AD: After the Diagnosis

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AD: Adds Complexity to Managing Care

- HTN
- DM
- COPD
- OA/Osteoporosis
- Vascular disease- CAD and CVA
- Sleep apnea
- Glaucoma
- Hyper/hypothyroidism
- Depression/schizophrenia/bipolar disease

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AD and Comorbidity

- The exact mechanisms are unclear
- Role in converting MCI to dementia?
- Decreased cognitive function
- Increase in cognitive decline
- More functional decline

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AD: Much More Than Just Starting Medications

- **After the Diagnosis**
  - Advance Directives/POA/HCP
  - Legal issues
  - Financial concerns
  - Driving
  - Employment
  - Patient and family education
  - Caregiver stress and burden
  - Functional Status/Level of Care
AD Challenges in Primary Care: Managing Behaviors

- Apathy
- Depression
- Insomnia
- Sexually Inappropriate
- Wandering
- Aggression
- Hallucinations
- Sundowning
- Repetition
- Agitation
- Paranoia/delusions
Functional Assessment

- **IADLs**
  - Shopping
  - Housekeeping
  - Accounting
  - Food Preparation
  - Transportation

- **ADLs**
  - Dressing
  - Eating
  - Ambulating
  - Toileting
  - Hygiene
Can the patient remain home?

- Anticipating placement needs
  - Most prefer their own home, but this is not always practical
  - Forward planning is critical
  - Helping families manage guilt and grief can be a challenge
Who Are the Caregivers?

- The majority of patients live at home and are cared for by family or friends
  - 77% are women
  - 73% are over age 50
  - 33% are the sole providers of care
  - 45% are children of patient
  - 49% are spouses
  - Remainder are close family or friends

Consumer Health Sciences LLC, Princeton, NJ 12/99
Caregiver Stress: The Caregiver

- Denial
- Social isolation
- Fatigue
- Depression
- Illness
- Guilt
- Resentment/Anger
Caregiver Stress: The Patient

- Agitation
- Sundowning
- Insomnia
- Incontinence
- Wandering
- Unable to recognize caregiver
Warning Signs of Caregiver Burnout

- Weight loss
- Insomnia
- Alcohol/drug abuse
- Verbal/physical abuse of patient
- Excessive caffeine consumption
- Suicidal ideation
New York State Department of Health  
Alzheimer’s Disease Caregiver Support Initiative

Diagnostics and Professional Training

Ten medical centers and teaching hospitals are recognized nationally and by New York State as experts in the diagnosis and care of Alzheimer’s Disease and other dementias. The Centers of Excellence for Alzheimer’s Disease are at the forefront of research and clinical support, such as:

• Technical Assistance for Medical Providers  
• Diagnosis and Assessment  
• Care Management  
• Medical and Healthcare Provider Training  
• Promotion of Clinical Trials

Community Support and Education

A network of organizations across New York State providing support for caregivers and people with dementia. Providers offer evidence-based services, such as:

• Care Consultations  
• Support Groups  
• Education and Training Programs  
• Respite

For information on providers in your area, visit www.health.ny.gov/diseases/conditions/dementia/help.htm
Complex Patients Take Time

- Billing codes now available
- Care planning and coordination of care for patients with AD and related dementias. CPT code 99483
- Advance care planning: goals of care, advance directives, MOLST form completion. CPT codes 99497, 99498