> 00:05:57.840 was the bottom right box,

NOTE Confidence: 0.930118456071429

00:05:57.840 --> 00:05:59.970 which is really the disproportionate

NOTE Confidence: 0.930118456071429

00:05:59.970 --> 00:06:01.674 impact in underserved populations.

NOTE Confidence: 0.930118456071429

00:06:01.680 --> 00:06:02.980 And interestingly,

NOTE Confidence: 0.930118456071429

00:06:02.980 --> 00:06:05.580 36% of black Americans,

NOTE Confidence: 0.930118456071429

11

00:06:05.580 --> 00:06:07.132 18% of Hispanic Americans,

NOTE Confidence: 0.930118456071429

00:06:07.132 --> 00:06:09.370 in 19% of Asian Americans believe

NOTE Confidence: 0.930118456071429

00:06:09.370 --> 00:06:11.220 that discrimination is a barrier,

NOTE Confidence: 0.930118456071429

00:06:11.220 --> 00:06:13.404 or would be a barrier to receiving

NOTE Confidence: 0.930118456071429

00:06:13.404 --> 00:06:14.028 Alzheimer's care.

NOTE Confidence: 0.930118456071429

00:06:14.030 --> 00:06:15.388 And one of the biggest problems that

NOTE Confidence: 0.930118456071429

00:06:15.388 --> 00:06:17.009 we have in in the research setting.

NOTE Confidence: 0.930118456071429

00:06:17.010 --> 00:06:18.408 It's just ruin all of psychiatry.

NOTE Confidence: 0.930118456071429

00:06:18.410 --> 00:06:20.090 But we see this a lot in dementia as well.

NOTE Confidence: 0.930118456071429

00:06:20.090 --> 00:06:22.500 Is that we're seeing generally

NOTE Confidence: 0.930118456071429

00:06:22.500 --> 00:06:23.946 homogeneous populations being

NOTE Confidence: 0.930118456071429

00:06:23.946 --> 00:06:26.113 either volunteering for or being

NOTE Confidence: 0.930118456071429

00:06:26.113 --> 00:06:27.629 recruited into clinical trials,

NOTE Confidence: 0.930118456071429

00:06:27.630 --> 00:06:29.202 and so there's an increasing worry

NOTE Confidence: 0.930118456071429

00:06:29.202 --> 00:06:30.822 that what we're finding in some

NOTE Confidence: 0.930118456071429

00:06:30.822 --> 00:06:32.394 of these outcomes are really not

00:06:32.394 --> 00:06:33.869 representative of a larger population.

00:06:33.870 --> 00:06:35.726 So this is an area that I think

00:06:35.726 --> 00:06:36.850 throughout all of medicine,

00:06:36.850 --> 00:06:39.250 but but also here and Alzheimer's

00:06:39.250 --> 00:06:41.390 disease is a major issue.

00:06:41.390 --> 00:06:43.414 So let me start out by a relatively

00:06:43.414 --> 00:06:44.556 straightforward case of a gentleman

00:06:44.556 --> 00:06:46.150 that I saw a number of years ago,

00:06:46.150 --> 00:06:48.500 who at the time was in his late 60s and

00:06:48.560 --> 00:06:51.026 I had first seen him a few years earlier.

00:06:51.030 --> 00:06:52.935 When he presented with cognitive

00:06:52.935 --> 00:06:54.840 issues working as an accountant

00:06:54.899 --> 00:06:56.978 unable to do the tax returns and

00:06:56.978 --> 00:06:58.530 his partners were concerned,

00:06:58.530 --> 00:06:59.858 as was his wife,

00:06:59.858 --> 00:07:01.518 we diagnosed him with Alzheimer's

NOTE Confidence: 0.930118456071429

00:07:01.518 --> 00:07:03.141 dementia and now a few years

NOTE Confidence: 0.930118456071429

00:07:03.141 --> 00:07:04.376 later he had been having

NOTE Confidence: 0.9155095064

00:07:04.438 --> 00:07:06.542 about two months of insomnia, irritability,

NOTE Confidence: 0.9155095064

00:07:06.542 --> 00:07:08.430 physical restlessness and pacing,

NOTE Confidence: 0.9155095064

00:07:08.430 --> 00:07:10.264 especially late in the day and for

NOTE Confidence: 0.9155095064

00:07:10.264 --> 00:07:12.520 about the past week he started to talk

NOTE Confidence: 0.9155095064

00:07:12.520 --> 00:07:14.208 to these imaginary people who were

NOTE Confidence: 0.9155095064

00:07:14.208 --> 00:07:16.295 in his home and he started to look

NOTE Confidence: 0.9155095064

00:07:16.295 --> 00:07:18.070 more confused according to his wife.

NOTE Confidence: 0.9155095064

00:07:18.070 --> 00:07:19.888 He really had no major medical

NOTE Confidence: 0.9155095064

00:07:19.888 --> 00:07:21.100 problems in the past.

NOTE Confidence: 0.9155095064

00:07:21.100 --> 00:07:22.858 It was a very healthy guy.

NOTE Confidence: 0.9155095064

00:07:22.860 --> 00:07:24.510 And we had put him a few years ago and

NOTE Confidence: 0.9155095064

00:07:24.560 --> 00:07:26.400 and episil, or Aricept and Memantine.

NOTE Confidence: 0.9155095064

00:07:26.400 --> 00:07:27.760 And Amanda standard treatments.

NOTE Confidence: 0.9155095064

00:07:27.760 --> 00:07:30.840 Even today in 2022 for Alzheimer's disease.

NOTE Confidence: 0.9155095064

00:07:30.840 --> 00:07:33.765 And he had been on mirtazapine for few years

NOTE Confidence: 0.9155095064

00:07:33.765 --> 00:07:36.874 for anxiety and periods of insomnia as well.

NOTE Confidence: 0.9155095064

00:07:36.880 --> 00:07:38.404 But now he was having some

NOTE Confidence: 0.9155095064

00:07:38.404 --> 00:07:39.420 of these other symptoms.

NOTE Confidence: 0.9155095064

00:07:39.420 --> 00:07:41.886 So what I want you to think about as

NOTE Confidence: 0.9155095064

00:07:41.886 --> 00:07:44.095 we go through this talk is questions

NOTE Confidence: 0.9155095064

00:07:44.095 --> 00:07:45.975 that come out of a case like this

NOTE Confidence: 0.9155095064

00:07:45.975 --> 00:07:47.560 and how you would approach it.

NOTE Confidence: 0.9155095064

00:07:47.560 --> 00:07:48.676 So for example, how?

NOTE Confidence: 0.9155095064

00:07:48.676 --> 00:07:50.350 How would you define or describe

NOTE Confidence: 0.9155095064

00:07:50.403 --> 00:07:52.139 these neuro psychiatric symptoms?

NOTE Confidence: 0.9155095064

00:07:52.140 --> 00:07:53.560 Because they're they range

NOTE Confidence: 0.9155095064

00:07:53.560 --> 00:07:55.335 across a spectrum of mood,

NOTE Confidence: 0.9155095064

00:07:55.340 --> 00:07:56.296 anxiety, sleep,

NOTE Confidence: 0.9155095064

00:07:56.296 --> 00:07:59.642 and then even into psychosis with paranoid

NOTE Confidence: 0.9155095064

00:07:59.642 --> 00:08:02.169 delusions and possibly hallucinations.

NOTE Confidence: 0.9155095064

00:08:02.170 --> 00:08:02.660 Most importantly,

NOTE Confidence: 0.9155095064

00:08:02.660 --> 00:08:04.130 how would you seek the cause

NOTE Confidence: 0.9155095064

00:08:04.130 --> 00:08:05.874 with the etiology of these neuro

NOTE Confidence: 0.9155095064

00:08:05.874 --> 00:08:07.078 psychiatric symptoms and what?

NOTE Confidence: 0.9155095064

00:08:07.080 --> 00:08:09.390 Medical or neurological diagnosis may

NOTE Confidence: 0.9155095064

00:08:09.390 --> 00:08:11.702 help to explain this presentation.

NOTE Confidence: 0.9155095064

00:08:11.702 --> 00:08:15.390 And if you're going to treat this individual,

NOTE Confidence: 0.9155095064

00:08:15.390 --> 00:08:17.070 what target symptoms would you be

NOTE Confidence: 0.9155095064

00:08:17.070 --> 00:08:19.030 going after and then what behavioral

NOTE Confidence: 0.9155095064

00:08:19.030 --> 00:08:20.590 interventions might help and?

NOTE Confidence: 0.9155095064

00:08:20.590 --> 00:08:22.021 And if you were going to use the medicine

NOTE Confidence: 0.9155095064

00:08:22.021 --> 00:08:23.705 to augment treatment that he's currently on,

NOTE Confidence: 0.9155095064

00:08:23.710 --> 00:08:24.886 what would you use and why?

NOTE Confidence: 0.9155095064

00:08:24.890 --> 00:08:26.714 And what is the evidence based for that?

NOTE Confidence: 0.9155095064

00:08:26.720 --> 00:08:28.142 So what I'm going to hopefully

NOTE Confidence: 0.9155095064

00:08:28.142 --> 00:08:29.924 cover in this first part of the

NOTE Confidence: 0.9155095064

00:08:29.924 --> 00:08:31.490 talk is really going through the

NOTE Confidence: 0.9155095064

00:08:31.490 --> 00:08:32.890 systematic approach to assessment,

NOTE Confidence: 0.9155095064

00:08:32.890 --> 00:08:35.758 diagnosis and then and then both

NOTE Confidence: 0.9155095064

00:08:35.758 --> 00:08:37.192 behavioral and pharmacological

NOTE Confidence: 0.9155095064

00:08:37.192 --> 00:08:39.782 management of these of these neuro

NOTE Confidence: 0.9155095064

00:08:39.782 --> 00:08:41.418 psychiatric symptoms of dementia.

NOTE Confidence: 0.9155095064

00:08:41.420 --> 00:08:43.910 So as far as background goes,

NOTE Confidence: 0.9155095064

00:08:43.910 --> 00:08:45.506 if you see somebody with dementia

NOTE Confidence: 0.9155095064

00:08:45.506 --> 00:08:47.339 over the course of their illness,

NOTE Confidence: 0.9155095064

00:08:47.340 --> 00:08:49.335 neuro psychiatric symptoms

NOTE Confidence: 0.9155095064

00:08:49.335 --> 00:08:51.330 are universally prevalent.

NOTE Confidence: 0.9155095064

00:08:51.330 --> 00:08:52.006 In fact,

NOTE Confidence: 0.9155095064

00:08:52.006 --> 00:08:54.372 some studies have shown rates of up

NOTE Confidence: 0.9155095064

17

00:08:54.372 --> 00:08:56.260 to 100% over the course of illness.

NOTE Confidence: 0.9155095064

00:08:56.260 --> 00:08:56.540 Again,

NOTE Confidence: 0.9155095064

00:08:56.540 --> 00:08:59.060 they could be as mild as worrying or pacing,

NOTE Confidence: 0.9155095064

00:08:59.060 --> 00:09:00.704 or they could be as severe

NOTE Confidence: 0.9155095064

00:09:00.704 --> 00:09:01.526 as physical aggression.

NOTE Confidence: 0.9155095064

00:09:01.530 --> 00:09:02.880 But when you see these symptoms,

NOTE Confidence: 0.9155095064

00:09:02.880 --> 00:09:04.632 the reason they're important is not

NOTE Confidence: 0.9155095064

00:09:04.632 --> 00:09:06.561 only they are disabling to the person

NOTE Confidence: 0.9155095064

00:09:06.561 --> 00:09:08.220 and making them feel lousy and and

NOTE Confidence: 0.9155095064

00:09:08.276 --> 00:09:09.860 concerned about safety concerns,

NOTE Confidence: 0.9155095064

00:09:09.860 --> 00:09:10.685 but they do.

NOTE Confidence: 0.9155095064

00:09:10.685 --> 00:09:12.610 Seem to be associated with a higher

NOTE Confidence: 0.9155095064

00:09:12.668 --> 00:09:14.328 morbidity and even mortality,

NOTE Confidence: 0.9155095064

00:09:14.330 --> 00:09:17.720 and a more rapid functional decline.

NOTE Confidence: 0.9155095064

00:09:17.720 --> 00:09:20.160 Practice guidelines that exist,

NOTE Confidence: 0.9155095064

00:09:20.160 --> 00:09:22.451 including the 2016 APA guidelines

NOTE Confidence: 0.9155095064

00:09:22.451 --> 00:09:24.236 for the use of antipsychotics

NOTE Confidence: 0.9155095064

00:09:24.240 --> 00:09:25.461 and Alzheimer's disease,

NOTE Confidence: 0.9155095064

00:09:25.461 --> 00:09:27.089 recommend antipsychotics as first

NOTE Confidence: 0.9155095064

00:09:27.089 --> 00:09:29.076 line treatment for those patients

NOTE Confidence: 0.9155095064

00:09:29.076 --> 00:09:30.846 with dementia who have agitation

NOTE Confidence: 0.9155095064

00:09:30.846 --> 00:09:32.760 that are associated with psychosis,

NOTE Confidence: 0.9155095064

00:09:32.760 --> 00:09:34.436 so hallucinations or delusions.

NOTE Confidence: 0.9155095064

00:09:34.436 --> 00:09:37.595 But what if you've got somebody who's

NOTE Confidence: 0.9155095064

00:09:37.595 --> 00:09:39.899 physically aggressive or disinhibited

NOTE Confidence: 0.9155095064

00:09:39.899 --> 00:09:41.788 verbally without any provocation,

NOTE Confidence: 0.9155095064

00:09:41.788 --> 00:09:43.532 without any association with

NOTE Confidence: 0.9155095064

00:09:43.532 --> 00:09:45.600 psychosis or or depression?

NOTE Confidence: 0.9155095064

00:09:45.600 --> 00:09:47.105 That's where the even the experts don't

NOTE Confidence: 0.9155095064

00:09:47.105 --> 00:09:48.828 agree on a first line of treatment.

NOTE Confidence: 0.9155095064

00:09:48.830 --> 00:09:51.512 That's where we use combinations of

NOTE Confidence: 0.9155095064

00:09:51.512 --> 00:09:53.300 medications that include antipsychotics

NOTE Confidence: 0.904780860666667

00:09:53.363 --> 00:09:54.722 or mood stabilizing

NOTE Confidence: 0.904780860666667

00:09:54.722 --> 00:09:55.904 anticonvulsants or SSRI's,

NOTE Confidence: 0.904780860666667

00:09:55.904 --> 00:09:58.096 and we'll talk more about this in detail.

NOTE Confidence: 0.904780860666667

00:09:58.100 --> 00:10:01.110 And so we have a number of

NOTE Confidence: 0.904780860666667

00:10:01.110 --> 00:10:02.780 different acronyms that are used

NOTE Confidence: 0.904780860666667

00:10:02.780 --> 00:10:04.020 to describe these syndromes,

NOTE Confidence: 0.904780860666667

00:10:04.020 --> 00:10:06.132 one of which is BPSD or the behavioral

NOTE Confidence: 0.904780860666667

00:10:06.132 --> 00:10:07.699 and psychological symptoms of dementia.

NOTE Confidence: 0.904780860666667

00:10:07.700 --> 00:10:10.196 But we don't have true standards of care.

NOTE Confidence: 0.904780860666667

00:10:10.200 --> 00:10:11.710 There is really no true

NOTE Confidence: 0.904780860666667

00:10:11.710 --> 00:10:13.220 algorithm or standards of care.

NOTE Confidence: 0.904780860666667

00:10:13.220 --> 00:10:14.324 Some have been developed,

NOTE Confidence: 0.904780860666667

00:10:14.324 --> 00:10:16.644 but it really has to be thought of

NOTE Confidence: 0.904780860666667

00:10:16.644 --> 00:10:18.468 on an individual patient level and

NOTE Confidence: 0.904780860666667

00:10:18.468 --> 00:10:20.437 and very importantly which a lot

NOTE Confidence: 0.904780860666667

00:10:20.437 --> 00:10:22.393 of people don't understand is that

NOTE Confidence: 0.904780860666667

00:10:22.400 --> 00:10:24.461 any drug ever used by any of us to

NOTE Confidence: 0.904780860666667

00:10:24.461 --> 00:10:26.286 treat these behavioral symptoms that

NOTE Confidence: 0.904780860666667

00:10:26.286 --> 00:10:28.590 dementia is by definition off label.

NOTE Confidence: 0.904780860666667

00:10:28.590 --> 00:10:30.284 Because the FDA has yet to approve

NOTE Confidence: 0.904780860666667

00:10:30.284 --> 00:10:32.062 a single drug to manage any

NOTE Confidence: 0.904780860666667

00:10:32.062 --> 00:10:33.390 behavioral symptoms of dementia,

NOTE Confidence: 0.904780860666667

00:10:33.390 --> 00:10:36.360 or the psychosis of dementia.

NOTE Confidence: 0.904780860666667

00:10:36.360 --> 00:10:38.010 So I mentioned these definitions,

NOTE Confidence: 0.904780860666667

00:10:38.010 --> 00:10:38.704 Dilip, Jeste,

NOTE Confidence: 0.904780860666667

00:10:38.704 --> 00:10:40.786 and Sandy Finkle came up with

NOTE Confidence: 0.904780860666667

00:10:40.786 --> 00:10:42.966 a psychosis avadi which was a

NOTE Confidence: 0.904780860666667

00:10:42.966 --> 00:10:44.828 diagnostic sort of a research

NOTE Confidence: 0.904780860666667

00:10:44.828 --> 00:10:47.250 diagnosis that was in the DSM 4

NOTE Confidence: 0.904780860666667

00:10:47.250 --> 00:10:49.236 neuro psychiatric symptoms of a D.

NOTE Confidence: 0.904780860666667

00:10:49.240 --> 00:10:50.038 This BPSD,

NOTE Confidence: 0.904780860666667

00:10:50.038 --> 00:10:52.432 but most importantly is that whatever

NOTE Confidence: 0.904780860666667

00:10:52.432 --> 00:10:54.897 the acronym is or the descriptor is,

NOTE Confidence: 0.904780860666667

00:10:54.900 --> 00:10:56.587 it's really important to go down into

NOTE Confidence: 0.904780860666667

00:10:56.587 --> 00:10:58.363 the nitty gritty and like what are

NOTE Confidence: 0.904780860666667

00:10:58.363 --> 00:11:00.140 the symptoms that person is presenting with,

NOTE Confidence: 0.904780860666667

00:11:00.140 --> 00:11:01.875 because these acronyms really account

NOTE Confidence: 0.904780860666667

00:11:01.875 --> 00:11:04.210 for a whole range of symptoms.

NOTE Confidence: 0.904780860666667

00:11:04.210 --> 00:11:05.038 As I mentioned before,

NOTE Confidence: 0.904780860666667

00:11:05.038 --> 00:11:06.779 and you can see here on the slide.

NOTE Confidence: 0.902046279

00:11:09.750 --> 00:11:11.652 The the most important really take

NOTE Confidence: 0.902046279

00:11:11.652 --> 00:11:13.898 home message from this part of the

NOTE Confidence: 0.902046279

00:11:13.898 --> 00:11:15.734 talk is that throwing medicines at

NOTE Confidence: 0.902046279

00:11:15.734 --> 00:11:17.964 patients who present with these symptoms

NOTE Confidence: 0.902046279

00:11:17.964 --> 00:11:19.829 without figuring out what's driving

NOTE Confidence: 0.902046279

00:11:19.830 --> 00:11:21.930 these symptoms will lead to problems.

00:11:21.930 --> 00:11:24.044 And it sounds so obvious to say.

00:11:24.050 --> 00:11:25.514 But when you're dealing with a

00:11:25.514 --> 00:11:27.218 fragile brain that's in the context

00:11:27.218 --> 00:11:28.582 of a neurodegenerative illness

00:11:28.582 --> 00:11:29.605 like Alzheimer's disease,

00:11:29.610 --> 00:11:30.675 the therapeutic index,

00:11:30.675 --> 00:11:32.450 the window for efficacy and

00:11:32.450 --> 00:11:33.972 tolerability is very, very narrow,

00:11:33.972 --> 00:11:35.659 and so if we're going to intervene

00:11:35.659 --> 00:11:37.300 with medications when appropriate,

00:11:37.300 --> 00:11:38.560 we've got to be very careful

00:11:38.560 --> 00:11:39.190 that we're actually.

00:11:39.190 --> 00:11:41.367 Now we're treating so the three big

00:11:41.367 --> 00:11:43.521 buckets of causes of these behavioral

00:11:43.521 --> 00:11:45.843 symptoms can be broken down into

00:11:45.843 --> 00:11:47.043 environmental precipitants like

NOTE Confidence: 0.902046279

00:11:47.043 --> 00:11:48.918 interactions with caregivers or time

NOTE Confidence: 0.902046279

00:11:48.918 --> 00:11:52.050 of day or change in routine or noise,

NOTE Confidence: 0.902046279

00:11:52.050 --> 00:11:53.174 or even cultural issues.

NOTE Confidence: 0.902046279

00:11:53.174 --> 00:11:55.492 The way in which a loved one will

NOTE Confidence: 0.902046279

00:11:55.492 --> 00:11:57.208 speak to their spouse with dementia

NOTE Confidence: 0.902046279

00:11:57.208 --> 00:11:59.223 and a person with dementia doesn't

NOTE Confidence: 0.902046279

00:11:59.223 --> 00:12:01.796 understand where they are or or or who

NOTE Confidence: 0.902046279

00:12:01.796 --> 00:12:03.567 their spouses and they start asking the

NOTE Confidence: 0.902046279

00:12:03.567 --> 00:12:05.367 same questions over and over again,

NOTE Confidence: 0.902046279

00:12:05.370 --> 00:12:06.936 and the spouse themselves is feeling

NOTE Confidence: 0.902046279

00:12:06.936 --> 00:12:08.629 exhausted and burned out and depressed.

NOTE Confidence: 0.902046279

00:12:08.630 --> 00:12:09.450 And before you know it.

NOTE Confidence: 0.902046279

00:12:09.450 --> 00:12:10.728 They're having arguments.

NOTE Confidence: 0.902046279

00:12:10.728 --> 00:12:12.858 Those things don't require necessarily

NOTE Confidence: 0.902046279

00:12:12.858 --> 00:12:14.290 medications, but a lot of caregivers,

24

NOTE Confidence: 0.902046279

00:12:14.290 --> 00:12:16.900 support education, etc.

NOTE Confidence: 0.902046279

00:12:16.900 --> 00:12:18.444 Medical causes in fact.

NOTE Confidence: 0.902046279

00:12:18.444 --> 00:12:19.216 The first,

NOTE Confidence: 0.902046279

00:12:19.220 --> 00:12:20.852 second and third things we look

NOTE Confidence: 0.902046279

00:12:20.852 --> 00:12:22.855 for when we see a patient like

NOTE Confidence: 0.902046279

00:12:22.855 --> 00:12:24.553 the one I described is might.

NOTE Confidence: 0.902046279

00:12:24.560 --> 00:12:27.096 May there be an infection or a new

NOTE Confidence: 0.902046279

00:12:27.096 --> 00:12:28.608 medication accounting for the side effect?

NOTE Confidence: 0.902046279

00:12:28.610 --> 00:12:29.590 Or maybe they're drinking

NOTE Confidence: 0.902046279

00:12:29.590 --> 00:12:30.815 alcohol or some other drugs.

