



Service Priorities and Programmes
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Nonpharmacological intervention for managing behavioral and psychological symptoms of dementia-Literature review

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Introduction

Behavioral and psychological symptoms of dementia (BPSD) are defined symptoms of disturbed perception, thought content, mood and behaviors occurring in patients with dementia. BPSD affect quality of life of patients and caregivers and increase the probability of institutionalization and hospitalization. Interventions of BPSD involve both pharmacological and non-pharmacological approaches. For pharmacological approach, some systematic reviews found the use of antipsychotic medications led to undesired effects and reduced quality of life of patients with dementia. Non-Pharmacological approach was supported as an alternative treatment for managing BPSD.

Objectives

This study aims to summarize the effectiveness of non-pharmacological intervention for managing people with BPSD published in the last 15 years.

Methodology

A literature review was performed in EMBASE, Ovid MEDLINE and PsycINFO. Randomized control trial or control trial were included in the review. Methodology quality of articles was appraised by Modified Jadad Scale.

Result

Results: 358 publications were identified, 24 articles were included in the review. Eight kinds of strategies were examined: reminiscence therapy, Snoezelen, music therapy, bright light therapy (BLT), aromatherapy, animal assisted therapy (AAT), occupational activities and cognitive rehabilitation. All of strategies except BLT, AAT showed positive effect in managing some specific BPSD. Reminiscence therapy and music therapy could alleviate depressive symptoms. Aromatherapy could reduce agitation in moderate to severe dementia. Occupational activities and Snoezelen could reduce disturbance behaviors. Cognitive rehabilitation could reduce delusional symptoms. Conclusion: Choosing an appropriate non-pharmacological intervention according to

patients' need can effectively minimize BPSD. Due to the side effects of pharmacological treatments, non-pharmacological interventions should be considered as alternative treatments to manage BPSD. Further research need to specify symptoms when searching keywords for a more comprehensive review.