

Carer dilemmas when PWD is admitted to hospital

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STATISTICS

- ▶ Every 3 seconds someone develops dementia globally
- ▶ 55 Million people have dementia globally
- ▶ 66% are in lower- and middle-income countries

- ▶ **1:4 Patients in hospital have dementia (UK)**

GOING TO HOSPITAL

How do I feel?

- ▶ Anxious
- ▶ Stressed
- ▶ Uncertain
- ▶ Scared
- ▶ Nervous
- ▶ Afraid



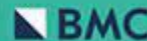
Hospital Environment:

- Impersonal
- Frustrating
- Checklist
- Sterile
- Unfamiliar
- Confusing

Dementia and Hospital Admissions: What does the research say?

- ▶ BMC Geriatrics (20:453: 2020)
 - ▶ ER and Hospital admissions PWD either living at home or in care
 - ▶ N=1700
 - ▶ 3-month period: 13.8% In care and 18.5% at home. 1+ admission
 - ▶ Care facilities: Polypharmacy
 - ▶ At home: unintentional weight loss, carer burnout, falls

BMC Geriatrics



Dementia and Hospital Admissions: What does the research say?

- ▶ Rate of unplanned hospital admissions from diagnosis until death (Age & Ageing Vol 51:5 2022)
 - ▶ N=19 221
 - ▶ 1995 - 2017
 - ▶ Admissions are low and stable post diagnosis
 - ▶ Admissions increase at end of life
 - ▶ 19.6% 6 months
 - ▶ 13.3% 12 months

Dementia and Hospital Admissions: What does the research say?

- ▶ Mean age @ diagnosis: 82.6
- ▶ Mean age @ death: 85.6
- ▶ Decedents: 84.8%
 - ▶ 1/3 Died in hospital
 - ▶ Cumulative incidence rate of unplanned hospital visits at end of study: 61.4%

FINDINGS

- ▶ Hospital staff not adequately trained in dementia care or end of life care
- ▶ Dementia friendly wards
- ▶ Need for resources for support and care at home.
- ▶ Support for carers to prevent burnout



CARER DILEMMAS

ADMISSION

- ▶ If possible, inform the PWD. Keep it simple.
- ▶ Have a familiar person take them to hospital
- ▶ Make sure they have their aids: glasses, hearing aids, walking stick, walker etc.
- ▶ Pack overnight bag with familiar / favourite items such as blanket, socks.
- ▶ Pack a bottle of water / snacks
- ▶ Items to keep the person busy / distracted: Things they enjoy doing.
- ▶ Inform the Sister on the wing that the person has dementia and advise on any special needs such as needing help eating

CARER DILEMMAS

ADMISSION

- ▶ Crisis / Trauma / Emergency / Planned
- ▶ Make sure they have their aids: glasses, hearing aids, walking stick, walker etc.
- ▶ Chronic medication
- ▶ Pack overnight bag with familiar / favourite items such as blanket, socks.
- ▶ Items to keep the person busy / distracted: Things they enjoy doing.
- ▶ Inform EMS that the person has dementia.

CARER DILEMMAS: HOSPITALISATION

- ▶ Unusual / challenging behaviour
- ▶ **WHY?** Do not understand what is happening.
- ▶ Difficulties communicating one's needs effectively
- ▶ Cannot retain information about diagnosis and why they are in hospital
- ▶ Hospital staff don't explain themselves effectively
- ▶ Need help with ADL's (Eating, dressing etc)

CARER DILEMMAS CONT.

TRAUMA RESPONSE



DELIRIUM

▶ What is Delirium?

- ▶ Sudden onset
- ▶ Medical reason
- ▶ Withdrawn / Apathetic / Drowsy / Anxious / Hallucinations / “Out of it”

▶ 5 Ps of Delirium

- ▶ Pain, Pee, Poo, Pills, Pus.