NOTE Confidence: 0.902046279

00:12:30.820 --> 00:12:32.890 Or maybe they've got an electrolyte

NOTE Confidence: 0.902046279

00:12:32.890 --> 00:12:33.925 disturbance where their

NOTE Confidence: 0.902046279

00:12:33.925 --> 00:12:35.439 diabetes isn't well controlled,

NOTE Confidence: 0.902046279

00:12:35.440 --> 00:12:37.336 so that's what we're looking for in pain.

NOTE Confidence: 0.902046279

00:12:37.340 --> 00:12:40.436 And during the first wave of this pandemic,

NOTE Confidence: 0.902046279

00:12:40.440 --> 00:12:42.510 back in the winter of 2020,

NOTE Confidence: 0.902046279

00:12:42.510 --> 00:12:45.228 we saw a number of older

NOTE Confidence: 0.902046279

00:12:45.228 --> 00:12:46.587 patients presenting with.

NOTE Confidence: 0.902046279

00:12:46.590 --> 00:12:47.692 Delirium, agitation,

NOTE Confidence: 0.902046279

00:12:47.692 --> 00:12:48.243 confusion,

NOTE Confidence: 0.902046279

00:12:48.243 --> 00:12:51.549 etc superimposed on dementia as the

NOTE Confidence: 0.902046279

00:12:51.549 --> 00:12:54.149 first manifestation of COVID-19,

NOTE Confidence: 0.902046279

00:12:54.150 --> 00:12:55.238 which was very interesting.

NOTE Confidence: 0.902046279

00:12:55.238 --> 00:12:57.552 And we've we've seen and now know a

NOTE Confidence: 0.902046279

00:12:57.552 --> 00:12:59.430 lot more about the neuro psychiatric

NOTE Confidence: 0.902046279

00:12:59.430 --> 00:13:00.740 manifestations of this illness.

NOTE Confidence: 0.902046279

00:13:00.740 --> 00:13:01.976 And then finally, psychiatric.

NOTE Confidence: 0.902046279

00:13:01.976 --> 00:13:04.500 And the reason I bring this up is 2 fold.

NOTE Confidence: 0.902046279

00:13:04.500 --> 00:13:05.226 One is,

NOTE Confidence: 0.902046279

00:13:05.226 --> 00:13:07.041 it's really important to gather

NOTE Confidence: 0.902046279

00:13:07.041 --> 00:13:09.182 a pre-existing or prior to the

NOTE Confidence: 0.902046279

00:13:09.182 --> 00:13:10.169 onset of dementia.

NOTE Confidence: 0.902046279

00:13:10.170 --> 00:13:12.060 Psychiatric history from a family

NOTE Confidence: 0.902046279

00:13:12.060 --> 00:13:14.430 member or from some collateral source.

NOTE Confidence: 0.902046279

00:13:14.430 --> 00:13:16.236 Because what you might be seeing is

NOTE Confidence: 0.902046279

00:13:16.236 --> 00:13:17.695 somebody who's aging with bipolar

NOTE Confidence: 0.902046279

00:13:17.695 --> 00:13:19.597 disorder who's now got cognitive problems.

NOTE Confidence: 0.902046279

00:13:19.600 --> 00:13:22.174 Or you might be seeing somebody who

NOTE Confidence: 0.902046279

00:13:22.174 --> 00:13:23.698 never had a psychiatric problem and

NOTE Confidence: 0.902046279

00:13:23.698 --> 00:13:25.443 now now is experiencing Alzheimer's

NOTE Confidence: 0.902046279

00:13:25.443 --> 00:13:27.295 disease with superimpose behavioral

NOTE Confidence: 0.902046279

00:13:27.295 --> 00:13:29.494 complications and the approach to

NOTE Confidence: 0.902046279

00:13:29.494 --> 00:13:31.240 treatment may very well be different.

NOTE Confidence: 0.902046279

00:13:31.240 --> 00:13:32.760 I'll also tell you a little vignette here,

NOTE Confidence: 0.902046279

00:13:32.760 --> 00:13:33.546 because this story,

NOTE Confidence: 0.902046279

00:13:33.546 --> 00:13:35.118 which I this was a patient,

NOTE Confidence: 0.902046279

00:13:35.120 --> 00:13:36.872 I saw very early on in my career

NOTE Confidence: 0.902046279

00:13:36.872 --> 00:13:38.619 in a nursing home setting,

NOTE Confidence: 0.902046279

00:13:38.620 --> 00:13:40.988 taught me a lot about the importance of

NOTE Confidence: 0.902046279

00:13:40.988 --> 00:13:42.299 collateral information and diagnosis.

NOTE Confidence: 0.902046279

00:13:42.300 --> 00:13:44.008 So I was working at the mental

NOTE Confidence: 0.902046279

00:13:44.008 --> 00:13:45.779 Health Center of Greater Manchester,

NOTE Confidence: 0.902046279

00:13:45.780 --> 00:13:47.436 NH on the faculty at Dartmouth,

NOTE Confidence: 0.902046279

00:13:47.440 --> 00:13:49.344 and I was assigned to work in

NOTE Confidence: 0.902046279

00:13:49.344 --> 00:13:50.450 this nursing home and.

NOTE Confidence: 0.902046279

00:13:50.450 --> 00:13:51.608 One of the first days I

NOTE Confidence: 0.902046279

00:13:51.608 --> 00:13:52.380 actually worked in this

NOTE Confidence: 0.8816018725

00:13:52.425 --> 00:13:55.046 nursing home, I was asked to see this woman.

NOTE Confidence: 0.8816018725

00:13:55.050 --> 00:13:57.448 Who is 53 at the time and she was in a

NOTE Confidence: 0.8816018725

00:13:57.448 --> 00:13:59.528 locked dementia unit and all I knew is

NOTE Confidence: 0.8816018725

00:13:59.528 --> 00:14:02.016 that she had been hospitalized for a week

NOTE Confidence: 0.8816018725

00:14:02.016 --> 00:14:04.130 before in the General Medical Hospital.

00:14:04.130 --> 00:14:05.908 After a syncopal episode at home was

00:14:05.908 --> 00:14:07.894 found to be dehydrated and and was

00:14:07.894 --> 00:14:10.045 admitted to the hospital and now she

00:14:10.045 --> 00:14:12.109 was diagnosed with picks disease or

00:14:12.109 --> 00:14:14.166 frontal temporal dementia variant and

00:14:14.166 --> 00:14:16.706 she wasn't cooperative with anything.

00:14:16.710 --> 00:14:18.750 She wasn't eating drinking,

00:14:18.750 --> 00:14:20.790 not cooperating with activities.

00:14:20.790 --> 00:14:21.662 So I saw her.

00:14:21.662 --> 00:14:22.970 She's standing in the hallway and

00:14:23.026 --> 00:14:24.587 she was first of all about 30

00:14:24.587 --> 00:14:25.960 years younger than everyone else.

00:14:25.960 --> 00:14:28.450 Which I thought was strange.

00:14:28.450 --> 00:14:30.402 I walked up to her and she had

00:14:30.402 --> 00:14:31.950 absolutely no facial expression.

00:14:31.950 --> 00:14:34.169 She was completely mute and when I

NOTE Confidence: 0.8816018725

00:14:34.169 --> 00:14:36.909 went in the hallway to do a brief

NOTE Confidence: 0.8816018725

00:14:36.909 --> 00:14:39.994 neurological exam on her and I did some

NOTE Confidence: 0.8816018725

00:14:39.994 --> 00:14:42.144 assessment of upper extremity mobility.

NOTE Confidence: 0.8816018725

00:14:42.150 --> 00:14:43.788 She left her hand up like this.

NOTE Confidence: 0.8816018725

00:14:43.790 --> 00:14:44.861 She was catalepsy.

NOTE Confidence: 0.8816018725

00:14:44.861 --> 00:14:47.990 I thought maybe you know this is unusual.

NOTE Confidence: 0.8816018725

00:14:47.990 --> 00:14:49.626 Neurological manifestation of catatonia,

NOTE Confidence: 0.8816018725

00:14:49.626 --> 00:14:52.709 but there's no psych history in her chart,

NOTE Confidence: 0.8816018725

00:14:52.710 --> 00:14:54.310 so I called her husband and I said,

NOTE Confidence: 0.8816018725

00:14:54.310 --> 00:14:55.689 Bob, what's going on with your wife?

NOTE Confidence: 0.8816018725

00:14:55.690 --> 00:14:56.546 And he said, well,

NOTE Confidence: 0.8816018725

00:14:56.546 --> 00:14:57.830 we've been married for 30 years,

NOTE Confidence: 0.8816018725

00:14:57.830 --> 00:14:59.350 and she's got bipolar disorder,

NOTE Confidence: 0.8816018725

00:14:59.350 --> 00:15:00.496 and she was doing pretty well

NOTE Confidence: 0.8816018725

00:15:00.496 --> 00:15:02.026 until a few weeks ago, when she?

NOTE Confidence: 0.8816018725

00:15:02.026 --> 00:15:03.694 Started but I thought was getting

NOTE Confidence: 0.8816018725

00:15:03.694 --> 00:15:05.372 depressed and wasn't talking to us

NOTE Confidence: 0.8816018725

00:15:05.372 --> 00:15:06.980 much and wasn't eating or drinking

NOTE Confidence: 0.8816018725

00:15:07.033 --> 00:15:08.531 very well and she passed out one

NOTE Confidence: 0.8816018725

00:15:08.531 --> 00:15:10.180 day and now they tell me she has

NOTE Confidence: 0.8816018725

00:15:10.180 --> 00:15:11.382 end stage dementia and she's at

NOTE Confidence: 0.8816018725

00:15:11.382 --> 00:15:12.614 the end of her life and I said,

NOTE Confidence: 0.8816018725

00:15:12.620 --> 00:15:13.700 well you know Bob,

NOTE Confidence: 0.8816018725

00:15:13.700 --> 00:15:15.320 it may be a manifestation of

NOTE Confidence: 0.8816018725

00:15:15.384 --> 00:15:17.399 bipolar disorder we call catatonia,

NOTE Confidence: 0.8816018725

00:15:17.400 --> 00:15:19.524 and so we had our hospitalized

NOTE Confidence: 0.8816018725

00:15:19.524 --> 00:15:20.940 and she had ECT.

NOTE Confidence: 0.8816018725

00:15:20.940 --> 00:15:22.290 And and she became my outpatient

NOTE Confidence: 0.8816018725

00:15:22.290 --> 00:15:24.000 for the next five years because she

NOTE Confidence: 0.8816018725

00:15:24.000 --> 00:15:25.530 went back to her normal baseline,

NOTE Confidence: 0.8816018725

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00:15:25.530 --> 00:15:27.830 which was essentially euthymic

NOTE Confidence: 0.8816018725

00:15:27.830 --> 00:15:28.980 without catatonia,

NOTE Confidence: 0.8816018725

00:15:28.980 --> 00:15:30.725 with some mild executive dysfunction

NOTE Confidence: 0.8816018725

00:15:30.725 --> 00:15:32.470 and some delayed recall problems,

NOTE Confidence: 0.8816018725

00:15:32.470 --> 00:15:33.946 which improved with prompting.

NOTE Confidence: 0.8816018725

00:15:33.946 --> 00:15:35.791 But she certainly didn't have

NOTE Confidence: 0.8816018725

00:15:35.791 --> 00:15:37.610 advanced frontal temporal dementia.

NOTE Confidence: 0.8816018725

00:15:37.610 --> 00:15:38.968 I learned a lot from this case.

NOTE Confidence: 0.8816018725

00:15:38.970 --> 00:15:40.349 One thing was which you read in

NOTE Confidence: 0.8816018725

00:15:40.349 --> 00:15:41.747 a medical record is what you read

NOTE Confidence: 0.8816018725

00:15:41.747 --> 00:15:42.507 in a medical record.

NOTE Confidence: 0.8816018725

00:15:42.510 --> 00:15:44.130 And even with emr's these days,

NOTE Confidence: 0.8816018725

00:15:44.130 --> 00:15:46.125 we know how those cannot be complete.

NOTE Confidence: 0.8816018725

00:15:46.130 --> 00:15:47.846 It's not that they're wrong necessarily,

NOTE Confidence: 0.8816018725

00:15:47.850 --> 00:15:50.146 but they're just not complete all the time,

NOTE Confidence: 0.8816018725

00:15:50.150 --> 00:15:51.435 and there's really nothing that

NOTE Confidence: 0.8816018725

00:15:51.435 --> 00:15:52.720 substitutes getting a really good

NOTE Confidence: 0.8816018725

00:15:52.762 --> 00:15:53.907 history from a family member.

NOTE Confidence: 0.8816018725

00:15:53.910 --> 00:15:55.146 And then finally,

NOTE Confidence: 0.8816018725

00:15:55.146 --> 00:15:56.794 people with acute psychiatric

NOTE Confidence: 0.8816018725

00:15:56.794 --> 00:15:58.730 illness like this woman had.

NOTE Confidence: 0.8816018725

00:15:58.730 --> 00:16:00.782 It's impossible to know what their

NOTE Confidence: 0.8816018725

00:16:00.782 --> 00:16:02.150 baseline cognitive functioning is.

NOTE Confidence: 0.8816018725

00:16:02.150 --> 00:16:03.932 And until you treat that you

NOTE Confidence: 0.8816018725

00:16:03.932 --> 00:16:05.590 don't really know what they're

NOTE Confidence: 0.8816018725

00:16:05.590 --> 00:16:07.510 what the underlying baseline.

NOTE Confidence: 0.8816018725

00:16:07.510 --> 00:16:09.430 A cognitive functioning maybe.

NOTE Confidence: 0.8816018725

00:16:09.430 --> 00:16:10.910 So those are the three buckets of causes

NOTE Confidence: 0.8816018725

00:16:10.910 --> 00:16:12.404 and keep that in mind as we go through

NOTE Confidence: 0.8816018725

00:16:12.404 --> 00:16:13.700 some of the treatment approaches.

NOTE Confidence: 0.8816018725

00:16:13.700 --> 00:16:14.570 So our colleagues,

NOTE Confidence: 0.8816018725

00:16:14.570 --> 00:16:16.600 Helen Cals and others at the University

NOTE Confidence: 0.8816018725

00:16:16.650 --> 00:16:18.696 of Michigan developed this dice approach,

NOTE Confidence: 0.8816018725

00:16:18.700 --> 00:16:21.116 which was now published a few years ago

NOTE Confidence: 0.91318261

00:16:21.120 --> 00:16:22.128 in Jags. And this.

NOTE Confidence: 0.91318261

00:16:22.128 --> 00:16:23.136 This approach is really

NOTE Confidence: 0.91318261

00:16:23.136 --> 00:16:24.719 what I just told you about.

NOTE Confidence: 0.91318261

00:16:24.720 --> 00:16:26.728 It's like a it's just a systematic way

NOTE Confidence: 0.91318261

00:16:26.728 --> 00:16:28.358 of assessing describing the behavior

NOTE Confidence: 0.91318261

00:16:28.358 --> 00:16:30.143 you're seeing when it's happening,

NOTE Confidence: 0.91318261

00:16:30.150 --> 00:16:31.898 where what's provoking it,

NOTE Confidence: 0.91318261

00:16:31.898 --> 00:16:33.209 investigating the etiology,

NOTE Confidence: 0.91318261

00:16:33.210 --> 00:16:34.358 and you can see on the slide.

NOTE Confidence: 0.91318261

00:16:34.360 --> 00:16:35.504 There are many things,

NOTE Confidence: 0.91318261

00:16:35.504 --> 00:16:36.934 many of which I mentioned.

NOTE Confidence: 0.91318261

00:16:36.940 --> 00:16:38.328 Constipation, pain,

NOTE Confidence: 0.91318261

00:16:38.328 --> 00:16:40.410 medical problems, etc.

NOTE Confidence: 0.91318261

00:16:40.410 --> 00:16:42.242 And then create a treatment plan and that

NOTE Confidence: 0.91318261

00:16:42.242 --> 00:16:44.397 could be both behavioral and pharmacological.

NOTE Confidence: 0.91318261

00:16:44.400 --> 00:16:45.036 And very importantly,

NOTE Confidence: 0.91318261

00:16:45.036 --> 00:16:46.520 this is something we're not good at.

NOTE Confidence: 0.91318261

00:16:46.520 --> 00:16:48.424 In psychiatry is collecting

NOTE Confidence: 0.91318261

00:16:48.424 --> 00:16:50.559 objective data on symptom, severity,

NOTE Confidence: 0.91318261

00:16:50.559 --> 00:16:52.524 frequency and impact on caregivers,

NOTE Confidence: 0.91318261

00:16:52.530 --> 00:16:54.984 and then see how our treatment

NOTE Confidence: 0.91318261

00:16:54.984 --> 00:16:56.620 interventions actually impact outcomes.

NOTE Confidence: 0.91318261

00:16:56.620 --> 00:16:58.104 So there are a number of measures

NOTE Confidence: 0.91318261

00:16:58.104 --> 00:16:59.720 that we can use to assess

NOTE Confidence: 0.91318261

00:16:59.720 --> 00:17:00.960 behavioral symptoms in dementia.

NOTE Confidence: 0.91318261

00:17:00.960 --> 00:17:02.800 The one that's most widely

NOTE Confidence: 0.91318261

00:17:02.800 --> 00:17:04.640 used now in clinical trials.

NOTE Confidence: 0.91318261

00:17:04.640 --> 00:17:06.200 And we're trying to implement

NOTE Confidence: 0.91318261

00:17:06.200 --> 00:17:07.448 now in population settings,

NOTE Confidence: 0.91318261

00:17:07.450 --> 00:17:09.250 is the neuro psychiatric inventory.

NOTE Confidence: 0.91318261

00:17:09.250 --> 00:17:11.421 There's a version of it called the NPIQ,

NOTE Confidence: 0.91318261

00:17:11.421 --> 00:17:13.767 which is shorter, but it's burdensome.

NOTE Confidence: 0.91318261

00:17:13.770 --> 00:17:14.750 It takes a little time,

NOTE Confidence: 0.91318261

00:17:14.750 --> 00:17:17.220 but what's nice about the NPIQ is

NOTE Confidence: 0.91318261

00:17:17.220 --> 00:17:20.190 you're assessing 12 domains of behavior,

NOTE Confidence: 0.91318261

00:17:20.190 --> 00:17:21.086 mood, psychosis,

NOTE Confidence: 0.91318261

00:17:21.086 --> 00:17:21.534 etc,

NOTE Confidence: 0.91318261

00:17:21.534 --> 00:17:24.222 and the impact of this behavior

NOTE Confidence: 0.91318261

00:17:24.222 --> 00:17:26.190 on on the caregivers.

NOTE Confidence: 0.91318261

00:17:26.190 --> 00:17:28.990 Well being so that that is a

NOTE Confidence: 0.91318261

00:17:28.990 --> 00:17:30.190 really useful instrument.

NOTE Confidence: 0.91318261

00:17:30.190 --> 00:17:32.295 But implementing this in in

NOTE Confidence: 0.91318261

00:17:32.295 --> 00:17:33.979 traditional clinical care is

NOTE Confidence: 0.91318261

00:17:33.979 --> 00:17:36.329 is way easier said than done.

NOTE Confidence: 0.91318261

00:17:36.330 --> 00:17:37.807 This is not a talk where I'm

NOTE Confidence: 0.91318261

00:17:37.807 --> 00:17:39.572 going to go through an exhaustive

NOTE Confidence: 0.91318261

00:17:39.572 --> 00:17:41.357 series of studies on behavioral.

NOTE Confidence: 0.91318261

00:17:41.360 --> 00:17:44.282 You know interventions for or non

NOTE Confidence: 0.91318261

00:17:44.282 --> 00:17:45.256 pharmacological interventions

NOTE Confidence: 0.91318261

00:17:45.256 --> 00:17:46.929 for patients with dementia

NOTE Confidence: 0.91318261

00:17:46.929 --> 00:17:48.108 and behavioral symptoms,

NOTE Confidence: 0.91318261

00:17:48.110 --> 00:17:50.118 but I really want to call this out

NOTE Confidence: 0.91318261

00:17:50.118 --> 00:17:51.573 because before we intervene with

NOTE Confidence: 0.91318261

00:17:51.573 --> 00:17:53.361 medicines and let's unless it's an

NOTE Confidence: 0.91318261

00:17:53.361 --> 00:17:55.147 acute crisis with safety concerns,

NOTE Confidence: 0.91318261

00:17:55.150 --> 00:17:57.260 we need to intervene first

NOTE Confidence: 0.91318261

00:17:57.260 --> 00:17:58.526 with behavioral interventions,

NOTE Confidence: 0.91318261

00:17:58.530 --> 00:18:00.447 and those could be and the way I think

NOTE Confidence: 0.91318261

00:18:00.447 --> 00:18:02.270 about it is you've got to be creative.

NOTE Confidence: 0.91318261

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00:18:02.270 --> 00:18:03.770 It's got to be individualized.

NOTE Confidence: 0.91318261

00:18:03.770 --> 00:18:05.506 Every study that's looked at this is said.

NOTE Confidence: 0.91318261

00:18:05.510 --> 00:18:06.926 It's not one size fits all.

NOTE Confidence: 0.91318261

00:18:06.930 --> 00:18:07.432 It's very.

NOTE Confidence: 0.91318261

00:18:07.432 --> 00:18:07.683 Individualized,

NOTE Confidence: 0.91318261

00:18:07.683 --> 00:18:10.000 and then if you look at the literature,

NOTE Confidence: 0.91318261

00:18:10.000 --> 00:18:11.806 you'll be disappointed because you'll see

NOTE Confidence: 0.91318261

00:18:11.806 --> 00:18:13.803 some studies that are not well designed.

NOTE Confidence: 0.91318261

00:18:13.803 --> 00:18:15.981 It's hard to have a control

NOTE Confidence: 0.91318261

00:18:15.981 --> 00:18:17.410 group and they're not that large,

NOTE Confidence: 0.91318261

00:18:17.410 --> 00:18:18.422 but they've been published

NOTE Confidence: 0.91318261

00:18:18.422 --> 00:18:19.434 in some good journals.

NOTE Confidence: 0.91318261

00:18:19.440 --> 00:18:19.903 Actually,

NOTE Confidence: 0.91318261

00:18:19.903 --> 00:18:22.681 the two areas that I really

NOTE Confidence: 0.91318261

00:18:22.681 --> 00:18:24.560 wanted to highlight here.

NOTE Confidence: 0.91318261

00:18:24.560 --> 00:18:27.668 Our are the activities and the exercise,

NOTE Confidence: 0.91318261

00:18:27.670 --> 00:18:28.780 so exercise,

NOTE Confidence: 0.91318261

00:18:28.780 --> 00:18:31.000 exercise and incredibly helpful

NOTE Confidence: 0.91318261

00:18:31.000 --> 00:18:32.625 intervention that might not only help

NOTE Confidence: 0.91318261

00:18:32.625 --> 00:18:34.501 us with our own brains as we age in

NOTE Confidence: 0.91318261

00:18:34.501 --> 00:18:36.240 terms of reducing the risk of Alzheimer's,

NOTE Confidence: 0.91318261

00:18:36.240 --> 00:18:38.390 but may also ameliorate some

NOTE Confidence: 0.91318261

00:18:38.390 --> 00:18:40.540 of the agitation anxiety that

NOTE Confidence: 0.91318261

00:18:40.615 --> 00:18:42.840 goes along with with dementia.

NOTE Confidence: 0.91318261

00:18:42.840 --> 00:18:44.448 And then there's the impact that

NOTE Confidence: 0.91318261

00:18:44.448 --> 00:18:46.361 you can have on caregivers because

NOTE Confidence: 0.91318261

00:18:46.361 --> 00:18:48.707 a lot of these precipitants to

NOTE Confidence: 0.91318261

00:18:48.707 --> 00:18:50.218 behavioral outbursts are often

NOTE Confidence: 0.91318261

00:18:50.218 --> 00:18:51.558 driven by the environment,

NOTE Confidence: 0.91318261

00:18:51.560 --> 00:18:52.720 which may be the caregivers,

NOTE Confidence: 0.91318261

00:18:52.720 --> 00:18:54.430 could be nurses and long.

