

STANDARD TREATMENT WORKFLOW (STW)

Dementia

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CITATION

Pandiyan J, Tripathi M, Gupta S, Gulati S, Sylaja PN, Nambiar V, Goyal K, Misra PK, Sreedharan SE. Dementia. Journal of the Epidemiology Foundation of India. 2024;2(1Suppl):S193-S194.

DOI: <https://doi.org/10.56450/JEFI.2024.v2i1Suppl.097>

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October / 2024



Standard Treatment Workflow (STW) for the Management of

DEMENTIA

ICD 10 - F02, F03, G30



IMPORTANT POINTS TO CONSIDER

- Dementia is a complex and variable condition
- No single test will definitively diagnose dementia
- The clinical features if present, should be a change from baseline normal functioning in a middle aged to old person
- Assessment should aim at gathering information about changed behaviours, functional capacity, psychosocial support and medical comorbidities
- History should be taken from a close caregiver, staying with the patient for a longer duration than the appearance of symptoms

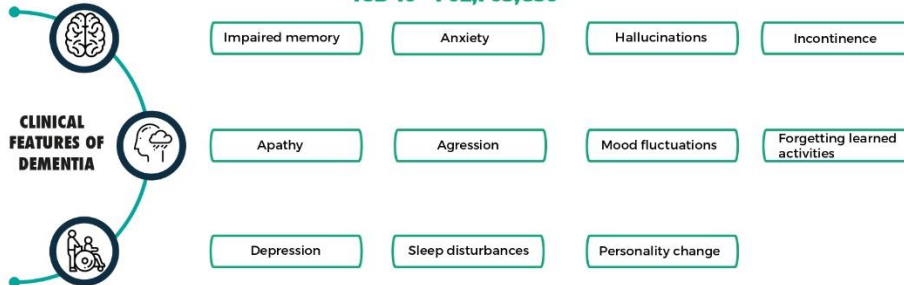
October/2018

Department of Health Research
Ministry of Health and Family Welfare, Government of India



Standard Treatment Workflow (STW) for the Management of DEMENTIA

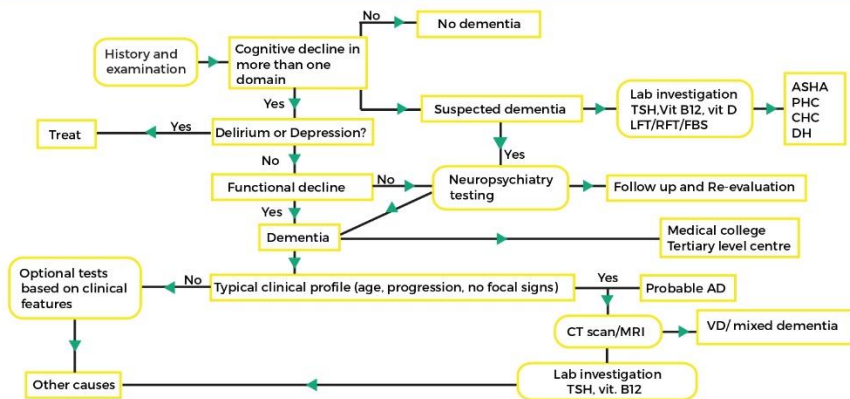
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EVALUATION OF DEMENTIA



FOLLOW UP OF DIAGNOSED & TREATED PATIENTS INTERVENTION MATRIX FOR DEMENTIA ACROSS PLATFORMS OF CARE

PRIMARY HEALTH CENTRE (MEDICAL OFFICER)	DISTRICT HOSPITAL (SPECIALIST-PHYSICIAN/GERIATRIC SPECIALIST/ NEUROLOGIST/ PSYCHIATRIST)	REASONS FOR REFERRAL
<ul style="list-style-type: none"> Diagnose dementia after detailed history Screening for: <ul style="list-style-type: none"> Treatable causes of dementia - thyroid disorders, B-12 deficiency, subdural hemorrhage. Depression. Vascular risk factors Lab investigations- CBC, biochemistry, liver function tests, hemogram, lipid profile, TFT, VDRL, vit B12 level, vit D level Referrals for MRI/CT Initiation of treatment/drugs; treatment for co-morbid conditions (including depression, vision, hearing deficits and gait problems), thyroid, arthritis. Initiate therapy for vascular risk factors Encourage healthy lifestyle Assess for palliative care Learn and share facts about dementia to provide immediate need to the person with severe dementia in patient's signs of danger Follow up of difficult patients under the guidance of higher centre. 	<ul style="list-style-type: none"> Careful evaluation of all the referral patients of dementia Screening for treatable causes for dementia including normal pressure hydrocephalus, B12 deficiency, hypothyroidism, chronic meningitis Neuroimaging CT/MRI- to rule out subdural hematoma/ tumors/ NPH (surgically remediable causes of rapid cognitive decline) Lab investigations- CBC, liver function tests, biochemistry, hemogram, lipid profile, vit D levels, TFT, VDRL, retrovirus after counselling (whenever feasible and high index of suspicion) All the points mentioned in PHC to be followed if patient presents to a DH Upward referral linkages with tertiary care and downward referral with PHC. Encouraging patient and caregiver participation in an ongoing support program for them. Avoid antipsychotics until necessary Interaction with, training of MOs at PHC/UPHC and ongoing clinical support and supervision 	<ul style="list-style-type: none"> Not responding to adequate dose and duration of prescribed medications Presence of red flags

RED FLAGS

- Fever
- Rapid progression
- Seizures
- Recent head injury
- Alcoholism and falls

MEDICATIONS RECOMMENDED FOR USE FOR ALZHEIMERS DEMENTIA

FOR COGNITION	FOR DEPRESSION	FOR AGITATION
<ul style="list-style-type: none"> Donepezil: 5 mg once after breakfast x 1 month, then 10 mg after breakfast to continue if any side effect/ not tolerating. Rivastigmine to be used start dose 1.5 mg BD / 1 month then 3 mg BD x 1 month, then 4.5 mg BD x 1 month, then 6 mg twice after meals only x 1 month. Memantine: in moderate to severe dementia 5 mg BD x 1 month, then 10 mg BD to continue. Galantamine: 8 mg BD if not tolerating 1 	<ul style="list-style-type: none"> Escitalopram 10 mg 	<ul style="list-style-type: none"> Identification of triggers Non pharmacological interventions

KEEP A HIGH THRESHOLD FOR INVASIVE PROCEDURES

This STW has been prepared by national experts of India with feasibility considerations for various levels of healthcare system in the country. These broad guidelines are advisory, and are based on expert opinions and available scientific evidence. There may be variations in the management of an individual patient based on his/her specific condition, as decided by the treating physician. There will be no indemnity for direct or indirect consequences. Kindly visit our web portal (www.icmr.org.in) for more information. © Indian Council of Medical Research and Department of Health Research, Ministry of Health & Family Welfare, Government of India.