DELIRIUM

- ▶ 10-15% ER Admissions (NHS)
- ▶ 1/3 misdiagnosed
- ▶ 80% seriously ill elderly (Alexander: 2023)
- ▶ Increases:
 - ▶ Cognitive decline
 - ▶ Fall risk
 - ▶ Mortality rate
 - ▶ Longer hospital stay

DELIRIUM

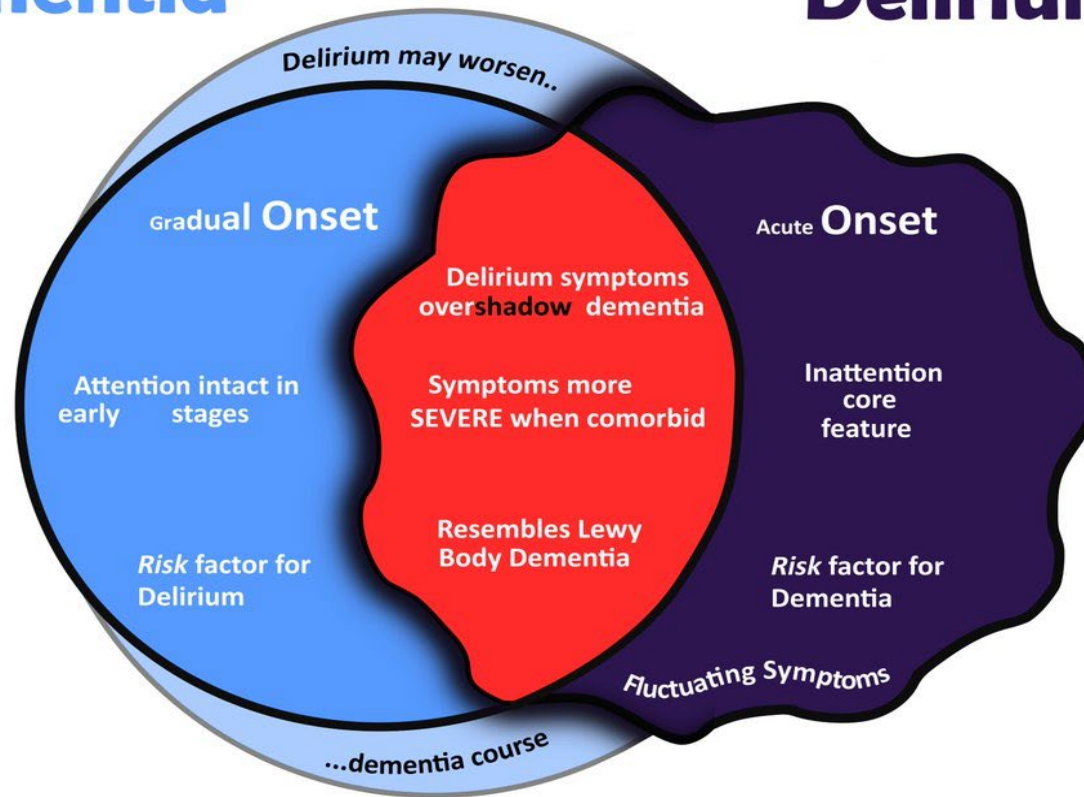
► Major risk factors

- Age >65yrs.
- Multiple co-morbidities.
- Underlying dementia.
- Renal impairment.
- Male gender.
- Sensory impairment (hearing or visual)

DELIRIUM VS DEMENTIA

Dementia

Delirium



**Delirium Superimposed
on Dementia**

TECHNIQUES TO TREAT / PREVENT DELIRIUM

- ▶ Natural light
- ▶ Clocks / Calendars
- ▶ Regular sleep routine
- ▶ Use of glasses / hearing aids
- ▶ Mobility (95% reduction - Alexander: 2023)
- ▶ Minimise tether effects (drips, catheters etc)
- ▶ Pain management
- ▶ Stimulation
- ▶ Avoid isolation

SUMMARY

- ▶ Early diagnosis: minimal hospitalisations
- ▶ Reduce risk factors leading to hospitalisation
- ▶ Educate EMS and Hospital staff about dementia
- ▶ Hospitals need to make allowances for PWD
 - ▶ Allow carers to stay over with patient
 - ▶ Ensure food is within reach and manageable
 - ▶ Encourage fluid intake
- ▶ Protocol to minimise delirium
- ▶ Minimise time in hospital

“Never too early never too late”



**WORLD
ALZHEIMER'S
MONTH**

#NeverTooEarly #NeverTooLate
#ReduceRiskNow | www.worldalzmonth.org