NOTE Confidence: 0.91318261

00:18:54.430 --> 00:18:56.260 Long term care facilities nurses aides.

NOTE Confidence: 0.91318261

00:18:56.260 --> 00:18:57.928 It could be family members at home, etc.

NOTE Confidence: 0.91318261

00:18:57.928 --> 00:18:58.296 So,

NOTE Confidence: 0.91318261

00:18:58.296 --> 00:19:00.872 but there's a ton of need for

NOTE Confidence: 0.91318261

00:19:00.872 --> 00:19:03.217 good research in this area,

NOTE Confidence: 0.91318261

00:19:03.220 --> 00:19:05.110 and every guideline that you will

NOTE Confidence: 0.91318261

00:19:05.110 --> 00:19:07.274 read will say before you do anything

NOTE Confidence: 0.91318261

00:19:07.274 --> 00:19:09.234 with medicine you want to do non

NOTE Confidence: 0.918069955454546

00:19:09.297 --> 00:19:11.049 pharmacological interventions.

NOTE Confidence: 0.918069955454546

00:19:11.050 --> 00:19:12.787 So the the the next main part of this

NOTE Confidence: 0.918069955454546

00:19:12.787 --> 00:19:14.720 talk is really to focus on evidence

NOTE Confidence: 0.918069955454546

00:19:14.720 --> 00:19:16.101 based pharmacotherapy and then I'll

NOTE Confidence: 0.918069955454546

00:19:16.101 --> 00:19:17.964 talk a little bit about some of the work

NOTE Confidence: 0.918069955454546

00:19:17.970 --> 00:19:19.804 we're doing for some of the symptoms

NOTE Confidence: 0.918069955454546

00:19:19.804 --> 00:19:21.650 that are more difficult to treat.

NOTE Confidence: 0.918069955454546

00:19:21.650 --> 00:19:24.914 Now focus mostly here on the NSA koteks.

NOTE Confidence: 0.918069955454546

00:19:24.920 --> 00:19:26.360 And primarily because they're.

NOTE Confidence: 0.918069955454546

00:19:26.360 --> 00:19:27.800 They're the best studied.

NOTE Confidence: 0.918069955454546

00:19:27.800 --> 00:19:29.428 Frankly, class of drugs,

NOTE Confidence: 0.918069955454546

00:19:29.428 --> 00:19:31.056 and they're there's tremendous

NOTE Confidence: 0.918069955454546

00:19:31.056 --> 00:19:32.500 controversy with their use.

NOTE Confidence: 0.918069955454546

00:19:32.500 --> 00:19:34.103 It may be the most controversial thing

NOTE Confidence: 0.918069955454546

00:19:34.103 --> 00:19:35.542 that we have in geriatric psychiatry

NOTE Confidence: 0.918069955454546

00:19:35.542 --> 00:19:37.777 is that when to use and when not to

NOTE Confidence: 0.918069955454546

00:19:37.777 --> 00:19:39.157 use antipsychotics and older adults,

NOTE Confidence: 0.918069955454546

00:19:39.160 --> 00:19:40.220 but specifically in dementia.

NOTE Confidence: 0.918069955454546

00:19:40.220 --> 00:19:42.555 So I want to give you a sense of

NOTE Confidence: 0.918069955454546

00:19:42.555 --> 00:19:44.158 what the data shows first of all,

NOTE Confidence: 0.918069955454546

00:19:44.160 --> 00:19:45.350 with the limitations are what

NOTE Confidence: 0.918069955454546

00:19:45.350 --> 00:19:46.540 we can learn from it,

NOTE Confidence: 0.918069955454546

00:19:46.540 --> 00:19:48.360 how we apply it in clinical practice,

NOTE Confidence: 0.918069955454546

00:19:48.360 --> 00:19:49.530 and then the warnings that

NOTE Confidence: 0.918069955454546

00:19:49.530 --> 00:19:51.159 the FDA put out now in 2005.

NOTE Confidence: 0.918069955454546

00:19:51.160 --> 00:19:52.992 And I'll talk a little bit about some

NOTE Confidence: 0.918069955454546

00:19:52.992 --> 00:19:55.169 of the other classes in particular the.

NOTE Confidence: 0.918069955454546

00:19:55.170 --> 00:19:57.960 Antidepressants.

NOTE Confidence: 0.918069955454546

00:19:57.960 --> 00:19:59.717 So this is such a basic statement.

NOTE Confidence: 0.918069955454546

00:19:59.720 --> 00:20:01.000 I hate to mention it to this crowd,

NOTE Confidence: 0.918069955454546

00:20:01.000 --> 00:20:02.100 but it's something that happens

NOTE Confidence: 0.918069955454546

00:20:02.100 --> 00:20:03.200 all the time in psychiatry.

NOTE Confidence: 0.918069955454546

00:20:03.200 --> 00:20:03.920 You know, it's a Mrs.

NOTE Confidence: 0.918069955454546

00:20:03.920 --> 00:20:05.696 Jones has psychosis or the Mrs.

NOTE Confidence: 0.918069955454546

00:20:05.700 --> 00:20:06.372 Jones is psychotic.

NOTE Confidence: 0.918069955454546

00:20:06.372 --> 00:20:06.596 Well,

NOTE Confidence: 0.918069955454546

00:20:06.596 --> 00:20:07.716 what does that even mean?

NOTE Confidence: 0.918069955454546

00:20:07.720 --> 00:20:09.496 It's like saying where she has

NOTE Confidence: 0.918069955454546

00:20:09.496 --> 00:20:10.384 a psychotic disorder.

NOTE Confidence: 0.918069955454546

00:20:10.390 --> 00:20:11.270 It's like saying that Mrs.

NOTE Confidence: 0.918069955454546

00:20:11.270 --> 00:20:13.475 Jones has a cough disorder and it could be.

NOTE Confidence: 0.918069955454546

00:20:13.480 --> 00:20:14.344 It could be cancer,

NOTE Confidence: 0.918069955454546

00:20:14.344 --> 00:20:16.190 or you've got something stuck in your throat,

NOTE Confidence: 0.918069955454546

00:20:16.190 --> 00:20:17.653 or you've got an allergic reaction and

NOTE Confidence: 0.918069955454546

00:20:17.653 --> 00:20:19.020 the approach is totally different.

NOTE Confidence: 0.918069955454546

00:20:19.020 --> 00:20:20.488 So in older adults,

NOTE Confidence: 0.918069955454546

00:20:20.488 --> 00:20:22.690 although we may describe how someone

NOTE Confidence: 0.918069955454546

00:20:22.759 --> 00:20:25.118 is doing with a variety of symptoms,

NOTE Confidence: 0.918069955454546

00:20:25.120 --> 00:20:26.830 we've got to figure out the

NOTE Confidence: 0.918069955454546

00:20:26.830 --> 00:20:28.328 underlying diagnosis or we'll get

NOTE Confidence: 0.918069955454546

00:20:28.328 --> 00:20:29.868 lost very quickly with treatment.

NOTE Confidence: 0.918069955454546

00:20:29.870 --> 00:20:31.669 So we know what the diagnosis of

NOTE Confidence: 0.918069955454546

00:20:31.669 --> 00:20:33.470 psychosis is, but it it's a symptom.

NOTE Confidence: 0.918069955454546

00:20:33.470 --> 00:20:34.838 It's not a diagnosis,

NOTE Confidence: 0.918069955454546

00:20:34.838 --> 00:20:36.890 and in older adults who develop

NOTE Confidence: 0.918069955454546

00:20:36.960 --> 00:20:39.085 psychosis for the first time in

NOTE Confidence: 0.918069955454546

00:20:39.085 --> 00:20:40.975 their in in their later years,

NOTE Confidence: 0.918069955454546

00:20:40.980 --> 00:20:42.680 it's generally not late onset

NOTE Confidence: 0.918069955454546

00:20:42.680 --> 00:20:45.419 schizophrenia at the age of 70 or even

NOTE Confidence: 0.918069955454546

00:20:45.419 --> 00:20:47.369 late onset mania and bipolar disorder,

NOTE Confidence: 0.918069955454546

00:20:47.370 --> 00:20:50.300 it's usually dementia or it's

NOTE Confidence: 0.918069955454546

00:20:50.300 --> 00:20:52.644 delirium superimposed on dementia.

NOTE Confidence: 0.918069955454546

00:20:52.650 --> 00:20:54.841 And it may be the first manifestation

NOTE Confidence: 0.918069955454546

00:20:54.841 --> 00:20:57.000 of somebody with Alzheimer's disease.

NOTE Confidence: 0.918069955454546

00:20:57.000 --> 00:20:57.416 Not always,

NOTE Confidence: 0.918069955454546

00:20:57.416 --> 00:20:57.832 but it.

NOTE Confidence: 0.918069955454546

00:20:57.832 --> 00:20:59.640 It can be because you know half the

NOTE Confidence: 0.918069955454546

00:20:59.640 --> 00:21:01.182 people in the United States with

NOTE Confidence: 0.918069955454546

00:21:01.182 --> 00:21:02.578 dementia aren't diagnosed and the

NOTE Confidence: 0.918069955454546

00:21:02.578 --> 00:21:04.234 ones who are aren't diagnosed until

NOTE Confidence: 0.918069955454546

00:21:04.234 --> 00:21:05.750 they're already in the moderate stages,

NOTE Confidence: 0.918069955454546

00:21:05.750 --> 00:21:08.678 which is when you start to see psychosis,

NOTE Confidence: 0.918069955454546

00:21:08.680 --> 00:21:11.140 impaired memory from dementia is

NOTE Confidence: 0.918069955454546

00:21:11.140 --> 00:21:14.550 is often what is is the what,

NOTE Confidence: 0.918069955454546

00:21:14.550 --> 00:21:16.128 what the psychosis is really about,

NOTE Confidence: 0.918069955454546

00:21:16.130 --> 00:21:18.517 which is that they they can't remember

NOTE Confidence: 0.918069955454546

00:21:18.517 --> 00:21:20.845 where they are or they misidentify

NOTE Confidence: 0.918069955454546

00:21:20.845 --> 00:21:22.900 their spouse because they have.

NOTE Confidence: 0.918069955454546

00:21:22.900 --> 00:21:24.319 This, you know,

NOTE Confidence: 0.918069955454546

00:21:24.319 --> 00:21:25.265 Misidentification syndrome

NOTE Confidence: 0.918069955454546

00:21:25.265 --> 00:21:26.684 or Capgras syndrome,

NOTE Confidence: 0.918069955454546

00:21:26.690 --> 00:21:28.610 where they think they're like their

NOTE Confidence: 0.918069955454546

00:21:28.610 --> 00:21:30.579 caregivers an impostor or their mates,

NOTE Confidence: 0.918069955454546

00:21:30.580 --> 00:21:31.070 unfaithful,

NOTE Confidence: 0.918069955454546

00:21:31.070 --> 00:21:33.520 which the first patient that

NOTE Confidence: 0.918069955454546

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00:21:33.520 --> 00:21:35.480 Doctor Alzheimer's saw Augusti.

NOTE Confidence: 0.918069955454546

00:21:35.480 --> 00:21:37.170 She actually believed that her

NOTE Confidence: 0.918069955454546

00:21:37.170 --> 00:21:38.860 made her spouse was unfaithful.

NOTE Confidence: 0.918069955454546

00:21:38.860 --> 00:21:41.220 That was one of her presenting symptoms so,

NOTE Confidence: 0.918069955454546

00:21:41.220 --> 00:21:43.131 but if you look at these quote

NOTE Confidence: 0.918069955454546

00:21:43.131 --> 00:21:43.677 unquote delusions,

NOTE Confidence: 0.921867573478261

00:21:43.680 --> 00:21:44.580 fixed false beliefs,

NOTE Confidence: 0.921867573478261

00:21:44.580 --> 00:21:46.380 they're often based on the fact

NOTE Confidence: 0.921867573478261

00:21:46.380 --> 00:21:48.315 that the persons having cognitive

NOTE Confidence: 0.921867573478261

00:21:48.315 --> 00:21:50.290 impairment and inability to recognize

NOTE Confidence: 0.921867573478261

00:21:50.290 --> 00:21:52.214 familiar people or things and then

NOTE Confidence: 0.921867573478261

00:21:52.214 --> 00:21:53.799 stories get created around it.

NOTE Confidence: 0.921867573478261

00:21:53.800 --> 00:21:56.248 So that's really important to keep in mind,

NOTE Confidence: 0.921867573478261

00:21:56.250 --> 00:21:58.146 and then finally the duration of

NOTE Confidence: 0.921867573478261

00:21:58.146 --> 00:21:59.967 treatment is often informed by the

NOTE Confidence: 0.921867573478261

00:21:59.967 --> 00:22:01.703 actual diagnosis and what I mean by

NOTE Confidence: 0.921867573478261

00:22:01.703 --> 00:22:03.776 that is if if this is delusions and

NOTE Confidence: 0.921867573478261

00:22:03.776 --> 00:22:05.112 Alisa nations and somebody who's

NOTE Confidence: 0.921867573478261

00:22:05.112 --> 00:22:06.828 manic with a history of bipolar

NOTE Confidence: 0.921867573478261

00:22:06.828 --> 00:22:08.418 disorder who also now later life,

NOTE Confidence: 0.921867573478261

00:22:08.420 --> 00:22:09.236 happens that dementia.

NOTE Confidence: 0.921867573478261

00:22:09.236 --> 00:22:11.140 You know they're going to need to

NOTE Confidence: 0.921867573478261

00:22:11.190 --> 00:22:12.940 continue to stay on pharmacotherapy,

NOTE Confidence: 0.921867573478261

00:22:12.940 --> 00:22:14.206 but if this is somebody with

NOTE Confidence: 0.921867573478261

00:22:14.206 --> 00:22:15.387 Alzheimer's disease and all of a

NOTE Confidence: 0.921867573478261

00:22:15.387 --> 00:22:16.587 sudden has a UTI and in the setting

NOTE Confidence: 0.921867573478261

00:22:16.632 --> 00:22:17.892 of the UTI they see things that

NOTE Confidence: 0.921867573478261

00:22:17.892 --> 00:22:19.340 aren't there and get agitated, well,

NOTE Confidence: 0.921867573478261

00:22:19.340 --> 00:22:21.766 you can give them a land subpoena or

NOTE Confidence: 0.921867573478261

00:22:21.766 --> 00:22:23.628 QT and perhaps a risperidone for a

NOTE Confidence: 0.921867573478261

00:22:23.628 --> 00:22:25.920 period of time because they're agitated.

NOTE Confidence: 0.921867573478261

00:22:25.920 --> 00:22:27.984 But if you don't treat their

NOTE Confidence: 0.921867573478261

00:22:27.984 --> 00:22:29.016 UTI without antibiotics,

NOTE Confidence: 0.921867573478261

00:22:29.020 --> 00:22:30.217 you're not going to get very far.

NOTE Confidence: 0.921867573478261

00:22:30.220 --> 00:22:32.754 So anyway, it it sounds so obvious,

NOTE Confidence: 0.921867573478261

00:22:32.760 --> 00:22:35.189 but this is what I mean about

NOTE Confidence: 0.921867573478261

00:22:35.189 --> 00:22:37.619 looking for the underlying cause.

NOTE Confidence: 0.921867573478261

00:22:37.620 --> 00:22:39.552 So the older drugs the conventional

NOTE Confidence: 0.921867573478261

00:22:39.552 --> 00:22:40.518 antipsychotics like caliper,

NOTE Confidence: 0.921867573478261

00:22:40.520 --> 00:22:41.980 it all are still used,

NOTE Confidence: 0.921867573478261

00:22:41.980 --> 00:22:45.156 hopefully rarely and there is data on them.

NOTE Confidence: 0.921867573478261

00:22:45.160 --> 00:22:47.456 But the reason why we don't use

NOTE Confidence: 0.921867573478261

00:22:47.456 --> 00:22:49.608 them much if at all is because of

NOTE Confidence: 0.921867573478261

00:22:49.608 --> 00:22:51.364 the toxic side effects and they

NOTE Confidence: 0.921867573478261

00:22:51.364 --> 00:22:52.768 really include extrapyramidal side

NOTE Confidence: 0.921867573478261

00:22:52.768 --> 00:22:54.879 effects like that are listed here.

NOTE Confidence: 0.921867573478261

00:22:54.880 --> 00:22:58.002 Risk of falls orthostasis with a low

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NOTE Confidence: 0.921867573478261

00:22:58.002 --> 00:23:00.855 potency and psychotics and then the

NOTE Confidence: 0.921867573478261

00:23:00.855 --> 00:23:03.380 risk of tardive dyskinesia which.

NOTE Confidence: 0.921867573478261

00:23:03.380 --> 00:23:04.840 The risk factors for developing

NOTE Confidence: 0.921867573478261

00:23:04.840 --> 00:23:06.590 tardive dyskinesia as you all know,

NOTE Confidence: 0.921867573478261

00:23:06.590 --> 00:23:07.670 include advancing age,

NOTE Confidence: 0.921867573478261

00:23:07.670 --> 00:23:10.190 and so if you see somebody with

NOTE Confidence: 0.921867573478261

00:23:10.257 --> 00:23:13.335 schizophrenia in their 30s and they're

NOTE Confidence: 0.921867573478261

00:23:13.335 --> 00:23:15.387 treated with antipsychotic medication,

NOTE Confidence: 0.921867573478261

00:23:15.390 --> 00:23:17.052 the risk of developing TD in

NOTE Confidence: 0.921867573478261

00:23:17.052 --> 00:23:18.769 the first year is about 5%,

NOTE Confidence: 0.921867573478261

00:23:18.770 --> 00:23:20.150 and so about 5% every year.

NOTE Confidence: 0.921867573478261

00:23:20.150 --> 00:23:22.245 So after three years, it's about 15%.

NOTE Confidence: 0.921867573478261

00:23:22.245 --> 00:23:24.925 Now if that same person in their 70s,

NOTE Confidence: 0.921867573478261

00:23:24.930 --> 00:23:27.426 and you give them haloperidol for a year,

NOTE Confidence: 0.921867573478261

00:23:27.430 --> 00:23:29.870 it's 28% risk of TD,

NOTE Confidence: 0.921867573478261

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00:23:29.870 --> 00:23:31.382 and that goes up to nearly

NOTE Confidence: 0.921867573478261

00:23:31.382 --> 00:23:32.390 2/3 after three years.

NOTE Confidence: 0.921867573478261

00:23:32.390 --> 00:23:34.390 So that's one of the main reasons why.

NOTE Confidence: 0.921867573478261

00:23:34.390 --> 00:23:35.890 We really try to avoid these,

NOTE Confidence: 0.921867573478261

00:23:35.890 --> 00:23:39.770 especially for long term use in older adults.

NOTE Confidence: 0.921867573478261

00:23:39.770 --> 00:23:41.602 So I'm not going to go through the

NOTE Confidence: 0.921867573478261

00:23:41.602 --> 00:23:42.912 exhaustive literature on the atypical

NOTE Confidence: 0.921867573478261

00:23:42.912 --> 00:23:43.988 antipsychotic use in dementia,

NOTE Confidence: 0.921867573478261

00:23:43.990 --> 00:23:45.700 but I want to highlight that

NOTE Confidence: 0.921867573478261

00:23:45.700 --> 00:23:47.127 these four drugs, risperidone,

NOTE Confidence: 0.921867573478261

00:23:47.127 --> 00:23:48.828 olanzapine, Katipunan, aripiprazole.

NOTE Confidence: 0.921867573478261

00:23:48.828 --> 00:23:51.663 The reason why there's dosing

NOTE Confidence: 0.921867573478261

00:23:51.663 --> 00:23:54.084 ranges listed on the slide is

NOTE Confidence: 0.921867573478261

00:23:54.084 --> 00:23:55.864 because it's based on evidence.

NOTE Confidence: 0.921867573478261

00:23:55.870 --> 00:23:58.570 It's not just clinical judgment.

NOTE Confidence: 0.921867573478261

00:23:58.570 --> 00:24:00.560 There are a lot of studies that were done and

NOTE Confidence: 0.921867573478261

00:24:00.606 --> 00:24:02.505 will go through a few examples in a minute,

NOTE Confidence: 0.921867573478261

00:24:02.510 --> 00:24:04.170 but risperidone .5 to two?

NOTE Confidence: 0.921867573478261

00:24:04.170 --> 00:24:06.606 You'll notice these general doses are low.

NOTE Confidence: 0.921867573478261

00:24:06.610 --> 00:24:07.818 You'll notice the quote

NOTE Confidence: 0.921867573478261

00:24:07.818 --> 00:24:09.328 typing dose is quite variable,

NOTE Confidence: 0.921867573478261

00:24:09.330 --> 00:24:09.808 which is.

NOTE Confidence: 0.921867573478261

00:24:09.808 --> 00:24:11.242 One of the challenges with this

NOTE Confidence: 0.921867573478261

00:24:11.242 --> 00:24:13.003 drug is how hard it is to figure

NOTE Confidence: 0.921867573478261

00:24:13.003 --> 00:24:14.509 out what dose the person needs.

NOTE Confidence: 0.921867573478261

00:24:14.510 --> 00:24:16.211 There are a lot of other atypicals

NOTE Confidence: 0.921867573478261

00:24:16.211 --> 00:24:17.640 that have come on the market

NOTE Confidence: 0.921867573478261

00:24:17.640 --> 00:24:19.138 in the last decade or so with

NOTE Confidence: 0.921867573478261

00:24:19.187 --> 00:24:20.727 very little data and clozapine,

NOTE Confidence: 0.919972414

00:24:20.730 --> 00:24:21.530 which is a much older.

NOTE Confidence: 0.919972414

00:24:21.530 --> 00:24:24.450 Drugs still has very little data in dementia.

NOTE Confidence: 0.919972414

00:24:24.450 --> 00:24:26.998 There's a one positive and one negative

NOTE Confidence: 0.919972414

00:24:26.998 --> 00:24:28.857 brexpiprazole study with the third

NOTE Confidence: 0.919972414

00:24:28.857 --> 00:24:30.632 trial ongoing and pimavanserin which

NOTE Confidence: 0.919972414

00:24:30.632 --> 00:24:33.560 was being studied for the psychosis

NOTE Confidence: 0.919972414

00:24:33.560 --> 00:24:36.130 of or dementia related psychosis.

NOTE Confidence: 0.919972414

00:24:36.130 --> 00:24:38.785 In April of 2021,

NOTE Confidence: 0.919972414

00:24:38.785 --> 00:24:40.460 the FDA rejected their application.

NOTE Confidence: 0.919972414

00:24:40.460 --> 00:24:43.435 So there's more work going on there.

NOTE Confidence: 0.919972414

00:24:43.440 --> 00:24:45.318 Still to this day no drugs

NOTE Confidence: 0.919972414

00:24:45.318 --> 00:24:47.160 have been approved by the FDA.

NOTE Confidence: 0.919972414

00:24:47.160 --> 00:24:48.520 For the psychosis of

NOTE Confidence: 0.919972414

00:24:48.520 --> 00:24:49.880 Alzheimer's disease now TD,

NOTE Confidence: 0.919972414

00:24:49.880 --> 00:24:51.920 tardive dyskinesia does not go away

NOTE Confidence: 0.919972414

00:24:51.920 --> 00:24:54.160 when using an atypical antipsychotic,

NOTE Confidence: 0.919972414

00:24:54.160 --> 00:24:56.036 but it is much less than in

NOTE Confidence: 0.919972414

00:24:56.036 --> 00:24:57.600 the older adult population.

