

# Vascular Dementia and Dementia &

# Neurological Disorders and Stroke

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## Si Ching LIM

*Changi General Hospital, Singapore*

### Management of BPSD: From a Geriatrician's perspective

Dementia is becoming an expensive disease worldwide and its prevalence is on the rise, particularly in the developing countries. The non-cognitive symptoms of dementia, also known as neuropsychiatric symptoms or behavioral and psychological symptoms of dementia (BPSD) is particularly challenging for the caregivers resulting in significant caregiver stress, leading to burnout and institutionalization. BPSD occurs in >90% of people with Alzheimer's disease at some point during the course of their illness. There are currently no agreed pharmacological guidelines on management of BPSD. As a geriatrician, the first line of management is non-pharmacological approach since psychotropic medications are associated with adverse events like sedation and falls. An overview of BPSD including the spectrum of behavioral problems encountered, aetiology of BPSD, and approach to treatment of BPSD focusing on Person Centered Care (PCC) will be presented. For healthcare workers, particularly the ones not trained in Geriatric and Gerontology, BPSD is challenging and stressful. The majority of caregivers

will end up restraining- either physically or chemically, the patients for their safety. Restraining the elderly comes with complications like physical deconditioning, DVT, UTI, urinary retention, constipation, pneumonia, pressure sore, etc.

#### Speaker Biography

Si Ching LIM is a senior consultant, Geriatrician at Changi General Hospital (CGH), Singapore. She has a special interest in dementia care particularly in patients with behavioural and psychological symptoms of dementia. She is in charge of a 20 bedded dementia ward in CGH. She is responsible for developing the ward and training the staff in managing elderly with delirium and dementia with challenging behaviours. She is also teaching the nurses in the management of elderly patients in CGH to better manage elderly with behavioural symptoms without using physical restraints. She graduated from the Bristol University and completed her postgraduate training in General Medicine in London. She is also a visiting consultant in Ang Mo Kio Community Hospital. Currently, she collaborates with the department of General Surgery on management of elderly post-operative care, created a recipe book for elderly who eat poorly using oral nutritional supplements. She is in the process of developing a dysphagia cup and a second recipe book for persons with severe dementia.

e: [si\\_ching\\_lim@cgh.com.sg](mailto:si_ching_lim@cgh.com.sg)

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