

Knowledge **BITE**

PSYCHOGERIATRIC NEWS AND INFORMATION FOR PRIMARY CARE PRACTITIONERS



Editor's remarks: Greetings readers! My name is Stephanie Long-Riley and I have taken on the PRC-PC role from Einat Danieli for the next two years while Einat is managing the ENRICHES isolated senior caregiver initiative. I am excited to be your PRC-PC and encourage you to call me for individual consultations, resources, tools, and educational presentations.

This is the 18th issue of the Psychogeriatric Resource Consultant for Primary Care (PRC-PC) Newsletter providing quick tips and useful information to fit your fast-paced work environment and to help you in the care of patients with dementia. This issue focuses on the value of 'P' in the P.I.E.C.E.s framework for assessing the behavioral complications of dementia: Physical sources of distress and possible interventions.

GOOD TO KNOW ABOUT

Home-visiting healthcare services in Toronto:

[EPICITI Mobile Dental Clinic](#) (905-237-8422) – dentists, hygienists and denturists

[GS Dental Hygiene](#) (416-371-3427) – dental hygiene care

[City of Toronto Free Mobile Dental Clinics](#) (311) – travels to select community agencies

[Canadian Hearing Society](#) (416-928-2502) – in-home hearing assessments, hearing aids, assistive devices, counselling

[Look Davisville Eye Clinic & Boutique](#) (416-486-2020) – provides in-home optometry services

TIP OF THE MONTH

Reduce pain and optimize senses to reduce responsive behaviours! Checks of oral health and up to date glasses and hearing aids can make big changes.

Consider too, whether caregivers know how to use devices effectively.

OUR DEMENTIA 'TOOLBOX'

1. Non-Pharmacological Assessment & Management of BPSD in Primary Care (includes P.I.E.C.E.s framework)
2. PAINAD – Pain Assessment in Advanced Dementia Scale

Find both tools on the [PRC-PC website Toolkit](#) or contact your PRC-PC for a copy.

RESOURCES AND ARTICLES OF INTEREST:

[Gum disease link to Alzheimer's, research suggests](#)/bbc.com (Mar 16, 2016)

[Alzheimer's Australia Website: Caregiver Help Sheets](#) provide advice & practical strategies on the issues most commonly raised about dementia. – e.g. [Dental Care](#), <http://giic.rgps.on.ca/oral-health> - includes oral health

STORIES FROM THE PRC-PC CONSULT LINE

Situation: In a home-based primary care team rounds, the following case of an elderly woman with moderate dementia was presented.

Background: Mrs. M lives with her daughter who is her primary caregiver. The daughter was expressing increasing concern about her mother's declining mood and behaviour. Mrs. M was increasingly resistant to personal care, more withdrawn, and eating less. She was spending more time in bed and would sometimes strike or shout at her caregivers when they approached to get her up. As a result she had not been to routine healthcare appointments in over a year due to the overwhelming effort involved.

Assessment: The PRC-PC suggested using the P.I.E.C.E.S. framework to assess these behavioral changes. The team discovered that Mrs. M had dental pain, along with hearing and visual impairments that might be contributing to her behavioral changes.

Things to Consider: The P.I.E.C.E.S. assessment suggested that these Physical (P) changes rather than depression were contributing to the behavioral changes.

Recommendations: The PRC-PC provided the team with a list of mobile dental services, a home-visiting optometrist, and a home-visiting audiologist.

Outcome: As Mrs. M's dental pain resolved, she began to eat again, brushed her teeth when prompted and with hearing aids and new glasses she became more socially engaged, spent less time in bed, and stopped striking out and shouting when approached for care.

For additional information, support, resources or case based consultation please contact your PRC-PC at: 416-585-4800 ext. 5251 or prc-pc@mtsina.on.ca. PRC-PC website: www.mountsinai.ca/reitman/prc-pc.