NOTE Confidence: 0.919972414

00:24:57.600 --> 00:24:59.288 On haloperidol, for example.

NOTE Confidence: 0.919972414

00:24:59.288 --> 00:25:03.455 So it's about 5% or so per year for

NOTE Confidence: 0.919972414

00:25:03.455 --> 00:25:05.392 risperidone and olanzapine compared

NOTE Confidence: 0.919972414

00:25:05.392 --> 00:25:08.104 to 28% with the conventional agents.

NOTE Confidence: 0.91525376

00:25:10.290 --> 00:25:11.730 I want to show you two

NOTE Confidence: 0.91525376

00:25:11.730 --> 00:25:12.690 studies only two studies,

NOTE Confidence: 0.91525376

00:25:12.690 --> 00:25:14.988 'cause this is a huge literature,

NOTE Confidence: 0.91525376

00:25:14.990 --> 00:25:17.330 but they highlight the way in

NOTE Confidence: 0.91525376

00:25:17.330 --> 00:25:20.060 which this data was collected and

NOTE Confidence: 0.91525376

00:25:20.060 --> 00:25:22.785 it's really important to remember.

NOTE Confidence: 0.91525376

00:25:22.790 --> 00:25:24.011 Generalizability of data.

NOTE Confidence: 0.91525376

00:25:24.011 --> 00:25:26.453 So the first series of studies

NOTE Confidence: 0.91525376

00:25:26.453 --> 00:25:28.322 that were done essentially in

NOTE Confidence: 0.91525376

00:25:28.322 --> 00:25:30.404 the 90s in the early 2000s.

NOTE Confidence: 0.91525376

00:25:30.410 --> 00:25:32.524 We're done in patients who were in

NOTE Confidence: 0.91525376

00:25:32.524 --> 00:25:34.517 nursing homes who had more advanced

NOTE Confidence: 0.91525376

00:25:34.517 --> 00:25:36.569 dementia with mini mental status exams

NOTE Confidence: 0.91525376

00:25:36.569 --> 00:25:38.778 in the single digits or low teens.

NOTE Confidence: 0.91525376

00:25:38.780 --> 00:25:41.650 Many of them had substantial

NOTE Confidence: 0.91525376

00:25:41.650 --> 00:25:43.508 medical comorbidity and some

NOTE Confidence: 0.91525376

00:25:43.508 --> 00:25:45.278 of them had mixed dementias,

NOTE Confidence: 0.91525376

00:25:45.280 --> 00:25:46.572 not just Alzheimer's disease,

NOTE Confidence: 0.91525376

00:25:46.572 --> 00:25:48.187 that they already had strokes

NOTE Confidence: 0.91525376

00:25:48.187 --> 00:25:49.690 and had vascular dementia.

NOTE Confidence: 0.91525376

00:25:49.690 --> 00:25:51.384 I mentioned that because of some of

NOTE Confidence: 0.91525376

00:25:51.384 --> 00:25:52.927 the problems with with mortality and

NOTE Confidence: 0.91525376

00:25:52.927 --> 00:25:54.719 stroke that I'll mention in a minute,

NOTE Confidence: 0.91525376

00:25:54.720 --> 00:25:56.478 so this was the risperidone trial.

NOTE Confidence: 0.91525376

00:25:56.480 --> 00:25:59.196 This was the first one published now.

NOTE Confidence: 0.91525376

00:25:59.200 --> 00:26:01.414 Crazy, it was back in 1999 already,

NOTE Confidence: 0.91525376

00:26:01.414 --> 00:26:03.773 but there were four different treatment arms,

NOTE Confidence: 0.91525376

00:26:03.780 --> 00:26:06.348 placebo .51 and two and one of the

NOTE Confidence: 0.91525376

00:26:06.348 --> 00:26:08.490 primary outcome measures that we looked

NOTE Confidence: 0.91525376

00:26:08.490 --> 00:26:11.215 at was the psychosis subscale of this

NOTE Confidence: 0.91525376

00:26:11.215 --> 00:26:13.725 behavioral measure in Alzheimer's disease.

NOTE Confidence: 0.91525376

00:26:13.730 --> 00:26:16.096 And what they found Ihracat still have

NOTE Confidence: 0.91525376

00:26:16.096 --> 00:26:18.528 Jesse and Jacobo Mintzer in this study.

NOTE Confidence: 0.91525376

00:26:18.530 --> 00:26:20.960 Was that once you got to a milligram a

NOTE Confidence: 0.91525376

00:26:20.960 --> 00:26:23.605 day you saw an improvement in psychosis,

NOTE Confidence: 0.91525376

00:26:23.610 --> 00:26:25.720 although the effect was modest.

NOTE Confidence: 0.91525376

00:26:25.720 --> 00:26:27.280 But once you went from one to two,

NOTE Confidence: 0.91525376

00:26:27.280 --> 00:26:29.505 you got no added benefit

NOTE Confidence: 0.91525376

00:26:29.505 --> 00:26:30.840 on reducing psychosis.

NOTE Confidence: 0.91525376

00:26:30.840 --> 00:26:33.003 Instead, what you got was doubling the

NOTE Confidence: 0.91525376

00:26:33.003 --> 00:26:34.639 rate of extrapyramidal side effects,

NOTE Confidence: 0.91525376

00:26:34.640 --> 00:26:36.026 and So what you see very clearly

NOTE Confidence: 0.91525376

00:26:36.026 --> 00:26:36.620 from this study,

NOTE Confidence: 0.91525376

00:26:36.620 --> 00:26:38.726 which was one of the five

NOTE Confidence: 0.91525376

00:26:38.726 --> 00:26:39.779 risperidone studies done.

NOTE Confidence: 0.91525376

00:26:39.780 --> 00:26:41.133 Again, advanced population,

NOTE Confidence: 0.91525376

00:26:41.133 --> 00:26:42.937 long term care settings,

NOTE Confidence: 0.91525376

00:26:42.940 --> 00:26:43.572 medical comorbidity.

NOTE Confidence: 0.91525376

00:26:43.572 --> 00:26:46.100 So if you saw somebody who's younger who's

NOTE Confidence: 0.91525376

00:26:46.152 --> 00:26:48.258 an outpatient who had a mini mental of 25,

NOTE Confidence: 0.91525376

00:26:48.260 --> 00:26:49.316 which you still see the same

NOTE Confidence: 0.91525376

00:26:49.316 --> 00:26:50.020 problems you know we,

NOTE Confidence: 0.91525376

00:26:50.020 --> 00:26:51.546 we don't have that data as much.

NOTE Confidence: 0.8899611595

00:26:53.560 --> 00:26:54.981 But in the in these studies you

NOTE Confidence: 0.8899611595

00:26:54.981 --> 00:26:56.618 see a lot of extra mental side

NOTE Confidence: 0.8899611595

00:26:56.618 --> 00:26:58.076 effects once you go above 1,

NOTE Confidence: 0.8899611595

00:26:58.080 --> 00:26:59.879 where between one and two this happens.

NOTE Confidence: 0.8899611595

00:26:59.880 --> 00:27:02.085 I'm not sure you have to treat

NOTE Confidence: 0.8899611595

00:27:02.085 --> 00:27:03.220 the individual, of course,

NOTE Confidence: 0.8899611595

00:27:03.220 --> 00:27:04.970 but you're going to see rigidity and

NOTE Confidence: 0.8899611595

00:27:04.970 --> 00:27:06.838 tremor and gait disturbance and so forth.

NOTE Confidence: 0.8899611595

00:27:06.840 --> 00:27:08.450 Once you get above 1,

NOTE Confidence: 0.8899611595

00:27:08.450 --> 00:27:10.538 certainly to 2 milligrams with risperidone.

NOTE Confidence: 0.8899611595

00:27:10.540 --> 00:27:11.914 So there's a little bit of

NOTE Confidence: 0.8899611595

00:27:11.914 --> 00:27:12.830 a therapeutic window there.

NOTE Confidence: 0.90107271047619

00:27:15.680 --> 00:27:17.822 Now I want to contrast that kind of study

NOTE Confidence: 0.90107271047619

00:27:17.822 --> 00:27:19.783 funded by the Pharmaceutical industry in

NOTE Confidence: 0.90107271047619

00:27:19.783 --> 00:27:21.800 the advanced patients and nursing homes.

NOTE Confidence: 0.90107271047619

00:27:21.800 --> 00:27:23.942 With the Katie study, most people who

NOTE Confidence: 0.90107271047619

00:27:23.942 --> 00:27:26.125 are not geriatric psychiatrist know about

NOTE Confidence: 0.90107271047619

00:27:26.125 --> 00:27:28.537 the Katie study because of schizophrenia.

NOTE Confidence: 0.90107271047619

00:27:28.540 --> 00:27:31.402 But there happened to be a sister study done

NOTE Confidence: 0.90107271047619

00:27:31.402 --> 00:27:34.390 at the same time called Katie Adie and that

NOTE Confidence: 0.90107271047619

00:27:34.390 --> 00:27:37.408 was the Alzheimer's sister study of Katie.

NOTE Confidence: 0.90107271047619

00:27:37.410 --> 00:27:38.898 And we were involved when I was up

NOTE Confidence: 0.90107271047619

00:27:38.898 --> 00:27:40.146 at Dartmouth back in the late 90s.

NOTE Confidence: 0.90107271047619

00:27:40.150 --> 00:27:41.905 In this trial we were one of the sites

NOTE Confidence: 0.90107271047619

00:27:41.905 --> 00:27:43.775 and it was 42 sites around the country.

NOTE Confidence: 0.90107271047619

00:27:43.780 --> 00:27:46.876 It was 421 patients but they were out

NOTE Confidence: 0.90107271047619

00:27:46.876 --> 00:27:48.362 patients including assisted living residents

NOTE Confidence: 0.90107271047619

00:27:48.362 --> 00:27:50.830 and they had a deal with either psychosis,

NOTE Confidence: 0.90107271047619

00:27:50.830 --> 00:27:51.814 aggression or agitation.

NOTE Confidence: 0.90107271047619

00:27:51.814 --> 00:27:54.427 Oh, and one thing I didn't mention was

NOTE Confidence: 0.90107271047619

00:27:54.427 --> 00:27:56.254 those first studies were only about 6

NOTE Confidence: 0.90107271047619

00:27:56.254 --> 00:27:58.546 to 12 weeks interation. These study.

NOTE Confidence: 0.90107271047619

00:27:58.546 --> 00:28:02.230 This study was 36 weeks in duration 9 months.

NOTE Confidence: 0.90107271047619

00:28:02.230 --> 00:28:03.832 And the individuals in this study

NOTE Confidence: 0.90107271047619

00:28:03.832 --> 00:28:05.568 were randomized to one of four arms,

NOTE Confidence: 0.90107271047619

00:28:05.570 --> 00:28:08.314 olanzapine, quetiapine, and risperidone,

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NOTE Confidence: 0.90107271047619

00:28:08.314 --> 00:28:10.590 or placebo and the doses.

NOTE Confidence: 0.90107271047619

00:28:10.590 --> 00:28:13.090 The mean dose was based on the dose

NOTE Confidence: 0.90107271047619

00:28:13.090 --> 00:28:15.421 at the time that the person was

NOTE Confidence: 0.90107271047619

00:28:15.421 --> 00:28:17.687 switched from phase one to phase two.

NOTE Confidence: 0.90107271047619

00:28:17.690 --> 00:28:19.825 The way the study was designed is

NOTE Confidence: 0.90107271047619

00:28:19.825 --> 00:28:21.859 people were randomized to one of these

NOTE Confidence: 0.90107271047619

00:28:21.859 --> 00:28:23.455 four treatment arms and they were

NOTE Confidence: 0.90107271047619

00:28:23.518 --> 00:28:25.576 out patients if they had persistent

NOTE Confidence: 0.90107271047619

00:28:25.576 --> 00:28:27.290 psychosis and agitation the the

NOTE Confidence: 0.90107271047619

00:28:27.290 --> 00:28:28.650 investigators doing the study.

NOTE Confidence: 0.90107271047619

00:28:28.650 --> 00:28:29.458 The clinicians,

NOTE Confidence: 0.90107271047619

00:28:29.458 --> 00:28:32.518 like I was were really pretty quick.

NOTE Confidence: 0.90107271047619

00:28:32.518 --> 00:28:35.290 To switch because we knew that

NOTE Confidence: 0.90107271047619

00:28:35.382 --> 00:28:36.750 25% chance they were on placebo

NOTE Confidence: 0.90107271047619

00:28:36.750 --> 00:28:37.646 and they were outpatients,

NOTE Confidence: 0.90107271047619

00:28:37.650 --> 00:28:38.746 they were safety concerns,

NOTE Confidence: 0.90107271047619

00:28:38.746 --> 00:28:40.390 so the doses they got too.

NOTE Confidence: 0.90107271047619

00:28:40.390 --> 00:28:42.590 As you can see from the previous slide,

NOTE Confidence: 0.90107271047619

00:28:42.590 --> 00:28:45.110 a mean of five of alanza pain is therapeutic,

NOTE Confidence: 0.90107271047619

00:28:45.110 --> 00:28:47.336 at least in those earlier studies with

NOTE Confidence: 0.90107271047619

00:28:47.336 --> 00:28:49.230 risperidone being a milligram a day.

NOTE Confidence: 0.90107271047619

00:28:49.230 --> 00:28:52.073 Also therapeutic in QT app in the

NOTE Confidence: 0.90107271047619

00:28:52.073 --> 00:28:53.988 one quetiapine study that showed

NOTE Confidence: 0.90107271047619

00:28:53.988 --> 00:28:56.106 efficacy was 200 milligrams a day

NOTE Confidence: 0.90107271047619

00:28:56.106 --> 00:28:57.947 and and this may have been under

NOTE Confidence: 0.90107271047619

00:28:57.947 --> 00:28:59.770 dosed and then there's placebo.

NOTE Confidence: 0.90107271047619

00:28:59.770 --> 00:29:01.588 So at the end of the day the outcome

NOTE Confidence: 0.90107271047619

00:29:01.588 --> 00:29:03.280 that they looked at in this study.

NOTE Confidence: 0.90107271047619

00:29:03.280 --> 00:29:04.940 It was not symptom reduction.

NOTE Confidence: 0.90107271047619

00:29:04.940 --> 00:29:06.698 It was not reduction of psychosis

NOTE Confidence: 0.90107271047619

00:29:06.698 --> 00:29:08.659 or aggression on a rating scale.

60

NOTE Confidence: 0.90107271047619

00:29:08.660 --> 00:29:10.466 The outcome they looked at was how

NOTE Confidence: 0.90107271047619

00:29:10.466 --> 00:29:12.504 long did it take for the investigator

NOTE Confidence: 0.90107271047619

00:29:12.504 --> 00:29:14.673 to make a decision to switch from

NOTE Confidence: 0.90107271047619

00:29:14.673 --> 00:29:16.374 drug drug atede rugby and that

NOTE Confidence: 0.90107271047619

00:29:16.374 --> 00:29:17.976 decision is of course a balance

NOTE Confidence: 0.90107271047619

00:29:17.976 --> 00:29:20.347 of is the drug working or is the

NOTE Confidence: 0.90107271047619

00:29:20.347 --> 00:29:21.999 drug not being tolerated or not?

NOTE Confidence: 0.90107271047619

00:29:22.000 --> 00:29:23.884 So after the after looking at

NOTE Confidence: 0.90107271047619

00:29:23.884 --> 00:29:25.720 this as the primary outcome,

NOTE Confidence: 0.90107271047619

00:29:25.720 --> 00:29:27.032 this this effectiveness measure,

NOTE Confidence: 0.90107271047619

00:29:27.032 --> 00:29:29.477 there was really no difference in any of

NOTE Confidence: 0.90107271047619

00:29:29.477 --> 00:29:31.550 the four groups in terms of time to switch,

NOTE Confidence: 0.90107271047619

00:29:31.550 --> 00:29:33.797 and the reason for that was although

NOTE Confidence: 0.90107271047619

00:29:33.797 --> 00:29:36.204 there may have been some efficacy

NOTE Confidence: 0.90107271047619

00:29:36.204 --> 00:29:38.040 advantages and symptom reduction

NOTE Confidence: 0.90107271047619

00:29:38.040 --> 00:29:40.308 tolerability for placebo is way better

NOTE Confidence: 0.90107271047619

00:29:40.308 --> 00:29:43.673 and and so if you looked at only

NOTE Confidence: 0.90107271047619

00:29:43.673 --> 00:29:45.893 efficacy which is symptom reduction,

NOTE Confidence: 0.90107271047619

00:29:45.900 --> 00:29:47.058 psychosis or agitation,

NOTE Confidence: 0.90107271047619

00:29:47.058 --> 00:29:49.374 you stayed on risperidone and olanzapine

NOTE Confidence: 0.90107271047619

00:29:49.374 --> 00:29:51.179 longer than you did quit typing,

NOTE Confidence: 0.90107271047619

00:29:51.180 --> 00:29:53.987 which may have been underdosed or placebo.

NOTE Confidence: 0.90107271047619

00:29:53.990 --> 00:29:55.958 So the secondary outcomes were positive,

NOTE Confidence: 0.957961794285714

00:29:55.960 --> 00:29:57.619 but but not the primary outcome here.

NOTE Confidence: 0.957961794285714

00:29:57.620 --> 00:29:58.500 So when this came out,

NOTE Confidence: 0.957961794285714

00:29:58.500 --> 00:30:00.678 by the way which is now 16 years ago,

NOTE Confidence: 0.957961794285714

00:30:00.680 --> 00:30:03.132 it's made front page news and the

NOTE Confidence: 0.957961794285714

00:30:03.132 --> 00:30:04.924 question was do these drugs even work?

NOTE Confidence: 0.957961794285714

00:30:04.930 --> 00:30:06.365 But again, I think it's is this.

NOTE Confidence: 0.957961794285714

00:30:06.370 --> 00:30:10.660 It's an efficacy effectiveness difference.

NOTE Confidence: 0.957961794285714

00:30:10.660 --> 00:30:11.750 And as I mentioned before,

NOTE Confidence: 0.957961794285714

00:30:11.750 --> 00:30:13.682 the tolerability was the issue is

NOTE Confidence: 0.957961794285714

00:30:13.682 --> 00:30:16.214 that you know placebo was less often

NOTE Confidence: 0.957961794285714

00:30:16.214 --> 00:30:18.189 discontinued because of adverse events.

NOTE Confidence: 0.957961794285714

00:30:18.190 --> 00:30:19.919 What's interesting here is that and again,

NOTE Confidence: 0.957961794285714

00:30:19.920 --> 00:30:21.860 remember, it's only 421 patients,

NOTE Confidence: 0.957961794285714

00:30:21.860 --> 00:30:23.420 but there was no stroke difference.

NOTE Confidence: 0.957961794285714

00:30:23.420 --> 00:30:25.120 There was no death difference.

NOTE Confidence: 0.957961794285714

00:30:25.120 --> 00:30:28.095 There was no fall difference between these,

NOTE Confidence: 0.957961794285714

00:30:28.100 --> 00:30:31.705 you know drugs or or or placebo.

NOTE Confidence: 0.957961794285714

00:30:31.710 --> 00:30:34.790 Now Dev Dev Anand is a Colombian colleagues,

NOTE Confidence: 0.957961794285714

00:30:34.790 --> 00:30:36.386 tried to answer really important question

NOTE Confidence: 0.957961794285714

00:30:36.386 --> 00:30:38.598 a few years ago in this study which is

NOTE Confidence: 0.957961794285714

00:30:38.598 --> 00:30:40.450 like if you put somebody on risperidone,

NOTE Confidence: 0.957961794285714

00:30:40.450 --> 00:30:42.754 let's say and they've got psychosis

NOTE Confidence: 0.957961794285714

00:30:42.754 --> 00:30:44.290 and agitation in dementia.

NOTE Confidence: 0.957961794285714

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00:30:44.290 --> 00:30:45.802 How long do you keep him on the drug?

NOTE Confidence: 0.957961794285714

00:30:45.810 --> 00:30:46.394 You know,

NOTE Confidence: 0.957961794285714

00:30:46.394 --> 00:30:48.438 when can you safely stop the drug

NOTE Confidence: 0.957961794285714

00:30:48.438 --> 00:30:50.788 and so the the way this study was

NOTE Confidence: 0.957961794285714

00:30:50.788 --> 00:30:52.830 designed is they they gave patients

NOTE Confidence: 0.957961794285714

00:30:52.830 --> 00:30:55.062 16 weeks of open label risperidone.

NOTE Confidence: 0.957961794285714

00:30:55.070 --> 00:30:57.548 And 180 were then randomized to staying

NOTE Confidence: 0.957961794285714

00:30:57.548 --> 00:30:59.734 on risperidone or or converting to

NOTE Confidence: 0.957961794285714

00:30:59.734 --> 00:31:02.212 placebo tapered off and going on placebo

NOTE Confidence: 0.957961794285714

00:31:02.275 --> 00:31:04.755 and what they found is that the relapse

NOTE Confidence: 0.957961794285714

00:31:04.755 --> 00:31:06.840 rates after four months of being on

NOTE Confidence: 0.957961794285714

00:31:06.840 --> 00:31:08.450 risperidone and now being stable.

NOTE Confidence: 0.957961794285714

00:31:08.450 --> 00:31:10.396 If you then take people off the

NOTE Confidence: 0.957961794285714

00:31:10.396 --> 00:31:12.367 relapse rates are twice as high and

NOTE Confidence: 0.957961794285714

00:31:12.367 --> 00:31:14.118 the next four months on placebo

NOTE Confidence: 0.957961794285714

00:31:14.118 --> 00:31:16.122 and then even higher three times

NOTE Confidence: 0.957961794285714

00:31:16.122 --> 00:31:18.568 as high over the next four months.

NOTE Confidence: 0.957961794285714

00:31:18.570 --> 00:31:20.370 So although all recommendations

NOTE Confidence: 0.957961794285714

00:31:20.370 --> 00:31:23.070 including the API guidelines I'm going

NOTE Confidence: 0.957961794285714

00:31:23.141 --> 00:31:25.325 to show you in a minute say after.

NOTE Confidence: 0.957961794285714

00:31:25.330 --> 00:31:27.780 A period of time attempt to taper

NOTE Confidence: 0.957961794285714

00:31:27.780 --> 00:31:29.630 and discontinue the medication.

NOTE Confidence: 0.957961794285714

00:31:29.630 --> 00:31:30.572 This was in the New England

NOTE Confidence: 0.957961794285714

00:31:30.572 --> 00:31:31.043 Journal of Medicine.

NOTE Confidence: 0.957961794285714

00:31:31.050 --> 00:31:32.208 It was a well designed study.

NOTE Confidence: 0.957961794285714

00:31:32.210 --> 00:31:34.268 It's it's easier said than done,

NOTE Confidence: 0.957961794285714

00:31:34.270 --> 00:31:37.190 so this is a challenge that we have.

NOTE Confidence: 0.957961794285714

00:31:37.190 --> 00:31:39.174 So I want to highlight some of the

NOTE Confidence: 0.957961794285714

00:31:39.174 --> 00:31:40.620 warnings so when risperidone was

NOTE Confidence: 0.957961794285714

00:31:40.620 --> 00:31:43.030 trying to convince the FDA back in the

NOTE Confidence: 0.957961794285714

00:31:43.030 --> 00:31:44.955 early 2000s that their drug may may

NOTE Confidence: 0.957961794285714

00:31:44.955 --> 00:31:46.452 have safety and efficacy advantages

NOTE Confidence: 0.957961794285714

00:31:46.452 --> 00:31:48.336 in this population and they went

NOTE Confidence: 0.957961794285714

00:31:48.336 --> 00:31:50.112 to the FDA for approval review.

