



Memory and Parkinson's Disease: Facing Changes and Planning Ahead

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About us...

The Layton Aging & Alzheimer's Disease Center at OHSU is one of 30 NIH Alzheimer's Disease Centers in the United States and the only one of its kind in Oregon.

The Layton Center conducts studies of promising treatments, technologies for patient support, genetics, neuroimaging and pathology.

Along with research, we also provide evaluation and treatment for persons with dementia and their family members.

Outline

- Dementia overview
- Avoiding serious health events
- Preparing for the future

Parkinson's Disease Dementia

- Dementia is a condition that affects memory, thinking and judgement
- Up to 50% of those with PD develop dementia
- Can occur in the later stages of PD
- Mild cognitive impairment may occur earlier



Concerning Changes

Poor judgement

Inability to manage a budget

Losing track of the season

Difficulty having a conversation

Misplacing things and being unable to retrace your steps

Typical Changes

Making a bad decision once in a while

Missing a monthly payment

Forgetting what day it is, but remembering later

Sometimes forgetting what word to use

Losing things from time to time

Protecting your memory

- Not everyone with PD develops dementia
- For those that do, it is not anyone's fault
- It is possible to minimize dementia risk

Minimize dementia risk

- Exercise
- Socialize
- Eat a healthy diet
- Avoid serious health events and hospitalization

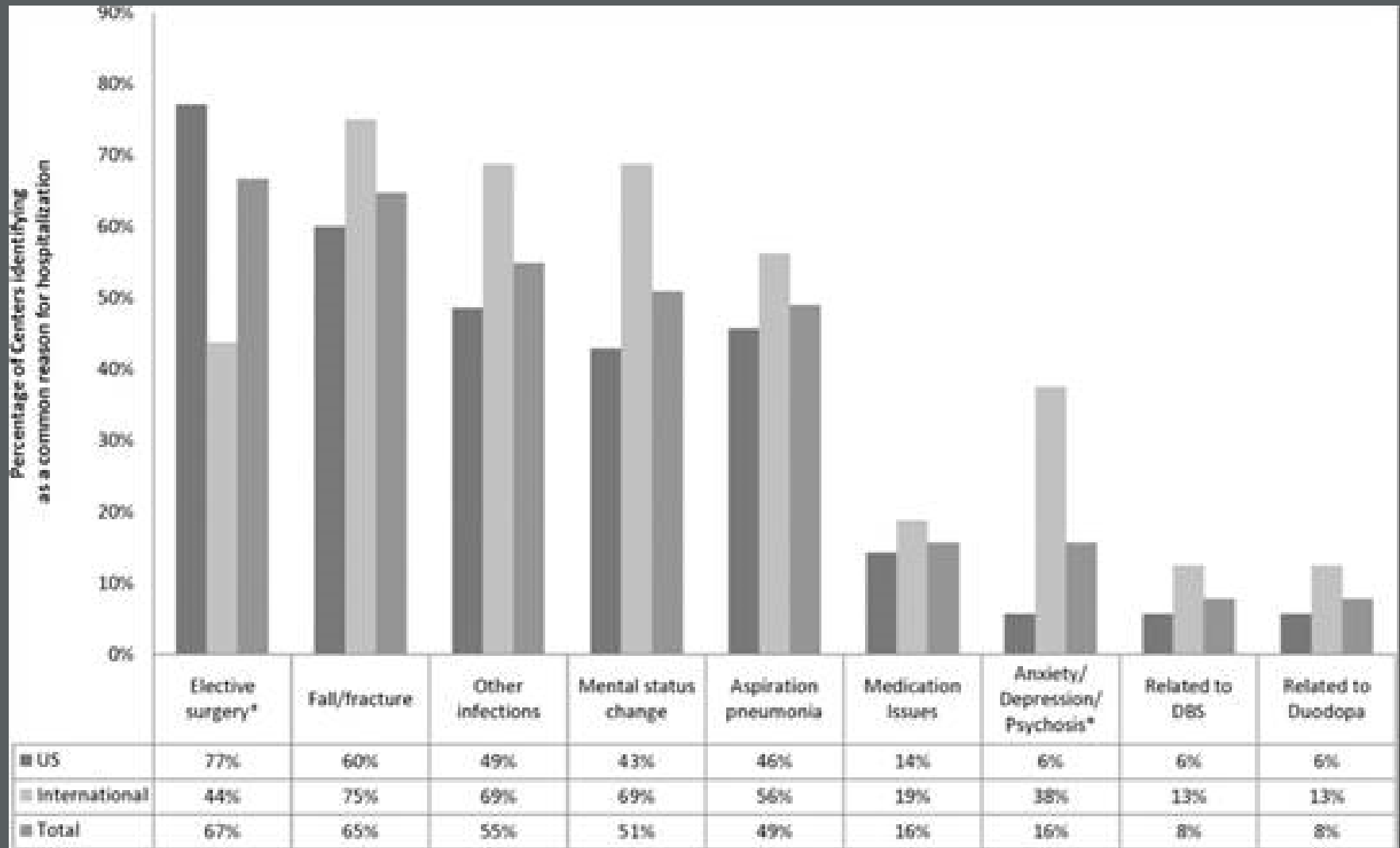
Prevent serious health events

- Infections, fractures, falls all make a person vulnerable to memory troubles and delirium
- Memory troubles can be short or long-term
- Delirium
 - An acute condition that results in reduced level of consciousness, confusion and impaired attention

