

Managing Patients with Dementia and Neuropsychiatric Disturbances in HBPC – Discussion Guide with Facilitator Notes

Thank you for leading a group discussion regarding key learning points from the HCCI online education activity, *Managing Patients with Dementia and Neuropsychiatric in HBPC*. This guide is intended to help you prepare to facilitate this discussion.

OVERVIEW

Purpose: The discussion's purpose is to highlight strategies home-based primary care (HBPC) providers can use to more effectively treat patients with dementia and neuropsychiatric disturbances.

Audience: This discussion is intended for learners who have successfully completed the online education activity, *Managing Patients with Dementia and Neuropsychiatric Disturbances in HBPC*. The discussion should take no longer than 60 minutes to complete.

Materials:

- Hard copies of the following handouts from the Resources screen in the course:
 - *Caregiver Topics*
 - *Patient Evaluation*
 - *Medication Management*
 - *Next Steps*
- *Optional:* A flipchart to capture comments and ideas to help focus discussions and/or save for future consideration.

Instructions: Use the question prompts provided to initiate group discussions.

Learning objectives:

- Discuss the stages and types of dementia, including their characteristic symptoms and anatomical changes.
- Identify appropriate treatment goals for homebound or home-limited patients with dementia and neuropsychiatric disturbances.
- Identify potential triggers for neuropsychiatric disturbances, such as underlying medical conditions or environmental issues.
- Describe pharmacological and non-pharmacological treatment approaches at home for patients with dementia and neuropsychiatric disturbances.
- Recognize the impact dementia has on the patients and their family/caregivers.

AGENDA

#	Topic	~Minutes
1	Introduction	5 min
2	Types of Dementia	5 min
3	Care Challenges	5 min
4	Evaluation Steps	5 min
5	Non-Pharmacologic Interventions	5 min
6	Pharmacologic Interventions	10 min
7	Caring for the Caregiver	5 min
8	Debrief	5 min

TOPIC 1: INTRODUCTION

Question prompts:

- The introduction in the course discussed some facts and figures regarding patients with dementia. Did any of them surprise you?
- Do you believe there are challenges in treating these patients that particularly exist in the HBPC setting vs. an in-patient setting? What are they?
- Of the home-based population you service with dementia, what stage do you feel most of them fall under (i.e., mild, moderate, or severe)? What are the common symptoms you see that lead you to that answer?

TOPIC 2: TYPES OF DEMENTIA

Question prompts:

- What is the most common form of dementia? Do you think that is consistent with patient population you serve?
- By a show of hands how many of you have patients with Alzheimer's dementia? Vascular dementia? Lewy body dementia? Frontotemporal dementia? A mix (and a mix of which types)?
- Which types of dementia do you think is the most difficult to diagnose and why?
- What symptoms do you look for and tests do you order when considering a dementia diagnosis?

TOPIC 3: CARE CHALLENGES

Question prompts:

- Do you think care challenges are greater in HBPC or in an in-patient setting, and why?
- Which types of dementia do you think present the most treatment challenges and why?
- Which members of an interdisciplinary team do you feel are critical to treatment? Are there any team members who are often overlooked? Why are they important to patient treatment?

TOPIC 4: EVALUATION STEPS

Question prompts:

- What considerations do you think are important in each evaluation step?
- What resources/tools do you think are important in each evaluation step?

NOTE: You may wish to pair up or divide the participants into small groups and assign a step for discussion. Then debrief together.

TOPIC 5: NON-PHARMACOLOGIC INTERVENTIONS

Question prompts:

- Several non-pharmacologic interventions were introduced in the course. Which ones have you previously used with any success?
- What other non-pharmacologic interventions could be used that were not in the course?

TOPIC 6: PHARMACOLOGIC INTERVENTIONS

Question prompts:

- Medication management precautions are provided in the course as well as a list of medications and their uses. Do you have any experiences prescribing any of the medications from the course? Were they successful?
- Are there any other medications you have used with any success?
- What else do you consider before prescribing medications to treat dementia?

TOPIC 7: CARING FOR THE CAREGIVER

Question prompts:

- Has anyone used the *Zarit Burden Interview* to measure caregiver burden? What was your experience?
- Are there any other tools like the *Zarit Burden Interview* that you are aware of?
- Do you have any experiences with community resources that you would recommend to caregivers caring for patients with dementia?

TOPIC 8: DEBRIEF

Question prompts:

- Refer to the *Next Steps* handout. Review and mark which steps you would like to commit to taking next. Share your ideas for implementation.