NOTE Confidence: 0.957961794285714

00:31:50.112 --> 00:31:52.578 That's when they first noticed that

NOTE Confidence: 0.957961794285714

00:31:52.578 --> 00:31:54.946 there might be a stroke risk issue.

NOTE Confidence: 0.957961794285714

00:31:54.950 --> 00:31:56.490 There was one study that showed a

NOTE Confidence: 0.957961794285714

00:31:56.490 --> 00:31:58.041 higher risk of stroke like events

NOTE Confidence: 0.957961794285714

00:31:58.041 --> 00:31:59.165 and drug versus placebo.

NOTE Confidence: 0.957961794285714

00:31:59.170 --> 00:32:00.892 It led to an investigation of

NOTE Confidence: 0.957961794285714

00:32:00.892 --> 00:32:02.809 mortality in the in the warning.

NOTE Confidence: 0.957961794285714

00:32:02.810 --> 00:32:04.830 So if you just look at the stroke risk OK,

NOTE Confidence: 0.957961794285714

00:32:04.830 --> 00:32:06.630 these could be large hemorrhagic,

NOTE Confidence: 0.957961794285714

00:32:06.630 --> 00:32:07.863 or embolic strokes.

NOTE Confidence: 0.957961794285714

00:32:07.863 --> 00:32:10.329 It could be microvascular ischemic disease

NOTE Confidence: 0.957961794285714

00:32:10.329 --> 00:32:13.018 that that caused symptoms like dizziness,

NOTE Confidence: 0.957961794285714

00:32:13.020 --> 00:32:15.099 Tia like symptoms.

NOTE Confidence: 0.957961794285714

00:32:15.100 --> 00:32:17.515 The the risk of these stroke like

NOTE Confidence: 0.957961794285714

00:32:17.515 --> 00:32:20.170 events in drug versus placebo was two

NOTE Confidence: 0.957961794285714

00:32:20.170 --> 00:32:23.216 to three fold higher for risperidone,

NOTE Confidence: 0.957961794285714

00:32:23.216 --> 00:32:25.460 olanzapine and aripiprazole.

NOTE Confidence: 0.957961794285714

00:32:25.460 --> 00:32:28.358 Interestingly, not for quetiapine in fact,

NOTE Confidence: 0.957961794285714

00:32:28.360 --> 00:32:30.748 you might even argue that placebo

NOTE Confidence: 0.957961794285714

00:32:30.748 --> 00:32:32.795 was worse than than putting in

NOTE Confidence: 0.957961794285714

00:32:32.795 --> 00:32:34.440 terms of these risk factors,

NOTE Confidence: 0.957961794285714

00:32:34.440 --> 00:32:36.071 but the end was much smaller with

NOTE Confidence: 0.957961794285714

00:32:36.071 --> 00:32:37.577 with quote type you know overall

NOTE Confidence: 0.957961794285714

00:32:37.577 --> 00:32:39.560 than the others and this is not

NOTE Confidence: 0.957961794285714

00:32:39.560 --> 00:32:41.390 a black box warning from the

NOTE Confidence: 0.905848704545455

00:32:41.462 --> 00:32:43.560 FDA. This is a warning that's been placed

NOTE Confidence: 0.905848704545455

00:32:43.560 --> 00:32:46.070 on some of these atypical antipsychotics.

NOTE Confidence: 0.905848704545455

00:32:46.070 --> 00:32:49.138 But not all. This is the problem.

NOTE Confidence: 0.905848704545455

00:32:49.138 --> 00:32:50.066 Is this box warning.

NOTE Confidence: 0.905848704545455

00:32:50.070 --> 00:32:51.894 This is where the controversy comes

NOTE Confidence: 0.905848704545455

00:32:51.894 --> 00:32:53.814 from and it's really important to

NOTE Confidence: 0.905848704545455

00:32:53.814 --> 00:32:55.764 understand where the data was from.

NOTE Confidence: 0.905848704545455

00:32:55.770 --> 00:32:58.834 This was 17 trials that the FDA reviewed

NOTE Confidence: 0.905848704545455

00:32:58.834 --> 00:33:02.458 now 17 years ago with over 5000 patients,

NOTE Confidence: 0.905848704545455

00:33:02.460 --> 00:33:04.749 2/3 on drug, a third on placebo,

NOTE Confidence: 0.905848704545455

00:33:04.750 --> 00:33:06.604 and these were patients who were

NOTE Confidence: 0.905848704545455

00:33:06.604 --> 00:33:08.270 studied in those original trials.

NOTE Confidence: 0.905848704545455

00:33:08.270 --> 00:33:09.908 Like I showed you with risperidone

NOTE Confidence: 0.905848704545455

00:33:09.908 --> 00:33:11.375 where these were end stage

NOTE Confidence: 0.905848704545455

00:33:11.375 --> 00:33:12.647 patients in nursing homes.

NOTE Confidence: 0.905848704545455

00:33:12.650 --> 00:33:14.150 Lominy mental scores,

NOTE Confidence: 0.905848704545455

00:33:14.150 --> 00:33:17.186 lots of medical comorbidity and the risk of

NOTE Confidence: 0.905848704545455

00:33:17.186 --> 00:33:19.819 death was four and a half percent on drug,

NOTE Confidence: 0.905848704545455

00:33:19.820 --> 00:33:20.816 2.6% on placebo.

NOTE Confidence: 0.905848704545455

00:33:20.816 --> 00:33:22.476 So there's a higher statistically

NOTE Confidence: 0.905848704545455

00:33:22.476 --> 00:33:23.412 significant death. Great.

NOTE Confidence: 0.905848704545455

00:33:23.412 --> 00:33:25.044 And one of the big questions

NOTE Confidence: 0.905848704545455

00:33:25.044 --> 00:33:26.338 that people ask is, well,

NOTE Confidence: 0.905848704545455

00:33:26.338 --> 00:33:27.886 why were people dying on these

NOTE Confidence: 0.905848704545455

00:33:27.886 --> 00:33:29.279 drugs and and one of the,

NOTE Confidence: 0.905848704545455

00:33:29.280 --> 00:33:29.686 you know,

NOTE Confidence: 0.905848704545455

00:33:29.686 --> 00:33:30.904 we don't know for sure 'cause

NOTE Confidence: 0.905848704545455

00:33:30.904 --> 00:33:31.939 no autopsies were performed,

NOTE Confidence: 0.905848704545455

00:33:31.940 --> 00:33:34.210 but when you look at the cause of

NOTE Confidence: 0.905848704545455

00:33:34.210 --> 00:33:36.010 death that were documented by the

NOTE Confidence: 0.905848704545455

00:33:36.010 --> 00:33:37.179 clinicians overseeing the trials,

NOTE Confidence: 0.905848704545455

00:33:37.180 --> 00:33:38.896 it was either cardiac or infectious.

NOTE Confidence: 0.905848704545455

00:33:38.900 --> 00:33:40.629 And so one theory is that these

NOTE Confidence: 0.905848704545455

00:33:40.629 --> 00:33:42.594 drugs we know can prolong the QTC

NOTE Confidence: 0.905848704545455

00:33:42.594 --> 00:33:44.340 interval and it can cause cardiac

NOTE Confidence: 0.905848704545455

00:33:44.400 --> 00:33:46.380 arrhythmia and sudden cardiac death.

NOTE Confidence: 0.905848704545455

00:33:46.380 --> 00:33:48.240 So that could be 1 mechanism

NOTE Confidence: 0.905848704545455

00:33:48.240 --> 00:33:50.620 the other could be sedation,

NOTE Confidence: 0.905848704545455

00:33:50.620 --> 00:33:52.140 leading to aspiration, pneumonia,

NOTE Confidence: 0.905848704545455

00:33:52.140 --> 00:33:54.420 infection and and then subsequent deaths.

NOTE Confidence: 0.905848704545455

00:33:54.420 --> 00:33:55.638 So we don't know for sure.

NOTE Confidence: 0.905848704545455

00:33:55.640 --> 00:33:57.980 Those are two potential mechanisms.

NOTE Confidence: 0.905848704545455

00:33:57.980 --> 00:33:58.334 Interestingly,

NOTE Confidence: 0.905848704545455

00:33:58.334 --> 00:34:01.166 when the warning first came out in 05,

NOTE Confidence: 0.905848704545455

00:34:01.170 --> 00:34:03.156 it was just for the Atypicals,

NOTE Confidence: 0.905848704545455

00:34:03.160 --> 00:34:05.296 even though there were studies involving

NOTE Confidence: 0.905848704545455

00:34:05.296 --> 00:34:06.720 Haldol and conventional agents,

NOTE Confidence: 0.905848704545455

00:34:06.720 --> 00:34:08.420 but they weren't comparable studies,

NOTE Confidence: 0.905848704545455

00:34:08.420 --> 00:34:09.875 but they weren't these randomized

NOTE Confidence: 0.905848704545455

00:34:09.875 --> 00:34:10.748 well designed trials,

NOTE Confidence: 0.905848704545455

00:34:10.750 --> 00:34:12.184 and so eventually,

NOTE Confidence: 0.905848704545455

00:34:12.184 --> 00:34:12.662 though,

NOTE Confidence: 0.905848704545455

00:34:12.662 --> 00:34:13.452 in 2008,

NOTE Confidence: 0.905848704545455

00:34:13.452 --> 00:34:15.324 the FDA broadened the warning to

NOTE Confidence: 0.905848704545455

00:34:15.324 --> 00:34:17.467 include all NS psychotics and that's

NOTE Confidence: 0.905848704545455

00:34:17.467 --> 00:34:19.747 the warning that exists until today.

NOTE Confidence: 0.905848704545455

00:34:19.750 --> 00:34:20.200 So.

NOTE Confidence: 0.829655466

00:34:22.960 --> 00:34:25.578 Thankfully, our Appa came out with guidelines

NOTE Confidence: 0.829655466

00:34:25.578 --> 00:34:28.737 in 2016 and and those of us who serve on

NOTE Confidence: 0.829655466

00:34:28.737 --> 00:34:30.658 various committees at the APPA and AGP.

NOTE Confidence: 0.829655466

00:34:30.660 --> 00:34:32.788 We were able to inform or at least

NOTE Confidence: 0.829655466

00:34:32.788 --> 00:34:35.140 give some feedback on these guidelines.

NOTE Confidence: 0.829655466

00:34:35.140 --> 00:34:36.895 But I think the main the the main take

NOTE Confidence: 0.829655466

00:34:36.895 --> 00:34:38.587 home points that are on these guidelines

NOTE Confidence: 0.829655466

00:34:38.587 --> 00:34:40.279 are really what I just went over.

NOTE Confidence: 0.829655466

00:34:40.280 --> 00:34:42.050 You know, use these antipsychotics

00:34:42.050 --> 00:34:43.820 only if benefits outweigh risks.

00:34:43.820 --> 00:34:45.420 Start low and go slow.

00:34:45.420 --> 00:34:47.346 If there are adverse effects, continue

00:34:47.346 --> 00:34:50.608 to monitor risk and benefits of need.

00:34:50.610 --> 00:34:52.160 Really importantly, if no response

00:34:52.160 --> 00:34:54.530 after four weeks on an adequate dose,

00:34:54.530 --> 00:34:55.733 try something else,

00:34:55.733 --> 00:34:56.936 taper and discontinue,

00:34:56.940 --> 00:34:59.044 and then when there is an adequate response.

00:34:59.050 --> 00:35:00.556 If there is a controversial statement

00:35:00.556 --> 00:35:02.130 in any of these guidelines,

00:35:02.130 --> 00:35:03.700 it's probably this bullet point

00:35:03.700 --> 00:35:05.690 based on the Devon on study.

00:35:05.690 --> 00:35:07.676 Because if if if if you

00:35:07.676 --> 00:35:08.669 follow these guidelines,

NOTE Confidence: 0.829655466

00:35:08.670 --> 00:35:10.662 they would suggest no matter what tape the

NOTE Confidence: 0.829655466

00:35:10.662 --> 00:35:12.669 taper them off the drug after four months,

NOTE Confidence: 0.829655466

00:35:12.670 --> 00:35:14.478 unless you've had previous

NOTE Confidence: 0.829655466

00:35:14.478 --> 00:35:16.738 experience with a recurrence of

NOTE Confidence: 0.829655466

00:35:16.738 --> 00:35:18.678 symptoms that are problematic.

NOTE Confidence: 0.829655466

00:35:18.680 --> 00:35:19.370 And then again,

NOTE Confidence: 0.829655466

00:35:19.370 --> 00:35:20.980 avoid Haldol as a first line agent,

NOTE Confidence: 0.829655466

00:35:20.980 --> 00:35:22.534 because if you look at subsequent data,

NOTE Confidence: 0.829655466

00:35:22.540 --> 00:35:24.214 which really seem to show that

NOTE Confidence: 0.829655466

00:35:24.214 --> 00:35:26.075 the mortality risk is higher with

NOTE Confidence: 0.829655466

00:35:26.075 --> 00:35:27.800 the with the conventional agents,

NOTE Confidence: 0.829655466

00:35:27.800 --> 00:35:29.634 how paradol seems to have a higher

NOTE Confidence: 0.829655466

00:35:29.634 --> 00:35:31.283 mortality rate than than the atypicals

NOTE Confidence: 0.829655466

00:35:31.283 --> 00:35:33.180 that we want to avoid haloperidol and

NOTE Confidence: 0.829655466

00:35:33.236 --> 00:35:35.238 then there's really no data with long

NOTE Confidence: 0.829655466

00:35:35.238 --> 00:35:38.390 acting injectables in this population.

NOTE Confidence: 0.829655466

00:35:38.390 --> 00:35:40.427 So what are we supposed to do?

NOTE Confidence: 0.829655466

00:35:40.430 --> 00:35:41.630 One thing I'll just mention,

NOTE Confidence: 0.829655466

00:35:41.630 --> 00:35:42.107 which is not.

NOTE Confidence: 0.829655466

00:35:42.107 --> 00:35:43.570 I don't think I have a slide on this,

NOTE Confidence: 0.829655466

00:35:43.570 --> 00:35:45.490 but it's important to know is

NOTE Confidence: 0.829655466

00:35:45.490 --> 00:35:46.450 that these drugs?

NOTE Confidence: 0.829655466

00:35:46.450 --> 00:35:48.185 These antipsychotic drugs and frank

NOTE Confidence: 0.829655466

00:35:48.185 --> 00:35:50.310 and in fact all psychiatric drugs,

NOTE Confidence: 0.829655466

00:35:50.310 --> 00:35:52.662 are heavily regulated by the federal

NOTE Confidence: 0.829655466

00:35:52.662 --> 00:35:54.532 government in nursing homes in

NOTE Confidence: 0.829655466

00:35:54.532 --> 00:35:55.740 federally funded nursing homes.

NOTE Confidence: 0.829655466

00:35:55.740 --> 00:35:57.530 Because of Medicare and Medicaid,

NOTE Confidence: 0.829655466

00:35:57.530 --> 00:35:59.372 seems highly regulates the use of

NOTE Confidence: 0.829655466

00:35:59.372 --> 00:36:01.290 these drugs in those facilities.

NOTE Confidence: 0.829655466

00:36:01.290 --> 00:36:03.850 When can you start? How do you monitor?

NOTE Confidence: 0.829655466

00:36:03.850 --> 00:36:06.600 What do you have to document, etc.

NOTE Confidence: 0.829655466

00:36:06.600 --> 00:36:08.166 But the same patient with the

NOTE Confidence: 0.829655466

00:36:08.166 --> 00:36:09.707 same problems who happens to live

NOTE Confidence: 0.829655466

00:36:09.707 --> 00:36:11.057 in assisted living or at home.

NOTE Confidence: 0.829655466

00:36:11.060 --> 00:36:12.596 We can do whatever we want,

NOTE Confidence: 0.829655466

00:36:12.600 --> 00:36:15.080 so there's got to be a balance between

NOTE Confidence: 0.829655466

00:36:15.080 --> 00:36:16.799 over regulation and no regulation,

NOTE Confidence: 0.829655466

00:36:16.800 --> 00:36:19.278 because we do see misuse of these

NOTE Confidence: 0.829655466

00:36:19.278 --> 00:36:21.370 medications all the time when the

NOTE Confidence: 0.829655466

00:36:21.370 --> 00:36:23.284 warning first came out in 05,

NOTE Confidence: 0.829655466

00:36:23.290 --> 00:36:25.482 a lot of our colleagues in nursing home

NOTE Confidence: 0.829655466

00:36:25.482 --> 00:36:27.122 settings who were non psychiatrists

NOTE Confidence: 0.829655466

00:36:27.122 --> 00:36:29.192 said well for medical legal reasons,

NOTE Confidence: 0.829655466

00:36:29.200 --> 00:36:31.480 well, it's avoid alanza Pean.

NOTE Confidence: 0.829655466

00:36:31.480 --> 00:36:32.998 Let's put them on Ativan instead.

NOTE Confidence: 0.829655466

00:36:33.000 --> 00:36:33.232 Well,

NOTE Confidence: 0.829655466

00:36:33.232 --> 00:36:34.624 that's not a good idea because

NOTE Confidence: 0.829655466

00:36:34.624 --> 00:36:35.320 of tolerability issues.

NOTE Confidence: 0.829655466

00:36:35.320 --> 00:36:37.147 We'll talk more about in a minute.

NOTE Confidence: 0.829655466

00:36:37.150 --> 00:36:38.770 And I just say go back to the basics

NOTE Confidence: 0.829655466

00:36:38.770 --> 00:36:40.228 like we talked about what's causing

NOTE Confidence: 0.829655466

00:36:40.228 --> 00:36:41.770 these problems in the 1st place.

NOTE Confidence: 0.829655466

00:36:41.770 --> 00:36:43.770 Always employ these behavioral

NOTE Confidence: 0.829655466

00:36:43.770 --> 00:36:44.770 interventions first,

NOTE Confidence: 0.829655466

00:36:44.770 --> 00:36:46.186 and then if we're going to

NOTE Confidence: 0.829655466

00:36:46.186 --> 00:36:46.658 use antipsychotics,

NOTE Confidence: 0.829655466

00:36:46.660 --> 00:36:48.544 which sometimes are indicated,

NOTE Confidence: 0.829655466

00:36:48.544 --> 00:36:50.899 do it with informed consent,

NOTE Confidence: 0.829655466

00:36:50.900 --> 00:36:53.090 and I've never had a family member say to me.

NOTE Confidence: 0.829655466

00:36:53.090 --> 00:36:53.365 Well,

NOTE Confidence: 0.829655466

00:36:53.365 --> 00:36:55.015 don't treat my mom who's wandering

76

00:36:55.015 --> 00:36:57.019 into the street at night because she

00:36:57.019 --> 00:36:58.699 sees things outside or she's worried

00:36:58.757 --> 00:37:00.575 about people talking behind her back.

00:37:00.580 --> 00:37:01.402 But within antipsychotic,

00:37:01.402 --> 00:37:03.919 because it may lead to a small risk of

00:37:03.919 --> 00:37:05.809 death or mortality when there are safety

00:37:05.809 --> 00:37:07.648 issues concerned and the families are.

00:37:07.650 --> 00:37:09.040 Caring for their loved ones,

00:37:09.040 --> 00:37:11.128 they understand the risk benefit equation,

00:37:11.130 --> 00:37:14.875 but we've got to give informed consent.

00:37:14.880 --> 00:37:16.536 So that's probably more than you

00:37:16.536 --> 00:37:18.480 wanted to know about antipsychotics,

00:37:18.480 --> 00:37:20.310 Deppe code or dival proex was

00:37:20.310 --> 00:37:22.530 studied in at least four well

00:37:22.530 --> 00:37:24.398 designed randomized control trials.

00:37:24.400 --> 00:37:25.824 In many case series,

NOTE Confidence: 0.948626206538462

00:37:25.824 --> 00:37:28.680 there is evidence for reduction of agitation,

NOTE Confidence: 0.948626206538462

00:37:28.680 --> 00:37:30.955 but for whatever reason in in three

NOTE Confidence: 0.948626206538462

00:37:30.955 --> 00:37:33.531 of the trials there was no benefit

NOTE Confidence: 0.948626206538462

00:37:33.531 --> 00:37:35.446 on the primary outcome measure,

NOTE Confidence: 0.948626206538462

00:37:35.450 --> 00:37:37.858 but there was some benefit on a secondary

NOTE Confidence: 0.948626206538462

00:37:37.860 --> 00:37:41.180 and then in this ADC S trial which was done,

NOTE Confidence: 0.948626206538462

00:37:41.180 --> 00:37:42.916 there was no benefit on any measure.

NOTE Confidence: 0.948626206538462

00:37:42.920 --> 00:37:44.996 So since that trial came out,

NOTE Confidence: 0.948626206538462

00:37:45.000 --> 00:37:46.120 there's been less use of.

NOTE Confidence: 0.948626206538462

00:37:46.120 --> 00:37:46.462 Divalproex,

NOTE Confidence: 0.948626206538462

00:37:46.462 --> 00:37:48.856 one of the other issues is tolerability

NOTE Confidence: 0.948626206538462

00:37:48.856 --> 00:37:50.669 with gate disturbance tremor,

NOTE Confidence: 0.948626206538462

00:37:50.670 --> 00:37:51.708 even delirium.

NOTE Confidence: 0.948626206538462

00:37:51.708 --> 00:37:54.303 Some have been using gabapentin

NOTE Confidence: 0.948626206538462

00:37:54.303 --> 00:37:56.340 without almost any data,

NOTE Confidence: 0.948626206538462

00:37:56.340 --> 00:37:58.594 and there's some interest in doing an

NOTE Confidence: 0.948626206538462

00:37:58.594 --> 00:38:00.292 actual randomized trial with gabapentin

NOTE Confidence: 0.948626206538462

00:38:00.292 --> 00:38:02.456 because of its anxiolytic and effects.

NOTE Confidence: 0.948626206538462

00:38:02.456 --> 00:38:04.320 Perhaps on behavioral disinhibition,

NOTE Confidence: 0.948626206538462

00:38:04.320 --> 00:38:07.056 but there really is limited data.

NOTE Confidence: 0.948626206538462

00:38:07.060 --> 00:38:08.890 There's good data with the rise

NOTE Confidence: 0.948626206538462

00:38:08.890 --> 00:38:10.936 and our colleagues at Hopkins in

NOTE Confidence: 0.948626206538462

00:38:10.936 --> 00:38:12.456 Rochester and elsewhere collaborated

NOTE Confidence: 0.948626206538462

00:38:12.456 --> 00:38:14.887 on this Itala PRAM trial and

NOTE Confidence: 0.948626206538462

00:38:14.887 --> 00:38:16.579 agitation and Alzheimer's disease.

NOTE Confidence: 0.948626206538462

00:38:16.580 --> 00:38:18.212 I want to make the important

NOTE Confidence: 0.948626206538462

00:38:18.212 --> 00:38:20.019 point that this is for agitation

NOTE Confidence: 0.948626206538462

00:38:20.019 --> 00:38:21.975 and also arm is not depression.

NOTE Confidence: 0.948626206538462

00:38:21.980 --> 00:38:24.030 Almost all of the antidepressant

NOTE Confidence: 0.948626206538462

00:38:24.030 --> 00:38:26.080 trials for depression and dementia

NOTE Confidence: 0.948626206538462

00:38:26.150 --> 00:38:27.990 have not been positive trials.