Prevent serious health events

- People with PD are at increased risk of developing delirium, especially when in the hospital (56% compared to 30% w/o PD)
- Delirium increases the risk of developing dementia

Preventing serious health events



Prevent serious health events

- Don't fall
- Don't get sick
- Be prepared

Falls

- Balance
- Strength
- Wisdom

Prevent falls



Pocket Talker



Follow PT orders



Be wise

W I S



D O M

Falls are accidents

- Nobody falls on purpose
- We're all at risk
- Blame no one

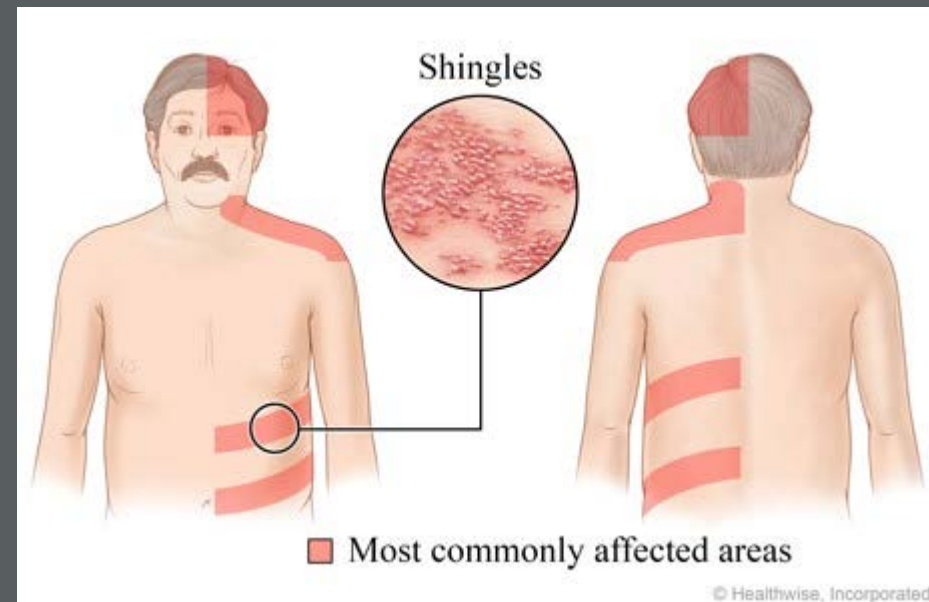


Preventing serious health events



Protect from infection

- Stay up to date on vaccines
 - Shingles (herpes zoster)
 - Flu shot (annually)
 - Tetanus, diphtheria, pertussis
 - Pneumococcal
 - H. flu
 - MMR?



Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating

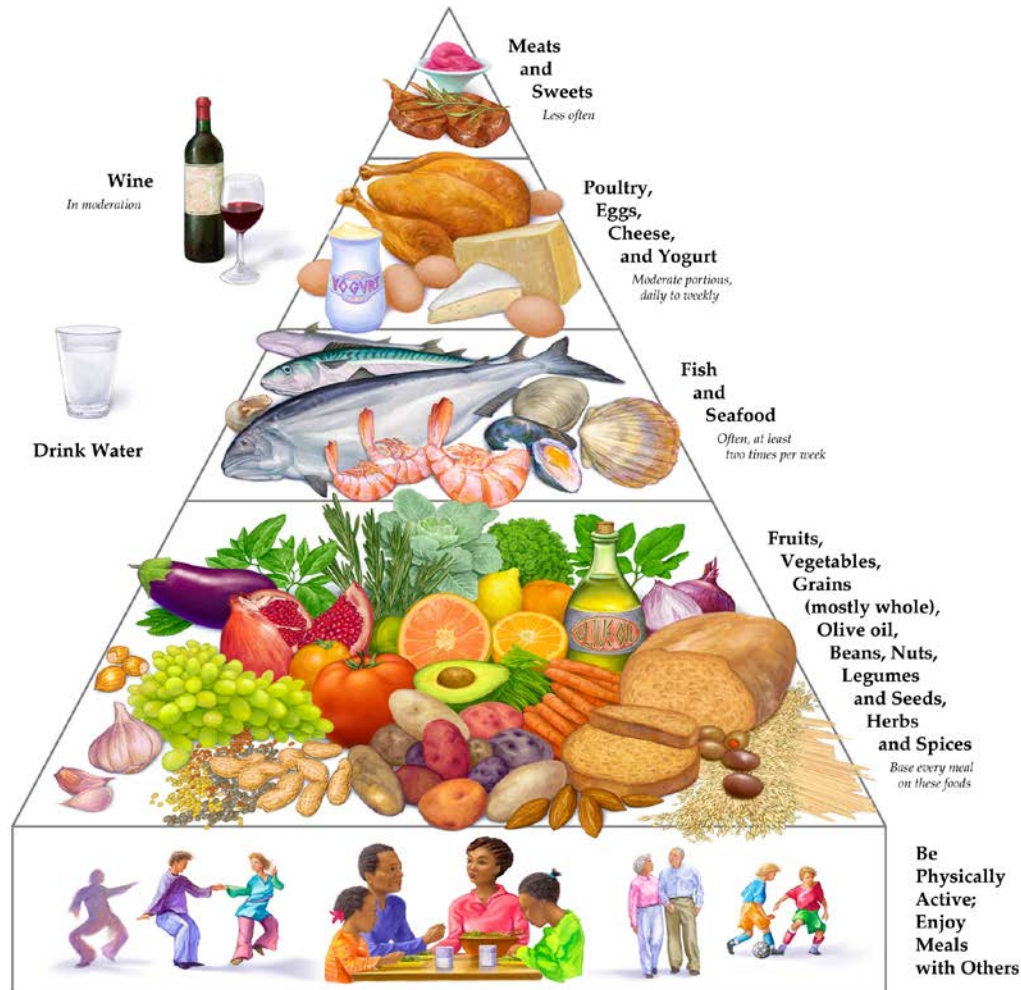


Illustration by George Middleton

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Prepare for challenges ahead

- Illness will be in our future
- Hospitalization is likely
- We all die

What is Advance Care Planning (ACP)?

- A process that supports adults at any age or stage of health in understanding and sharing their personal values, life goals, and preferences
- The goal is to receive medical care that is consistent with our values, goals and preferences during serious and chronic illness.

Sudore et al. 2017





Continuum of Advance Care Planning

Basic Advance Care Planning Includes:

1. **Who** would make health care decisions for you?
2. **What care would you want** if you had a serious illness or injury and were unlikely to recover?
3. **What is important to you?**



How to choose a Surrogate Decision Maker (Proxy)?

Someone who...

- ✓ You can trust to speak for you
- ✓ You can talk to about your values, goals and preferences
- ✓ Is able to make decisions in stressful situations
- ✓ Is able to follow your wishes
- ✓ Is willing to accept the role



2. What care would you want?

- Advance Directive
- Physicians Orders for Life Sustaining Treatment (POLST)

Advance Directive	POLST
For anyone 18 years or older	Most appropriate for those who are at risk for cognitive impairment, frail or seriously ill
Legal document completed by patient with instructions for end-of-life treatments	Medical orders for life sustaining treatments
Does not guide emergency personnel because it is NOT a medical order	Provides medical orders to emergency medical personnel
No need for healthcare provider's signature	Needs healthcare provider's signature
Appoints a healthcare representative Needs patient's and healthcare representative's signature	Does not identify surrogate decision maker Patient's and surrogate decision maker's signature is recommended but not required
No registry available - must file with each provider	Oregon POLST registry available

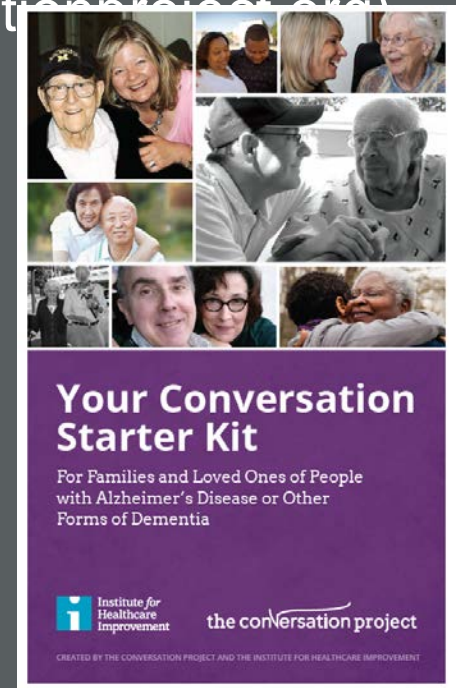
Late stage dementia

- Use lucid moments to ask for more input about their values, care wishes
- Tell the story of the person's life
 - Who and what s/he has loved
 - What s/he has believed
 - What s/he has valued
 - What s/he has hoped for and feared
- Healthcare team can tell care options, prognosis, opinions based on experience
- Together arrive at the best judgement for what care best fit to the real values and interests of the person

Tools available to enhance ACP

For patients

- The Conversation Starter Kit (theconversationproject.org)
- The GoWish game (www.gowish.org)
- Hello Game (commonpractice.com)
- PrepareForYourCare (<https://prepareforyourcare.org>)
- National Hospice and Palliative Care Organization (www.caringinfo.org)



In summary-

- Enjoy your life
- Protect yourself
- Plan ahead



Thank You