NOTE Confidence: 0.948626206538462

00:38:27.990 --> 00:38:29.747 But this one, the sital Apram study,

NOTE Confidence: 0.948626206538462

00:38:29.750 --> 00:38:30.545 was for agitation,

NOTE Confidence: 0.948626206538462

00:38:30.545 --> 00:38:33.468 a dosing range of 10 to 30 milligrams a day.

NOTE Confidence: 0.948626206538462

00:38:33.470 --> 00:38:35.810 The behavioral effects were noted,

NOTE Confidence: 0.948626206538462

00:38:35.810 --> 00:38:37.448 and the thing we have to watch out for

NOTE Confidence: 0.948626206538462

00:38:37.448 --> 00:38:39.286 in the elderly is the QTC prolongation.

NOTE Confidence: 0.948626206538462

00:38:39.290 --> 00:38:41.100 Above 20 milligrams a day,

NOTE Confidence: 0.948626206538462

00:38:41.100 --> 00:38:43.220 this is with sital apram.

NOTE Confidence: 0.948626206538462

00:38:43.220 --> 00:38:45.530 There's now an escitalopram study going on.

NOTE Confidence: 0.948626206538462

00:38:45.530 --> 00:38:47.108 This was called site at the

NOTE Confidence: 0.948626206538462

00:38:47.108 --> 00:38:48.788 next one is called S site AD,

NOTE Confidence: 0.948626206538462

00:38:48.790 --> 00:38:51.086 and so we'll see what that one shows.

NOTE Confidence: 0.948626206538462

00:38:51.090 --> 00:38:52.926 So let me tell you a little bit about

NOTE Confidence: 0.948626206538462

00:38:52.926 --> 00:38:54.442 our journey with novel therapeutics

NOTE Confidence: 0.948626206538462

00:38:54.442 --> 00:38:56.326 before I go into public health.

00:38:56.330 --> 00:38:58.454 So a number of years ago

00:38:58.454 --> 00:38:59.870 I was medical Director,

00:38:59.870 --> 00:39:02.330 an inpatient geriatric psychiatry unit,

00:39:02.330 --> 00:39:04.614 18 beds, all dementia,

00:39:04.614 --> 00:39:06.327 all behaviorally disturbed.

00:39:06.330 --> 00:39:08.706 All there for two to three

00:39:08.706 --> 00:39:10.290 weeks of acute treatment.

00:39:10.290 --> 00:39:12.971 And it was a really amazing experience

00:39:12.971 --> 00:39:15.100 actually and and still exists.

00:39:15.100 --> 00:39:15.412 Today.

00:39:15.412 --> 00:39:17.284 We had this woman who came

00:39:17.284 --> 00:39:19.028 in at the age of 67.

00:39:19.030 --> 00:39:20.344 She had been diagnosed by colleagues

00:39:20.344 --> 00:39:22.166 of mine at mass general a decade

00:39:22.166 --> 00:39:23.370 earlier with Alzheimer's disease.

00:39:23.370 --> 00:39:25.410 She was now 10 years into an illness.

NOTE Confidence: 0.948626206538462

00:39:25.410 --> 00:39:26.918 She was essentially minimally

NOTE Confidence: 0.948626206538462

00:39:26.918 --> 00:39:28.803 verbally responsive at this point.

NOTE Confidence: 0.948626206538462

00:39:28.810 --> 00:39:31.134 She had attribute on her MRI demonstrating

NOTE Confidence: 0.948626206538462

00:39:31.134 --> 00:39:32.130 consistency with Alzheimer's,

NOTE Confidence: 0.948626206538462

00:39:32.130 --> 00:39:34.377 dementia, and at home with her spouse.

NOTE Confidence: 0.948626206538462

00:39:34.380 --> 00:39:36.636 The problem wasn't her her profound

NOTE Confidence: 0.948626206538462

00:39:36.636 --> 00:39:38.790 cognitive impairment or lack of speech.

NOTE Confidence: 0.948626206538462

00:39:38.790 --> 00:39:40.659 It was physical aggression with her spouse.

NOTE Confidence: 0.948626206538462

00:39:40.660 --> 00:39:42.185 Her husband really was overwhelmed

NOTE Confidence: 0.948626206538462

00:39:42.185 --> 00:39:44.536 and she had had at that .12

NOTE Confidence: 0.948626206538462

00:39:44.536 --> 00:39:46.082 failed medication trials and she

NOTE Confidence: 0.948626206538462

00:39:46.082 --> 00:39:47.690 really was not able to go into a

NOTE Confidence: 0.918661481904762

00:39:47.749 --> 00:39:49.234 nursing home from that situation

NOTE Confidence: 0.918661481904762

00:39:49.234 --> 00:39:51.180 and he couldn't manage her anymore.

NOTE Confidence: 0.918661481904762

00:39:51.180 --> 00:39:53.496 So she came in the hospital.

00:39:53.500 --> 00:39:55.768 Her name was Louise,

00:39:55.770 --> 00:39:57.602 two months in and I tell you her

00:39:57.602 --> 00:39:58.952 name because her daughter has

00:39:58.952 --> 00:40:00.620 been very public with her story.

00:40:00.620 --> 00:40:03.032 So two months into her hospital

00:40:03.032 --> 00:40:05.000 course she was really not responding.

00:40:05.000 --> 00:40:06.940 We tried every imaginable medication.

00:40:06.940 --> 00:40:08.072 She had tolerability concerns

00:40:08.072 --> 00:40:09.770 or she didn't respond and my

00:40:09.819 --> 00:40:11.427 colleague who I was working with,

00:40:11.430 --> 00:40:12.900 Doctor Alex Stoyer, said, well,

00:40:12.900 --> 00:40:14.658 what about ECT, and I said, well,

00:40:14.658 --> 00:40:16.148 why would you treat somebody

00:40:16.148 --> 00:40:17.580 with advanced dementia with ECT?

00:40:17.580 --> 00:40:20.100 I mean already she's got cognitive problems.

00:40:20.100 --> 00:40:20.618 He's like.

NOTE Confidence: 0.918661481904762

00:40:20.618 --> 00:40:22.431 Well, it can't get much worse and

NOTE Confidence: 0.918661481904762

00:40:22.431 --> 00:40:24.320 really other than palliative sedation,

NOTE Confidence: 0.918661481904762

00:40:24.320 --> 00:40:25.657 I'm not sure we have many options.

NOTE Confidence: 0.918661481904762

00:40:25.660 --> 00:40:27.620 Here and there was a small literature at

NOTE Confidence: 0.918661481904762

00:40:27.620 --> 00:40:29.720 the time on the use of ECT for patients,

NOTE Confidence: 0.918661481904762

00:40:29.720 --> 00:40:31.136 again with refractory agitation.

NOTE Confidence: 0.918661481904762

00:40:31.136 --> 00:40:33.260 This was not depression and dementia.

NOTE Confidence: 0.918661481904762

00:40:33.260 --> 00:40:35.990 This was aggression and dementia.

NOTE Confidence: 0.918661481904762

00:40:35.990 --> 00:40:40.558 So with consent from the caregiver and from.

NOTE Confidence: 0.918661481904762

00:40:40.560 --> 00:40:42.378 Appropriate medical clearance with our team.

NOTE Confidence: 0.918661481904762

00:40:42.380 --> 00:40:44.740 We treated her with ECT.

NOTE Confidence: 0.918661481904762

00:40:44.740 --> 00:40:46.280 She had eight in patient

NOTE Confidence: 0.918661481904762

00:40:46.280 --> 00:40:46.896 bilateral treatments.

NOTE Confidence: 0.918661481904762

00:40:46.900 --> 00:40:48.788 The profound effect was

NOTE Confidence: 0.918661481904762

00:40:48.788 --> 00:40:50.676 remarkable with some evidence.

NOTE Confidence: 0.918661481904762

00:40:50.680 --> 00:40:52.445 After the third treatment and

NOTE Confidence: 0.918661481904762

00:40:52.445 --> 00:40:53.857 then pretty remarkable improvement

NOTE Confidence: 0.918661481904762

00:40:53.857 --> 00:40:55.529 after the 8th when she went home

NOTE Confidence: 0.918661481904762

00:40:55.529 --> 00:40:57.239 she was down to two medications,

NOTE Confidence: 0.918661481904762

00:40:57.240 --> 00:41:00.264 really only as a talip RAM at that time.

NOTE Confidence: 0.918661481904762

00:41:00.270 --> 00:41:02.538 And and what's amazing about this woman

NOTE Confidence: 0.918661481904762

00:41:02.538 --> 00:41:05.268 is that she was treated at McLean

NOTE Confidence: 0.918661481904762

00:41:05.268 --> 00:41:07.383 Hospital monthly with maintenance ECT.

NOTE Confidence: 0.918661481904762

00:41:07.390 --> 00:41:09.850 For the next 10 years.

NOTE Confidence: 0.918661481904762

00:41:09.850 --> 00:41:11.782 And then she passed away from

NOTE Confidence: 0.918661481904762

00:41:11.782 --> 00:41:13.700 metastatic cancer about six years ago.

NOTE Confidence: 0.918661481904762

00:41:13.700 --> 00:41:15.689 So the daughter,

NOTE Confidence: 0.918661481904762

00:41:15.689 --> 00:41:18.612 who was very much impacted by her

NOTE Confidence: 0.918661481904762

00:41:18.612 --> 00:41:19.777 mom's illness and then became

NOTE Confidence: 0.918661481904762

00:41:19.777 --> 00:41:21.402 a big advocate for Alzheimer's

NOTE Confidence: 0.918661481904762

00:41:21.402 --> 00:41:22.746 disease research and treatment,

NOTE Confidence: 0.918661481904762

00:41:22.750 --> 00:41:25.571 also helped to support our further study

NOTE Confidence: 0.918661481904762

00:41:25.571 --> 00:41:29.257 of this one thing I'll say about this case,

NOTE Confidence: 0.918661481904762

00:41:29.260 --> 00:41:31.031 which was also amazing is that it

NOTE Confidence: 0.918661481904762

00:41:31.031 --> 00:41:33.381 LED us to treat more people like her

NOTE Confidence: 0.918661481904762

00:41:33.381 --> 00:41:35.620 with ECT and then collect data on it.

NOTE Confidence: 0.918661481904762

00:41:35.620 --> 00:41:38.294 And so we published one study that

NOTE Confidence: 0.918661481904762

00:41:38.294 --> 00:41:40.304 was 16 patients retrospective chart

NOTE Confidence: 0.918661481904762

00:41:40.304 --> 00:41:43.760 review with very poor data other than us.

NOTE Confidence: 0.918661481904762

00:41:43.760 --> 00:41:45.920 Filling out a Pittsburgh agitation

NOTE Confidence: 0.918661481904762

00:41:45.920 --> 00:41:48.604 scale based on you know 3 physicians

NOTE Confidence: 0.918661481904762

00:41:48.604 --> 00:41:50.680 agreeing to how symptomatic patients were.

NOTE Confidence: 0.918661481904762

00:41:50.680 --> 00:41:52.456 And then we decided to collect more data,

NOTE Confidence: 0.918661481904762

00:41:52.460 --> 00:41:54.060 but.

NOTE Confidence: 0.918661481904762

00:41:54.060 --> 00:41:55.540 One of the questions that's come up is,

NOTE Confidence: 0.918661481904762

00:41:55.540 --> 00:41:56.638 well, what about quality of life?

00:41:56.640 --> 00:41:59.048 And so this was Louise when in her

00:41:59.048 --> 00:42:00.700 earlier days and Karen statement

00:42:00.700 --> 00:42:02.800 about her mom and she basically

00:42:02.800 --> 00:42:05.021 said that my mom was a petite 5

00:42:05.021 --> 00:42:07.312 foot three 115 pound terror winner,

00:42:07.312 --> 00:42:09.049 aggression reared, she was uncontrollable,

00:42:09.049 --> 00:42:10.464 her medicines were losing efficacy

00:42:10.464 --> 00:42:12.108 and it became so dangerous for our

00:42:12.108 --> 00:42:13.844 in home aide and my dad and I that

00:42:13.844 --> 00:42:16.016 we had no option but to place her at

00:42:16.016 --> 00:42:17.760 McLean Hospital on the inpatient unit.

00:42:17.760 --> 00:42:19.257 But from that very first, ECT.

00:42:19.257 --> 00:42:21.039 The medical teams my father and

00:42:21.039 --> 00:42:23.239 I were were rendered speechless.

00:42:23.240 --> 00:42:24.600 Walking down the hallway after

00:42:24.600 --> 00:42:25.416 that first treatment.

NOTE Confidence: 0.918661481904762

00:42:25.420 --> 00:42:26.584 She came at me like she

NOTE Confidence: 0.918661481904762

00:42:26.584 --> 00:42:27.360 used to win aggressive,

NOTE Confidence: 0.918661481904762

00:42:27.360 --> 00:42:28.970 but this time she reached her arms.

NOTE Confidence: 0.918661481904762

00:42:28.970 --> 00:42:30.230 Let's rub my cheek lovingly.

NOTE Confidence: 0.779752866666667

00:42:30.230 --> 00:42:32.516 Shanda smile from ear to ear.

NOTE Confidence: 0.779752866666667

00:42:32.520 --> 00:42:34.416 And tears rolled down my cheeks.

NOTE Confidence: 0.779752866666667

00:42:34.420 --> 00:42:35.940 Her agitation and aggression

NOTE Confidence: 0.779752866666667

00:42:35.940 --> 00:42:36.700 nearly disappeared.

NOTE Confidence: 0.779752866666667

00:42:36.700 --> 00:42:38.716 She went from 31 medicines to one.

NOTE Confidence: 0.779752866666667

00:42:38.720 --> 00:42:40.456 We brought her back home and were

NOTE Confidence: 0.779752866666667

00:42:40.456 --> 00:42:42.080 blessed with another 10 years with her.

NOTE Confidence: 0.779752866666667

00:42:42.080 --> 00:42:44.102 This gave my mother tremendous quality

NOTE Confidence: 0.779752866666667

00:42:44.102 --> 00:42:46.493 of life and quality of care and my

NOTE Confidence: 0.779752866666667

00:42:46.493 --> 00:42:47.916 father gave my father, his wife and

NOTE Confidence: 0.779752866666667

00:42:47.916 --> 00:42:49.439 me and my mother and without ECT.

NOTE Confidence: 0.779752866666667

00:42:49.440 --> 00:42:51.376 She would never have seen me get married.

NOTE Confidence: 0.779752866666667

00:42:51.380 --> 00:42:53.116 So Karen was very public about this.

NOTE Confidence: 0.779752866666667

00:42:53.120 --> 00:42:54.972 She was on NPR.

NOTE Confidence: 0.779752866666667

00:42:54.972 --> 00:42:57.287 She she helped us some.

NOTE Confidence: 0.779752866666667

00:42:57.290 --> 00:43:00.398 Like I mentioned with our grant.

NOTE Confidence: 0.779752866666667

00:43:00.400 --> 00:43:02.260 Alright, So what about the data?

NOTE Confidence: 0.779752866666667

00:43:02.260 --> 00:43:04.150 So we we then realized that the

NOTE Confidence: 0.779752866666667

00:43:04.150 --> 00:43:05.659 retrospective chart review is not enough.

NOTE Confidence: 0.779752866666667

00:43:05.660 --> 00:43:07.876 Let's try to collect some data that we

NOTE Confidence: 0.779752866666667

00:43:07.876 --> 00:43:10.680 could find from doing a prospective study,

NOTE Confidence: 0.779752866666667

00:43:10.680 --> 00:43:11.880 and we thought we'd be clever.

NOTE Confidence: 0.779752866666667

00:43:11.880 --> 00:43:13.637 We thought we would have two groups.

NOTE Confidence: 0.779752866666667

00:43:13.640 --> 00:43:15.260 We would not randomize people,

NOTE Confidence: 0.779752866666667

00:43:15.260 --> 00:43:18.239 but for those people who agreed to get ECT.

NOTE Confidence: 0.779752866666667

00:43:18.240 --> 00:43:19.280 They would get ECT.

NOTE Confidence: 0.779752866666667

00:43:19.280 --> 00:43:20.840 And for those who said no,

NOTE Confidence: 0.779752866666667

00:43:20.840 --> 00:43:22.406 we would just follow them naturalistically.

NOTE Confidence: 0.779752866666667

00:43:22.410 --> 00:43:25.133 And by the time we actually intervene

NOTE Confidence: 0.779752866666667

00:43:25.133 --> 00:43:27.139 with ECT everybody wanted ECT.

NOTE Confidence: 0.779752866666667

00:43:27.140 --> 00:43:29.108 So this was the scale that we used

NOTE Confidence: 0.779752866666667

00:43:29.108 --> 00:43:31.592 as the primary outcome measure the

NOTE Confidence: 0.779752866666667

00:43:31.592 --> 00:43:33.516 Cohen Mansfield agitation inventory.

NOTE Confidence: 0.779752866666667

00:43:33.520 --> 00:43:35.170 Patients were in the hospital on

NOTE Confidence: 0.779752866666667

00:43:35.170 --> 00:43:37.155 average of four weeks before the 1st

NOTE Confidence: 0.779752866666667

00:43:37.155 --> 00:43:39.080 ECT treatment and these were people who

NOTE Confidence: 0.779752866666667

00:43:39.141 --> 00:43:40.976 had failed multiple medicine trials.

NOTE Confidence: 0.779752866666667

00:43:40.980 --> 00:43:43.493 They had on average 9.4 treatments and

NOTE Confidence: 0.779752866666667

00:43:43.493 --> 00:43:45.860 we saw meaningful improvements again.

NOTE Confidence: 0.779752866666667

00:43:45.860 --> 00:43:47.846 Open label by the 3rd treatment

NOTE Confidence: 0.779752866666667

00:43:47.846 --> 00:43:49.607 that continued to improve through

NOTE Confidence: 0.779752866666667

00:43:49.607 --> 00:43:50.738 the 9th treatment.

00:43:50.740 --> 00:43:52.888 So we spent many years collecting

00:43:52.888 --> 00:43:55.080 data at multiple sites and putting

00:43:55.080 --> 00:43:56.805 together this amazing team and

00:43:56.805 --> 00:43:58.680 we now have a five year.

00:43:58.680 --> 00:44:01.784 R A1 funded in 2018 by the NIH,

00:44:01.790 --> 00:44:04.695 where we're randomizing people to to ECT,

00:44:04.700 --> 00:44:05.948 which is now right.

00:44:05.948 --> 00:44:06.700 Unilateral, brief,

00:44:06.700 --> 00:44:09.340 ultra pulse ECT versus simulated ECT,

00:44:09.340 --> 00:44:12.207 which is essentially everything

00:44:12.207 --> 00:44:12.901 but anesthesia.

00:44:12.901 --> 00:44:15.760 We take people down to the ECT suite.

00:44:15.760 --> 00:44:17.055 We keep them in a separate room.

00:44:17.060 --> 00:44:18.224 They get an Ivy.

00:44:18.224 --> 00:44:19.970 They get gel in their scalp

00:44:20.044 --> 00:44:22.096 but they do not get anesthesia.

NOTE Confidence: 0.779752866666667

00:44:22.100 --> 00:44:22.736 They're PRN.

NOTE Confidence: 0.779752866666667

00:44:22.736 --> 00:44:24.962 Medicines can be used in the treatment

NOTE Confidence: 0.779752866666667

00:44:24.962 --> 00:44:27.362 team is blind to their allocated group.

NOTE Confidence: 0.779752866666667

00:44:27.362 --> 00:44:31.044 This has been a labor of challenge.

NOTE Confidence: 0.779752866666667

00:44:31.050 --> 00:44:33.598 We have been having lots of difficulty

NOTE Confidence: 0.779752866666667

00:44:33.598 --> 00:44:36.050 with recruitment for a variety of reasons,

NOTE Confidence: 0.779752866666667

00:44:36.050 --> 00:44:38.370 not the least of which is this pandemic,

NOTE Confidence: 0.779752866666667

00:44:38.370 --> 00:44:41.511 but also it took a year to get an

NOTE Confidence: 0.779752866666667

00:44:41.511 --> 00:44:42.786 investigational device exemption

NOTE Confidence: 0.779752866666667

00:44:42.786 --> 00:44:44.067 from the FDA,

NOTE Confidence: 0.779752866666667

00:44:44.070 --> 00:44:46.149 but I can talk more about this

NOTE Confidence: 0.779752866666667

00:44:46.149 --> 00:44:47.925 in the Q&A at the same time I

NOTE Confidence: 0.779752866666667

00:44:47.925 --> 00:44:48.810 was working on this unit.

NOTE Confidence: 0.779752866666667

00:44:48.810 --> 00:44:51.204 We also were experimenting at the time

NOTE Confidence: 0.779752866666667

00:44:51.204 --> 00:44:53.280 with Dronabinol or Marinol because of

NOTE Confidence: 0.779752866666667

00:44:53.280 --> 00:44:55.698 its effects on CB1 and CB2 receptors,

NOTE Confidence: 0.779752866666667

00:44:55.698 --> 00:44:57.483 but in particular the CB1

NOTE Confidence: 0.779752866666667

00:44:57.483 --> 00:44:59.664 receptor that may mediate the

NOTE Confidence: 0.779752866666667

00:44:59.664 --> 00:45:01.420 anxiolytic effects of cannabinoids.

NOTE Confidence: 0.779752866666667

00:45:01.420 --> 00:45:02.332 And and so again,

NOTE Confidence: 0.779752866666667

00:45:02.332 --> 00:45:04.085 for those of you who are maybe

NOTE Confidence: 0.779752866666667

00:45:04.085 --> 00:45:05.690 in training and are thinking

NOTE Confidence: 0.779752866666667

00:45:05.690 --> 00:45:06.974 about a research career,

NOTE Confidence: 0.779752866666667

00:45:06.980 --> 00:45:09.584 the idea of coming up with really

NOTE Confidence: 0.779752866666667

00:45:09.584 --> 00:45:11.240 important clinical questions based on

NOTE Confidence: 0.779752866666667

00:45:11.240 --> 00:45:12.416 what you're seeing in front of you.

NOTE Confidence: 0.779752866666667

00:45:12.420 --> 00:45:13.790 Research questions that could be

NOTE Confidence: 0.779752866666667

00:45:13.790 --> 00:45:15.160 addressed through research is really,

NOTE Confidence: 0.946171553333333

00:45:15.160 --> 00:45:17.548 really guided by your clinical experience.

NOTE Confidence: 0.946171553333333

00:45:17.550 --> 00:45:19.495 So we started using dronabinol

NOTE Confidence: 0.946171553333333

00:45:19.495 --> 00:45:21.440 and we wound up publishing.

NOTE Confidence: 0.946171553333333

00:45:21.440 --> 00:45:23.106 You know a paper on 40 patients,

NOTE Confidence: 0.946171553333333

00:45:23.110 --> 00:45:24.760 but the the theory behind this,

NOTE Confidence: 0.946171553333333

00:45:24.760 --> 00:45:26.760 and this was a paper we just published

NOTE Confidence: 0.946171553333333

00:45:26.760 --> 00:45:28.634 summarizing some of the literature on

NOTE Confidence: 0.946171553333333

00:45:28.634 --> 00:45:29.954 cannabinoids for Alzheimer's disease.

NOTE Confidence: 0.946171553333333

00:45:29.960 --> 00:45:31.628 For agitation in particular,

NOTE Confidence: 0.946171553333333

00:45:31.628 --> 00:45:33.713 like why would cannabinoids work?

NOTE Confidence: 0.946171553333333

00:45:33.720 --> 00:45:35.232 So there's a whole bunch of

NOTE Confidence: 0.946171553333333

00:45:35.232 --> 00:45:36.500 mechanisms that are fascinating here,

NOTE Confidence: 0.946171553333333

00:45:36.500 --> 00:45:37.823 including neurotransmitter regulation,

NOTE Confidence: 0.946171553333333

00:45:37.823 --> 00:45:40.469 but there seems to be neuroprotective

NOTE Confidence: 0.946171553333333

00:45:40.469 --> 00:45:42.510 effects as well as reducing

NOTE Confidence: 0.946171553333333

00:45:42.510 --> 00:45:44.058 neuroinflammation and oxidative stress.

NOTE Confidence: 0.946171553333333

00:45:44.060 --> 00:45:46.856 May help its circadian rhythm disturbances,

NOTE Confidence: 0.946171553333333

00:45:46.860 --> 00:45:48.400 a variety of other conditions

NOTE Confidence: 0.946171553333333

00:45:48.400 --> 00:45:49.632 like pain and anxiety.

NOTE Confidence: 0.946171553333333

00:45:49.640 --> 00:45:52.240 And then of course there may be some

NOTE Confidence: 0.946171553333333

00:45:52.240 --> 00:45:54.310 beneficial effects on the vascular system.

NOTE Confidence: 0.946171553333333

00:45:54.310 --> 00:45:56.067 In that first study that we published,

NOTE Confidence: 0.946171553333333

00:45:56.070 --> 00:45:57.830 it was 40 in patients

NOTE Confidence: 0.946171553333333

00:45:57.830 --> 00:45:58.886 with dementia agitation.

NOTE Confidence: 0.946171553333333

00:45:58.890 --> 00:46:01.146 We treated them with the mean dose of

NOTE Confidence: 0.946171553333333

00:46:01.146 --> 00:46:03.210 TREN abanil up to 7 milligrams a day.

NOTE Confidence: 0.946171553333333

00:46:03.210 --> 00:46:04.806 So again we tried to get people

NOTE Confidence: 0.946171553333333

00:46:04.806 --> 00:46:05.830 to 10 milligrams a day,

NOTE Confidence: 0.946171553333333

00:46:05.830 --> 00:46:08.105 but on average they were on 7.

NOTE Confidence: 0.946171553333333

00:46:08.110 --> 00:46:10.770 The primary outcome measure was the PS.

NOTE Confidence: 0.946171553333333

00:46:10.770 --> 00:46:12.226 The Pittsburgh Agitation Scale,

NOTE Confidence: 0.946171553333333

00:46:12.226 --> 00:46:14.410 which is 4 items of physical

NOTE Confidence: 0.946171553333333

00:46:14.475 --> 00:46:15.750 and verbal agitation.

NOTE Confidence: 0.946171553333333

00:46:15.750 --> 00:46:17.706 And the side effects were sedation,

NOTE Confidence: 0.946171553333333

00:46:17.710 --> 00:46:20.370 delirium and again whether it was related,

NOTE Confidence: 0.946171553333333

00:46:20.370 --> 00:46:21.066 unrelated, unclear.

NOTE Confidence: 0.946171553333333

00:46:21.066 --> 00:46:23.850 So we use this data and my colleague

NOTE Confidence: 0.946171553333333

00:46:23.920 --> 00:46:25.750 Paul Rosenberg and I collaborated

NOTE Confidence: 0.946171553333333

00:46:25.750 --> 00:46:27.806 together to write a a narrow

NOTE Confidence: 0.946171553333333

00:46:27.806 --> 00:46:29.564 one which got funded in 2016,

NOTE Confidence: 0.946171553333333

00:46:29.570 --> 00:46:31.595 and so we're we have a no cost extension.

NOTE Confidence: 0.946171553333333

00:46:31.600 --> 00:46:33.880 We're in now.

NOTE Confidence: 0.946171553333333

00:46:33.880 --> 00:46:36.056 And we're randomizing people

NOTE Confidence: 0.946171553333333

00:46:36.056 --> 00:46:37.956 to 5 milligrams a day for week.

NOTE Confidence: 0.946171553333333

00:46:37.960 --> 00:46:40.453 One of tRNA been all up to 10 milligrams

NOTE Confidence: 0.946171553333333

00:46:40.453 --> 00:46:42.500 a day. It's a three week trial.

NOTE Confidence: 0.946171553333333

00:46:42.500 --> 00:46:43.886 We started inpatient.

NOTE Confidence: 0.946171553333333

00:46:43.886 --> 00:46:47.120 We've now expanded to long term care

NOTE Confidence: 0.946171553333333

00:46:47.207 --> 00:46:49.757 and outpatient settings as well.

NOTE Confidence: 0.946171553333333

00:46:49.760 --> 00:46:51.808 We're looking at Alzheimer's

NOTE Confidence: 0.946171553333333

00:46:51.808 --> 00:46:53.856 disease predominantly and severe

NOTE Confidence: 0.946171553333333

00:46:53.856 --> 00:46:56.080 agitation using the IPA criteria.

NOTE Confidence: 0.946171553333333

00:46:56.080 --> 00:46:57.682 And we do have rescue medicines

NOTE Confidence: 0.946171553333333

00:46:57.682 --> 00:46:59.438 and we're allowing people to stay

NOTE Confidence: 0.946171553333333

00:46:59.438 --> 00:47:00.718 on their concomitant medications.

NOTE Confidence: 0.946171553333333

00:47:00.720 --> 00:47:02.100 And even with all of that,

NOTE Confidence: 0.946171553333333

00:47:02.100 --> 00:47:03.972 this is a very hard study to recruit for.

NOTE Confidence: 0.946171553333333

00:47:03.980 --> 00:47:06.900 But I guess the good news is we are now

NOTE Confidence: 0.946171553333333

00:47:06.978 --> 00:47:10.200 almost 60 patients into our our goal of 80.

NOTE Confidence: 0.946171553333333

00:47:10.200 --> 00:47:12.936 You can see our demographics here,

NOTE Confidence: 0.946171553333333

00:47:12.940 --> 00:47:16.540 weighted towards around 78 years old,

NOTE Confidence: 0.946171553333333

00:47:16.540 --> 00:47:19.284 about 65% women, which is pretty common.

NOTE Confidence: 0.946171553333333

00:47:19.290 --> 00:47:20.010 And like unfortunately,

NOTE Confidence: 0.946171553333333

00:47:20.010 --> 00:47:21.450 as I mentioned in the beginning,

NOTE Confidence: 0.946171553333333

00:47:21.450 --> 00:47:23.258 most of these studies,

NOTE Confidence: 0.946171553333333

00:47:23.258 --> 00:47:25.240 despite one of our sites being in

NOTE Confidence: 0.946171553333333

00:47:25.240 --> 00:47:27.120 Baltimore and one of our sites being

NOTE Confidence: 0.946171553333333

00:47:27.120 --> 00:47:28.982 in Miami where they have a very,

NOTE Confidence: 0.946171553333333

00:47:28.990 --> 00:47:31.415 very high Cuban American but

NOTE Confidence: 0.946171553333333

00:47:31.415 --> 00:47:32.870 essentially Latino population,

NOTE Confidence: 0.946171553333333

00:47:32.870 --> 00:47:34.760 we're still struggling with our

NOTE Confidence: 0.946171553333333

00:47:34.760 --> 00:47:37.580 demographics in terms of race and ethnicity.

NOTE Confidence: 0.946171553333333

00:47:37.580 --> 00:47:39.974 So hopefully we will have data on

NOTE Confidence: 0.946171553333333

00:47:39.974 --> 00:47:42.188 this within the next year or so.

NOTE Confidence: 0.946171553333333

00:47:42.190 --> 00:47:44.507 Finally, on the cannabinoid realm of things,

NOTE Confidence: 0.946171553333333

00:47:44.510 --> 00:47:46.136 my colleague at McLean, Stacy Gruber,

NOTE Confidence: 0.946171553333333

00:47:46.140 --> 00:47:48.114 and I have been collaborating together

NOTE Confidence: 0.946171553333333

00:47:48.114 --> 00:47:50.509 on a trial of cannabidiol CBD,

NOTE Confidence: 0.946171553333333

00:47:50.510 --> 00:47:51.302 mostly CBD.

NOTE Confidence: 0.946171553333333

00:47:51.302 --> 00:47:54.074 This is a plant based compound for

NOTE Confidence: 0.946171553333333

00:47:54.074 --> 00:47:56.229 anxiety in Alzheimer's disease,

NOTE Confidence: 0.946171553333333

00:47:56.230 --> 00:47:58.942 and again anxiolytic effects of this

NOTE Confidence: 0.946171553333333

00:47:58.942 --> 00:48:02.428 drug may be may be helpful specifically

NOTE Confidence: 0.946171553333333

00:48:02.428 --> 00:48:06.750 and may not induce psychosis like THC could,

NOTE Confidence: 0.946171553333333

00:48:06.750 --> 00:48:09.240 so this is a sublingual solution

NOTE Confidence: 0.946171553333333

00:48:09.240 --> 00:48:10.900 that is by weight,

NOTE Confidence: 0.946171553333333

00:48:10.900 --> 00:48:12.781 it's you know.

NOTE Confidence: 0.946171553333333

00:48:12.781 --> 00:48:15.916 .3% THC so it's predominantly

NOTE Confidence: 0.888405007777778

00:48:15.920 --> 00:48:16.871 CBD, 45 milligrams,

NOTE Confidence: 0.888405007777778

00:48:16.871 --> 00:48:18.773 with only a milligram of THC,

NOTE Confidence: 0.888405007777778

00:48:18.780 --> 00:48:19.818 and so we're now in them,

NOTE Confidence: 0.888405007777778

00:48:19.820 --> 00:48:21.318 and this is only an open label.

NOTE Confidence: 0.888405007777778

00:48:21.320 --> 00:48:23.425 Proof of concept Spiral Family

NOTE Confidence: 0.888405007777778

00:48:23.425 --> 00:48:24.688 Foundation funded study.

NOTE Confidence: 0.940106578571429

00:48:27.110 --> 00:48:30.050 So many reasons why not to use

NOTE Confidence: 0.940106578571429

00:48:30.050 --> 00:48:31.379 benzodiazepine's, the cholinesterase

NOTE Confidence: 0.940106578571429

00:48:31.379 --> 00:48:34.037 inhibitors and memantine do have some

NOTE Confidence: 0.940106578571429

00:48:34.037 --> 00:48:35.890 effects on anxiety and agitation.

NOTE Confidence: 0.940106578571429

00:48:35.890 --> 00:48:38.674 I'll just mention that the cholinesterase

NOTE Confidence: 0.940106578571429

00:48:38.674 --> 00:48:40.530 embitters may specifically address

NOTE Confidence: 0.940106578571429

00:48:40.595 --> 00:48:42.978 apathy and visual hallucinations and

NOTE Confidence: 0.940106578571429

00:48:42.978 --> 00:48:45.546 memantine may may also address agitation.

NOTE Confidence: 0.940106578571429

00:48:45.550 --> 00:48:47.489 But none of those effects are acute.

NOTE Confidence: 0.940106578571429

00:48:47.490 --> 00:48:49.626 You're not going to use these drugs and

NOTE Confidence: 0.940106578571429

00:48:49.626 --> 00:48:51.800 expect to see a response in a few days.

NOTE Confidence: 0.940106578571429

00:48:51.800 --> 00:48:53.936 So if you've got a patient who's mildly

NOTE Confidence: 0.940106578571429

00:48:53.936 --> 00:48:55.840 anxious and nonspecifically agitated,

NOTE Confidence: 0.940106578571429

00:48:55.840 --> 00:48:57.816 and by the way all of this presumes

NOTE Confidence: 0.940106578571429

00:48:57.816 --> 00:49:00.062 an adequate work up like we talked

NOTE Confidence: 0.940106578571429

00:49:00.062 --> 00:49:01.418 about and behavioral interventions.

NOTE Confidence: 0.940106578571429

00:49:01.420 --> 00:49:03.700 But if you've got a nonspecific

NOTE Confidence: 0.940106578571429

00:49:03.700 --> 00:49:05.220 agitation syndrome without aggression,

NOTE Confidence: 0.940106578571429

00:49:05.220 --> 00:49:06.676 without psychosis, without depression,

NOTE Confidence: 0.940106578571429

00:49:06.676 --> 00:49:10.092 based on the site at trial, you might.

NOTE Confidence: 0.940106578571429

00:49:10.092 --> 00:49:12.276 You might consider SSRI's, or,

NOTE Confidence: 0.940106578571429

00:49:12.276 --> 00:49:13.452 if they're not sleeping or eating well,

NOTE Confidence: 0.940106578571429

00:49:13.460 --> 00:49:15.836 mirtazapine, or if it's only intermittent,

NOTE Confidence: 0.940106578571429

00:49:15.840 --> 00:49:18.040 you might consider trazadone.

NOTE Confidence: 0.940106578571429

00:49:18.040 --> 00:49:19.342 If, on the other hand,

NOTE Confidence: 0.940106578571429

00:49:19.342 --> 00:49:21.060 there on the other side of the spectrum,

NOTE Confidence: 0.940106578571429

00:49:21.060 --> 00:49:23.000 they're physically aggressive and agitated.

NOTE Confidence: 0.940106578571429

00:49:23.000 --> 00:49:24.212 And they have psychosis.

NOTE Confidence: 0.940106578571429

00:49:24.212 --> 00:49:26.030 That's where the experts would agree

NOTE Confidence: 0.940106578571429

00:49:26.086 --> 00:49:27.218 that the atypical antipsychotics

NOTE Confidence: 0.940106578571429

00:49:27.218 --> 00:49:29.470 are a good first line of treatment.

NOTE Confidence: 0.940106578571429

00:49:29.470 --> 00:49:31.095 If they are aggressive and

NOTE Confidence: 0.940106578571429

00:49:31.095 --> 00:49:32.070 agitated with depression,

NOTE Confidence: 0.940106578571429

00:49:32.070 --> 00:49:33.790 again agitated and aggressive

NOTE Confidence: 0.940106578571429

00:49:33.790 --> 00:49:34.650 with depression,

NOTE Confidence: 0.940106578571429

00:49:34.650 --> 00:49:36.060 that's where you may want to

NOTE Confidence: 0.940106578571429

00:49:36.060 --> 00:49:37.470 start with S rise or rise,

NOTE Confidence: 0.940106578571429

00:49:37.470 --> 00:49:38.514 or even mirtazapine.

NOTE Confidence: 0.940106578571429

00:49:38.514 --> 00:49:40.602 But it's this fourth group that

NOTE Confidence: 0.940106578571429

00:49:40.602 --> 00:49:42.490 really is the challenging group.

NOTE Confidence: 0.940106578571429

00:49:42.490 --> 00:49:44.037 This is the group that I think

NOTE Confidence: 0.940106578571429

00:49:44.037 --> 00:49:45.455 winds up in hospitals difficult

NOTE Confidence: 0.940106578571429

00:49:45.455 --> 00:49:47.190 to treat in nursing homes.

NOTE Confidence: 0.940106578571429

00:49:47.190 --> 00:49:48.242 Why family members burnout?

NOTE Confidence: 0.940106578571429

00:49:48.242 --> 00:49:49.557 It's when you've got aggression

NOTE Confidence: 0.940106578571429

00:49:49.557 --> 00:49:51.304 without psychosis, we often will not.

NOTE Confidence: 0.940106578571429

00:49:51.304 --> 00:49:53.770 We don't really have a first line treatment.

NOTE Confidence: 0.940106578571429

00:49:53.770 --> 00:49:55.882 This is where we often use

NOTE Confidence: 0.940106578571429

00:49:55.882 --> 00:49:56.586 combination therapies,

NOTE Confidence: 0.940106578571429

00:49:56.590 --> 00:49:59.210 which may include anticonvulsants

NOTE Confidence: 0.940106578571429

00:49:59.210 --> 00:50:01.175 in atypical antipsychotics.

NOTE Confidence: 0.940106578571429

00:50:01.180 --> 00:50:04.724 Alright, so the last part of this talk.

NOTE Confidence: 0.940106578571429

00:50:04.730 --> 00:50:06.946 Before we do Q&A is I I wanna

NOTE Confidence: 0.940106578571429

00:50:06.946 --> 00:50:09.806 bring up the concept that we will

NOTE Confidence: 0.940106578571429

00:50:09.806 --> 00:50:11.590 never have enough specialists,

NOTE Confidence: 0.940106578571429

00:50:11.590 --> 00:50:13.150 not just in geriatric psychiatry,

NOTE Confidence: 0.940106578571429

00:50:13.150 --> 00:50:15.490 but in any psychiatry subspecialty

NOTE Confidence: 0.940106578571429

00:50:15.490 --> 00:50:16.870 to treat the mental health

NOTE Confidence: 0.940106578571429

00:50:16.870 --> 00:50:17.974 challenges of our population.

NOTE Confidence: 0.940106578571429

00:50:17.980 --> 00:50:19.618 And we all know this in our field and

NOTE Confidence: 0.940106578571429

00:50:19.618 --> 00:50:21.176 we're seeing it now highlighted by the

NOTE Confidence: 0.940106578571429

00:50:21.176 --> 00:50:22.751 pandemic in ways we couldn't have even

NOTE Confidence: 0.940106578571429

00:50:22.751 --> 00:50:24.662 imagined a few years ago in some ways.

NOTE Confidence: 0.940106578571429

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00:50:24.662 --> 00:50:27.406 But some of what's driving the potential

NOTE Confidence: 0.940106578571429

00:50:27.406 --> 00:50:30.059 for optimism is really a transformation,

NOTE Confidence: 0.940106578571429

00:50:30.060 --> 00:50:31.800 and the way we organize health

NOTE Confidence: 0.940106578571429

00:50:31.800 --> 00:50:34.106 care and the way we pay for health

NOTE Confidence: 0.940106578571429

00:50:34.106 --> 00:50:36.298 care and so back in the old days,

NOTE Confidence: 0.940106578571429

00:50:36.300 --> 00:50:37.714 which is not that old and frankly,

NOTE Confidence: 0.940106578571429

00:50:37.720 --> 00:50:39.200 still dominates in many parts

NOTE Confidence: 0.940106578571429

00:50:39.200 --> 00:50:40.680 of the country we built,

NOTE Confidence: 0.940106578571429

00:50:40.680 --> 00:50:43.160 care around institutional settings,

NOTE Confidence: 0.940106578571429

00:50:43.160 --> 00:50:45.008 payments incentivized, more care.

NOTE Confidence: 0.940106578571429

00:50:45.008 --> 00:50:47.440 This is very true in our specialty arenas.

NOTE Confidence: 0.940106578571429

00:50:47.440 --> 00:50:48.400 You know, the more you do,

NOTE Confidence: 0.940106578571429

00:50:48.400 --> 00:50:49.894 the more you build, the more money you make.

NOTE Confidence: 0.941658072272727

00:50:51.920 --> 00:50:53.828 And again, this is often driven

NOTE Confidence: 0.941658072272727

00:50:53.828 --> 00:50:55.100 by procedural based specialties

NOTE Confidence: 0.941658072272727

00:50:55.154 --> 00:50:57.170 and in our old way of doing things

NOTE Confidence: 0.941658072272727

00:50:57.170 --> 00:50:58.639 and yesterday's healthcare system.

NOTE Confidence: 0.941658072272727

00:50:58.640 --> 00:51:00.315 Traditional fee for service Healthcare

NOTE Confidence: 0.941658072272727

00:51:00.315 --> 00:51:03.297 is really what this is is that we were

NOTE Confidence: 0.941658072272727

00:51:03.297 --> 00:51:04.862 responsible for getting people better

NOTE Confidence: 0.941658072272727

00:51:04.862 --> 00:51:07.504 now is immediate outcomes and we were

NOTE Confidence: 0.941658072272727

00:51:07.504 --> 00:51:09.271 grudgingly accepting and increasing costs

NOTE Confidence: 0.941658072272727

00:51:09.271 --> 00:51:11.279 which we no longer will do well with.

NOTE Confidence: 0.941658072272727

00:51:11.280 --> 00:51:13.709 The Affordable Care Act of 2010 and

NOTE Confidence: 0.941658072272727

00:51:13.709 --> 00:51:15.532 and population based approaches which

NOTE Confidence: 0.941658072272727

00:51:15.532 --> 00:51:18.045 have been taking hold in certain parts

NOTE Confidence: 0.941658072272727

00:51:18.045 --> 00:51:20.452 of the country with risk contracts

NOTE Confidence: 0.941658072272727

00:51:20.452 --> 00:51:22.432 where we're basically now being.

NOTE Confidence: 0.941658072272727

00:51:22.440 --> 00:51:25.156 Asked to build care around a patient,

NOTE Confidence: 0.941658072272727

00:51:25.160 --> 00:51:26.620 not around an institution,

NOTE Confidence: 0.941658072272727

00:51:26.620 --> 00:51:28.445 and instead of just trying

NOTE Confidence: 0.941658072272727

00:51:28.445 --> 00:51:30.310 to incentivize more care,

NOTE Confidence: 0.941658072272727

00:51:30.310 --> 00:51:32.812 we're incentivizing better care so that

NOTE Confidence: 0.941658072272727

00:51:32.812 --> 00:51:35.339 the reimbursement isn't just about volume,

NOTE Confidence: 0.941658072272727

00:51:35.340 --> 00:51:36.222 it's about value.

NOTE Confidence: 0.941658072272727

00:51:36.222 --> 00:51:38.280 It's about quality and addition to just,

NOTE Confidence: 0.941658072272727

00:51:38.280 --> 00:51:39.138 you know, doing,

NOTE Confidence: 0.941658072272727

00:51:39.138 --> 00:51:41.080 doing what you need to do and

NOTE Confidence: 0.941658072272727

00:51:41.080 --> 00:51:42.180 and we're not just responsible

NOTE Confidence: 0.941658072272727

00:51:42.180 --> 00:51:43.600 for how someone is doing today,

NOTE Confidence: 0.941658072272727

00:51:43.600 --> 00:51:45.416 but also over a longer period of time.

NOTE Confidence: 0.941658072272727

00:51:45.420 --> 00:51:45.671 And,

NOTE Confidence: 0.941658072272727

00:51:45.671 --> 00:51:47.428 and we're doing this in part because

NOTE Confidence: 0.941658072272727

00:51:47.428 --> 00:51:49.517 we just can't sustain the cost burden.

NOTE Confidence: 0.941658072272727

00:51:49.520 --> 00:51:53.280 These are the principles of value based care.

NOTE Confidence: 0.941658072272727

00:51:53.280 --> 00:51:55.037 And the triple aim of health care

NOTE Confidence: 0.941658072272727

00:51:55.037 --> 00:51:56.500 that Don Berwick talked about,

00:51:56.500 --> 00:51:58.546 which is trying to improve quality

00:51:58.546 --> 00:52:00.328 of care patient outcomes while

00:52:00.328 --> 00:52:02.446 reducing overall costs and a very

00:52:02.446 --> 00:52:04.258 important fourth part of the game,

00:52:04.260 --> 00:52:05.460 which is often not mentioned,

00:52:05.460 --> 00:52:07.326 which is our own quality of life, right?

00:52:07.326 --> 00:52:08.656 What about the health care?

00:52:08.660 --> 00:52:09.142 I mean,

00:52:09.142 --> 00:52:10.588 the mental health well being and

00:52:10.588 --> 00:52:12.195 the burnout in the health care

00:52:12.195 --> 00:52:13.535 providers which we're now seeing.

00:52:13.540 --> 00:52:17.070 Of course becoming tremendously challenged.

00:52:17.070 --> 00:52:19.766 And for those of you in geriatric psychiatry,

00:52:19.770 --> 00:52:22.497 I want you to know that there's a huge

00:52:22.497 --> 00:52:24.450 opportunity for us in this population.

00:52:24.450 --> 00:52:25.449 Health based landscape.

NOTE Confidence: 0.941658072272727

00:52:25.449 --> 00:52:27.447 And I would argue it's true

NOTE Confidence: 0.941658072272727

00:52:27.447 --> 00:52:28.929 for all of psychiatry.

NOTE Confidence: 0.941658072272727

00:52:28.930 --> 00:52:31.530 If anything value based care,

NOTE Confidence: 0.941658072272727

00:52:31.530 --> 00:52:33.490 I think has an opportunity to elevate

NOTE Confidence: 0.941658072272727

00:52:33.490 --> 00:52:35.785 psychiatry and to put us in a real

NOTE Confidence: 0.941658072272727

00:52:35.785 --> 00:52:37.185 leadership role in healthcare systems.

NOTE Confidence: 0.941658072272727

00:52:37.190 --> 00:52:39.640 Because if you really want to improve

NOTE Confidence: 0.941658072272727

00:52:39.640 --> 00:52:41.890 quality of life and reduce costs,

NOTE Confidence: 0.941658072272727

00:52:41.890 --> 00:52:42.802 you got to,

NOTE Confidence: 0.941658072272727

00:52:42.802 --> 00:52:44.930 you got to address mental health care

NOTE Confidence: 0.941658072272727

00:52:44.999 --> 00:52:47.295 and luckily we've got two decades of.

NOTE Confidence: 0.941658072272727

00:52:47.300 --> 00:52:48.888 Data suggesting that collaborative

NOTE Confidence: 0.941658072272727

00:52:48.888 --> 00:52:50.873 care approaches for depression in

NOTE Confidence: 0.941658072272727

00:52:50.873 --> 00:52:52.678 primary care incredibly effective,

NOTE Confidence: 0.941658072272727

00:52:52.680 --> 00:52:54.955 and we're now starting to see similar

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NOTE Confidence: 0.941658072272727

00:52:54.955 --> 00:52:57.140 data in terms of Alzheimer's disease

NOTE Confidence: 0.941658072272727

00:52:57.140 --> 00:52:59.432 as one model for how geriatric

NOTE Confidence: 0.941658072272727

00:52:59.432 --> 00:53:01.567 mental health can be evolved or

NOTE Confidence: 0.941658072272727

00:53:01.567 --> 00:53:03.832 involved in a meaningful way in

NOTE Confidence: 0.941658072272727

00:53:03.832 --> 00:53:06.120 in this evolving landscape.

NOTE Confidence: 0.941658072272727

00:53:06.120 --> 00:53:07.578 This is a very busy slide,

NOTE Confidence: 0.941658072272727

00:53:07.580 --> 00:53:09.936 but I want to let you know that we're not

NOTE Confidence: 0.941658072272727

00:53:09.936 --> 00:53:11.560 the only ones that are doing this work.

NOTE Confidence: 0.941658072272727

00:53:11.560 --> 00:53:13.816 In mass General Brigham I would.

NOTE Confidence: 0.941658072272727

00:53:13.820 --> 00:53:15.227 I would point to two groups that

NOTE Confidence: 0.941658072272727

00:53:15.227 --> 00:53:16.298 have really three groups that

NOTE Confidence: 0.941658072272727

00:53:16.298 --> 00:53:17.564 have really led the way there.

NOTE Confidence: 0.941658072272727

00:53:17.570 --> 00:53:18.893 I would say anyone on this slide

NOTE Confidence: 0.941658072272727

00:53:18.893 --> 00:53:20.140 has really been leading the way,

NOTE Confidence: 0.941658072272727

00:53:20.140 --> 00:53:23.736 but David Rubin at UCLA geriatrician with

NOTE Confidence: 0.941658072272727

00:53:23.736 --> 00:53:26.226 his ADC program Alzheimer's Dementia

NOTE Confidence: 0.941658072272727

00:53:26.226 --> 00:53:29.006 Care and and the aging Braid Care program.

NOTE Confidence: 0.941658072272727

00:53:29.010 --> 00:53:30.690 Chris Callahan and Melos Boustani,

NOTE Confidence: 0.941658072272727

00:53:30.690 --> 00:53:34.686 all of these people are geriatricians

NOTE Confidence: 0.941658072272727

00:53:34.690 --> 00:53:36.230 and linking in with geriatric

NOTE Confidence: 0.941658072272727

00:53:36.230 --> 00:53:37.462 psychiatry is is they,

NOTE Confidence: 0.8573391675

00:53:37.470 --> 00:53:38.946 they realize, is critical.

NOTE Confidence: 0.8573391675

00:53:38.946 --> 00:53:41.160 UCSF developed the care ecosystem model

NOTE Confidence: 0.8573391675

00:53:41.222 --> 00:53:43.070 in their memory and aging center,

NOTE Confidence: 0.8573391675

00:53:43.070 --> 00:53:44.169 and then there are others as well.

NOTE Confidence: 0.8573391675

00:53:44.170 --> 00:53:46.098 So there are a number of these programs

NOTE Confidence: 0.8573391675

00:53:46.098 --> 00:53:48.109 that mind at home program at at Hopkins,

NOTE Confidence: 0.8573391675

00:53:48.110 --> 00:53:50.564 for example, are trying to improve

NOTE Confidence: 0.8573391675

00:53:50.564 --> 00:53:52.200 clinical outcomes like behavioral

NOTE Confidence: 0.8573391675

00:53:52.266 --> 00:53:54.341 symptoms that dementia like caregiver

NOTE Confidence: 0.8573391675

00:53:54.341 --> 00:53:56.853 stress while also reducing cost and

NOTE Confidence: 0.8573391675

00:53:56.853 --> 00:53:58.708 doing it without the traditional,

NOTE Confidence: 0.8573391675

00:53:58.710 --> 00:54:01.307 you know, 11 specialist doctor and one

NOTE Confidence: 0.8573391675

00:54:01.307 --> 00:54:03.727 patient and family in a room together.

NOTE Confidence: 0.8573391675

00:54:03.730 --> 00:54:06.646 So about three years ago we four years ago.

NOTE Confidence: 0.8573391675

00:54:06.650 --> 00:54:08.274 Now we put together a bunch of experts

NOTE Confidence: 0.8573391675

00:54:08.274 --> 00:54:10.008 across our health care system and we said,

NOTE Confidence: 0.8573391675

00:54:10.010 --> 00:54:11.738 well, if we could do something

NOTE Confidence: 0.8573391675

00:54:11.738 --> 00:54:12.890 for dimension primary care,

NOTE Confidence: 0.8573391675

00:54:12.890 --> 00:54:13.950 what would it look like?

NOTE Confidence: 0.8573391675

00:54:13.950 --> 00:54:15.264 How would we assess people who

NOTE Confidence: 0.8573391675

00:54:15.264 --> 00:54:16.670 would be the target population?

NOTE Confidence: 0.8573391675

00:54:16.670 --> 00:54:17.876 What would the model look like?

NOTE Confidence: 0.8573391675

00:54:17.880 --> 00:54:20.430 We eventually decided to implement

NOTE Confidence: 0.8573391675

00:54:20.430 --> 00:54:22.470 David Rubins UCLA model,

NOTE Confidence: 0.8573391675

00:54:22.470 --> 00:54:23.695 which is seen here on the right

NOTE Confidence: 0.8573391675

111

00:54:23.695 --> 00:54:24.510 side of the slide,

NOTE Confidence: 0.8573391675

00:54:24.510 --> 00:54:26.616 which is pairing a dementia care

NOTE Confidence: 0.8573391675

00:54:26.616 --> 00:54:29.238 manager who's a social worker with a

NOTE Confidence: 0.8573391675

00:54:29.238 --> 00:54:31.536 geriatric NP and a supervising physician

NOTE Confidence: 0.8573391675

00:54:31.540 --> 00:54:33.030 could be a geriatric psychiatrist.

NOTE Confidence: 0.8573391675

00:54:33.030 --> 00:54:34.454 Could be a geriatrician.

NOTE Confidence: 0.8573391675

00:54:34.454 --> 00:54:36.950 But someone who's expert in dementia care?

NOTE Confidence: 0.8573391675

00:54:36.950 --> 00:54:38.570 The patient and the caregiver

NOTE Confidence: 0.8573391675

00:54:38.570 --> 00:54:40.190 in the middle of this.

NOTE Confidence: 0.8573391675

00:54:40.190 --> 00:54:42.380 Diagram and LinkedIn very closely

NOTE Confidence: 0.8573391675

00:54:42.380 --> 00:54:44.966 with the primary care doc and

NOTE Confidence: 0.8573391675

00:54:44.966 --> 00:54:46.530 using all available technology,

NOTE Confidence: 0.8573391675

00:54:46.530 --> 00:54:48.830 including electronic records for developing

NOTE Confidence: 0.8573391675

00:54:48.830 --> 00:54:51.080 registries and following people overtime.

NOTE Confidence: 0.8573391675

00:54:51.080 --> 00:54:53.208 Our goal was to develop this high

NOTE Confidence: 0.8573391675

00:54:53.208 --> 00:54:55.111 quality care program for individuals

NOTE Confidence: 0.8573391675

00:54:55.111 --> 00:54:56.979 with cognitive impairment by

NOTE Confidence: 0.8573391675

00:54:56.979 --> 00:54:58.847 facilitating evidence based assessment

NOTE Confidence: 0.8573391675

00:54:58.906 --> 00:55:01.066 and treatment in primary care over

NOTE Confidence: 0.8573391675

00:55:01.066 --> 00:55:03.120 the entire illness trajectory and for

NOTE Confidence: 0.8573391675

00:55:03.120 --> 00:55:04.950 both the patient and their caregiver.

NOTE Confidence: 0.8573391675

00:55:04.950 --> 00:55:07.455 So we targeted individuals who

NOTE Confidence: 0.8573391675

00:55:07.455 --> 00:55:10.390 were members of our Medicare ACO.

NOTE Confidence: 0.8573391675

00:55:10.390 --> 00:55:12.721 And had a known diagnosis of dementia

NOTE Confidence: 0.8573391675

00:55:12.721 --> 00:55:15.430 based on codes in the EHR or were

NOTE Confidence: 0.8573391675

00:55:15.430 --> 00:55:17.530 suspected to have cognitive impairment

NOTE Confidence: 0.8573391675

00:55:17.530 --> 00:55:20.728 based on the clinician or family concern.

NOTE Confidence: 0.8573391675

00:55:20.730 --> 00:55:22.564 And we have a whole series of

NOTE Confidence: 0.8573391675

00:55:22.564 --> 00:55:24.335 services that we utilize and now

NOTE Confidence: 0.8573391675

00:55:24.335 --> 00:55:25.870 that we've been doing this,

NOTE Confidence: 0.8573391675

00:55:25.870 --> 00:55:28.390 we launched it timing wise about a month

NOTE Confidence: 0.8573391675

00:55:28.390 --> 00:55:30.639 before the pandemic really took off.

NOTE Confidence: 0.8573391675

00:55:30.640 --> 00:55:33.120 But this is essentially an

NOTE Confidence: 0.8573391675

00:55:33.120 --> 00:55:35.104 embedded specialty care model.

NOTE Confidence: 0.8573391675

00:55:35.110 --> 00:55:37.847 It's not very scalable, it's too costly.

NOTE Confidence: 0.8573391675

00:55:37.850 --> 00:55:39.265 The outcomes that we're looking

NOTE Confidence: 0.8573391675

00:55:39.265 --> 00:55:41.072 at now are promising David Rubins

NOTE Confidence: 0.8573391675

00:55:41.072 --> 00:55:42.436 outcomes are very promising,

NOTE Confidence: 0.8573391675

00:55:42.440 --> 00:55:44.408 but to scale it you actually have to

NOTE Confidence: 0.8573391675

00:55:44.408 --> 00:55:46.820 do a lot of fee for service billing,

NOTE Confidence: 0.8573391675

00:55:46.820 --> 00:55:49.730 using care management and E&M codes.

NOTE Confidence: 0.8573391675

00:55:49.730 --> 00:55:51.011 Which is fine,

NOTE Confidence: 0.8573391675

00:55:51.011 --> 00:55:55.133 but it's not going to be paid for alone

NOTE Confidence: 0.8573391675

00:55:55.133 --> 00:55:58.752 by reducing the overall costs of care.

NOTE Confidence: 0.8573391675

00:55:58.760 --> 00:56:00.839 So we then looked into other models

NOTE Confidence: 0.8573391675

00:56:00.839 --> 00:56:03.120 and this is the UCSF model and we

NOTE Confidence: 0.8573391675

00:56:03.120 --> 00:56:05.398 got a grant from the NIH impact

NOTE Confidence: 0.8573391675

00:56:05.398 --> 00:56:07.166 Collaboratory couple years ago,

NOTE Confidence: 0.8573391675

00:56:07.170 --> 00:56:11.644 and the idea here was to take the care

NOTE Confidence: 0.8573391675

00:56:11.644 --> 00:56:13.729 ecosystem model developed at UCSF,

NOTE Confidence: 0.8573391675

00:56:13.730 --> 00:56:15.386 which is originally implemented

NOTE Confidence: 0.8573391675

00:56:15.386 --> 00:56:18.364 not with a nurse and social worker

NOTE Confidence: 0.8573391675

00:56:18.364 --> 00:56:20.048 and and physician team,

NOTE Confidence: 0.8573391675

00:56:20.050 --> 00:56:22.126 but with a health care navigator

NOTE Confidence: 0.8573391675

00:56:22.126 --> 00:56:24.421 who's a non clinician who gets

NOTE Confidence: 0.8573391675

00:56:24.421 --> 00:56:26.526 trained in basic dementia assessment.

NOTE Confidence: 0.8573391675

00:56:26.530 --> 00:56:28.138 Two tools, one for the patient.

NOTE Confidence: 0.8573391675

00:56:28.140 --> 00:56:30.486 For the caregiver and seven protocols

NOTE Confidence: 0.8573391675

00:56:30.486 --> 00:56:33.319 that address the gold standard dementia.

NOTE Confidence: 0.8573391675

00:56:33.320 --> 00:56:34.984 101 principles like medication

NOTE Confidence: 0.8573391675

00:56:34.984 --> 00:56:36.232 deprescribing and reducing

NOTE Confidence: 0.8573391675

00:56:36.232 --> 00:56:37.480 behavioral symptoms of

NOTE Confidence: 0.903242829285714

00:56:37.538 --> 00:56:39.358 dementia and supporting caregivers,

NOTE Confidence: 0.903242829285714

00:56:39.360 --> 00:56:40.900 and connecting people to

NOTE Confidence: 0.903242829285714

00:56:40.900 --> 00:56:42.440 resources and so forth.

NOTE Confidence: 0.903242829285714

00:56:42.440 --> 00:56:43.628 And so we decided.

NOTE Confidence: 0.903242829285714

00:56:43.628 --> 00:56:45.113 Instead of building a new

NOTE Confidence: 0.903242829285714

00:56:45.113 --> 00:56:46.760 siloed program in our system,

NOTE Confidence: 0.903242829285714

00:56:46.760 --> 00:56:48.818 we would take nurses who were part

NOTE Confidence: 0.903242829285714

00:56:48.818 --> 00:56:51.112 of our high risk care management

NOTE Confidence: 0.903242829285714

00:56:51.112 --> 00:56:53.072 program and we're following like

NOTE Confidence: 0.903242829285714

00:56:53.072 --> 00:56:54.962 180 patients on their caseload

NOTE Confidence: 0.903242829285714

00:56:54.962 --> 00:56:57.338 and we would train 20 of you know,

NOTE Confidence: 0.903242829285714

00:56:57.340 --> 00:56:58.978 train 15 nurses in our first

NOTE Confidence: 0.903242829285714

00:56:58.978 --> 00:57:01.158 wave and 15 in our second wave.

NOTE Confidence: 0.903242829285714

00:57:01.160 --> 00:57:03.323 But train them to manage in this

NOTE Confidence: 0.903242829285714

00:57:03.323 --> 00:57:05.100 evidence based way their dementia

NOTE Confidence: 0.903242829285714

00:57:05.100 --> 00:57:07.837 population on their care on their caseload,

00:57:07.840 --> 00:57:09.702 so maybe 10 or 15 of their

00:57:09.702 --> 00:57:11.160 180 would have dementia,

00:57:11.160 --> 00:57:13.328 so we're now in the midst of wave

00:57:13.328 --> 00:57:15.827 two and I would say my lesson

00:57:15.827 --> 00:57:17.712 learned from this is implementation

00:57:17.784 --> 00:57:19.440 is very very challenging.

00:57:19.440 --> 00:57:21.450 Nurses are overwhelmed with 180 very

00:57:21.450 --> 00:57:23.191 complex patients and even though

00:57:23.191 --> 00:57:24.916 they knew these dementia patients

00:57:24.916 --> 00:57:26.899 had been following them for years,

00:57:26.900 --> 00:57:28.475 we then asked them to do more

00:57:28.475 --> 00:57:29.800 than they would normally do,

00:57:29.800 --> 00:57:31.996 even though it's gold standard care.

00:57:32.000 --> 00:57:33.610 And they got quickly overwhelmed,

00:57:33.610 --> 00:57:35.619 so we're now trying to figure out

00:57:35.619 --> 00:57:37.440 ways to modify their caseload.

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00:57:37.440 --> 00:57:39.012 So they can give these patients

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00:57:39.012 --> 00:57:40.060 and caregivers the attention

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00:57:40.108 --> 00:57:41.068 they need and deserve.

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00:57:41.070 --> 00:57:42.890 But I do think and we'll be

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00:57:42.890 --> 00:57:44.582 looking at our data soon it.

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00:57:44.582 --> 00:57:46.838 I think this is a very interesting model,

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00:57:46.840 --> 00:57:48.935 though that could potentially be

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00:57:48.935 --> 00:57:51.030 scaled along with other resources.

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00:57:51.030 --> 00:57:53.850 So just in summary.

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00:57:53.850 --> 00:57:55.150 The behavioral symptoms that

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00:57:55.150 --> 00:57:56.775 dementia part of this talk.

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00:57:56.780 --> 00:57:58.000 It's really important to remember

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00:57:58.000 --> 00:57:58.976 that these are symptoms.

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00:57:58.980 --> 00:57:59.781 They're not diagnosis,

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00:57:59.781 --> 00:58:02.375 they beg a need then to dig deep and

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00:58:02.375 --> 00:58:04.379 find the underlying cause that's driving.

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00:58:04.380 --> 00:58:05.640 The behavioral problem will

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00:58:05.640 --> 00:58:07.215 always intervene no matter what.

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00:58:07.220 --> 00:58:08.716 With these non pharmacological

NOTE Confidence: 0.903242829285714

00:58:08.716 --> 00:58:09.838 treatments and then,

NOTE Confidence: 0.903242829285714

00:58:09.840 --> 00:58:10.862 when needed,

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00:58:10.862 --> 00:58:13.417 think about various evidence based

NOTE Confidence: 0.903242829285714

00:58:13.417 --> 00:58:14.950 pharmacotherapy strategies we

NOTE Confidence: 0.903242829285714

00:58:15.021 --> 00:58:17.077 talked about always monitoring,

NOTE Confidence: 0.903242829285714

00:58:17.080 --> 00:58:19.115 tolerability and and side effects

NOTE Confidence: 0.903242829285714

00:58:19.115 --> 00:58:20.743 and giving informed consent.

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00:58:20.750 --> 00:58:21.548 At the end of the day,

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00:58:21.550 --> 00:58:23.258 you know when you've got a really

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00:58:23.258 --> 00:58:24.241 challenging patient like some

NOTE Confidence: 0.903242829285714

00:58:24.241 --> 00:58:25.465 of the ones that I mentioned.

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00:58:25.470 --> 00:58:27.549 If you break it down to the basics of,

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00:58:27.550 --> 00:58:29.246 you know what we're trying to do here.

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00:58:29.250 --> 00:58:30.805 Our goals are pretty much

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00:58:30.805 --> 00:58:32.049 always aligned with families.

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00:58:32.050 --> 00:58:34.394 If we break it down to enhancing quality

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00:58:34.394 --> 00:58:36.508 of life in keeping someone safe.

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00:58:36.510 --> 00:58:38.316 And sometimes it's very complicated to

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00:58:38.316 --> 00:58:40.389 figure out the right pathway forward,

NOTE Confidence: 0.903242829285714

00:58:40.390 --> 00:58:42.174 but that often will take a lot of

NOTE Confidence: 0.903242829285714

00:58:42.174 --> 00:58:43.817 the stress out of the room and

NOTE Confidence: 0.903242829285714

00:58:43.817 --> 00:58:45.270 allow people to develop a plan.

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00:58:45.270 --> 00:58:46.178 And then finally there,

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00:58:46.178 --> 00:58:47.939 there's going to be a lot more

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00:58:47.939 --> 00:58:49.319 information about novel integrated

NOTE Confidence: 0.903242829285714

00:58:49.319 --> 00:58:51.110 care models, not just for dementia.

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00:58:51.110 --> 00:58:52.760 But for all sorts of psychiatric

NOTE Confidence: 0.903242829285714

00:58:52.810 --> 00:58:54.360 care and primary care settings.

NOTE Confidence: 0.903242829285714

00:58:54.360 --> 00:58:55.655 I know many of you do this.

NOTE Confidence: 0.903242829285714

00:58:55.660 --> 00:58:56.738 I mean the VA, by the way,

NOTE Confidence: 0.903242829285714

00:58:56.740 --> 00:58:58.476 has been doing most of this than

NOTE Confidence: 0.903242829285714

00:58:58.476 --> 00:59:00.839 the rest of the health care systems

NOTE Confidence: 0.903242829285714

00:59:00.839 --> 00:59:02.784 because they essentially had these

NOTE Confidence: 0.903242829285714

00:59:02.784 --> 00:59:04.322 integrated care models going on

NOTE Confidence: 0.903242829285714

00:59:04.322 --> 00:59:05.948 way longer than the rest of

NOTE Confidence: 0.903242829285714

00:59:05.950 --> 00:59:06.718 traditional health care.

NOTE Confidence: 0.903242829285714

00:59:06.718 --> 00:59:08.254 But you're going to be seeing

NOTE Confidence: 0.903242829285714

00:59:08.254 --> 00:59:09.300 more and more of this,

NOTE Confidence: 0.903242829285714

00:59:09.300 --> 00:59:10.710 and I'm hopeful that it

NOTE Confidence: 0.903242829285714

00:59:10.710 --> 00:59:12.120 really allows those of us

NOTE Confidence: 0.94436194

00:59:12.177 --> 00:59:13.899 in psychiatry to really make a

NOTE Confidence: 0.94436194

00:59:13.899 --> 00:59:15.764 big impact and take a leadership

NOTE Confidence: 0.94436194

00:59:15.764 --> 00:59:17.382 role in caring for patients

NOTE Confidence: 0.94436194

00:59:17.382 --> 00:59:18.674 in primary care settings.

NOTE Confidence: 0.94436194

00:59:18.680 --> 00:59:21.308 So I'm going to stop there.

NOTE Confidence: 0.94436194

00:59:21.310 --> 00:59:23.678 And welcome any questions.

NOTE Confidence: 0.836283214

00:59:24.290 --> 00:59:28.202 So Brent first of all, let me just

NOTE Confidence: 0.836283214

00:59:28.202 --> 00:59:30.386 thank you for a wonderful talk.

NOTE Confidence: 0.836283214

00:59:30.390 --> 00:59:32.000 Couldn't couldn't thank you enough.