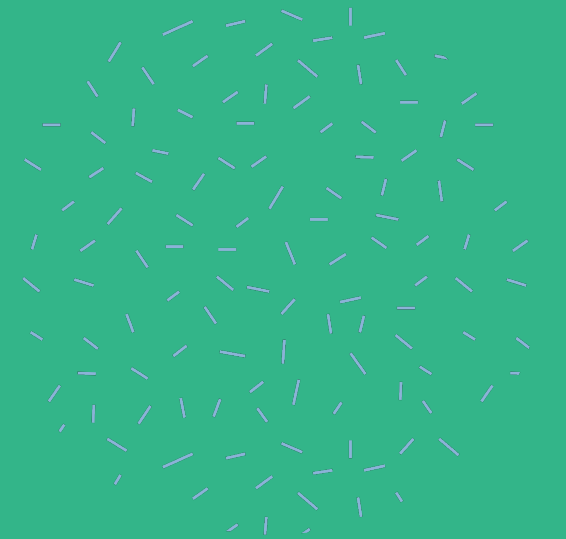
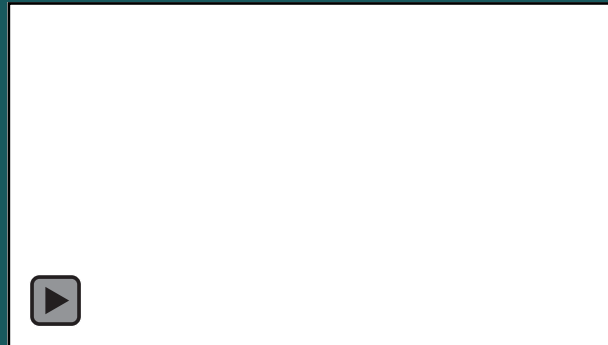


Dementia! The 4Ms & Sleep too?

Quality of Sleep Matters





2023 ALZHEIMER'S DISEASE FACTS AND FIGURES



While only 4 in 10 Americans talk to their doctor right away when experiencing early memory or cognitive loss,



7 in 10 would want to know early if they have Alzheimer's disease if it could allow for earlier treatment.

Between 2000 and 2019, deaths from heart disease has decreased 7.3%



while deaths from Alzheimer's disease have increased 145%



More than 6 million Americans are living with Alzheimer's

.....a number expected to double by 2050

In 2023, Alzheimer's and other dementias will cost the nation

\$345 billion

By 2050, these costs could rise to nearly \$1 trillion

Over 11 million Americans provide unpaid care for people with Alzheimer's or other dementias

These caregivers provided more than 18 billion hours valued at nearly

\$340 billion

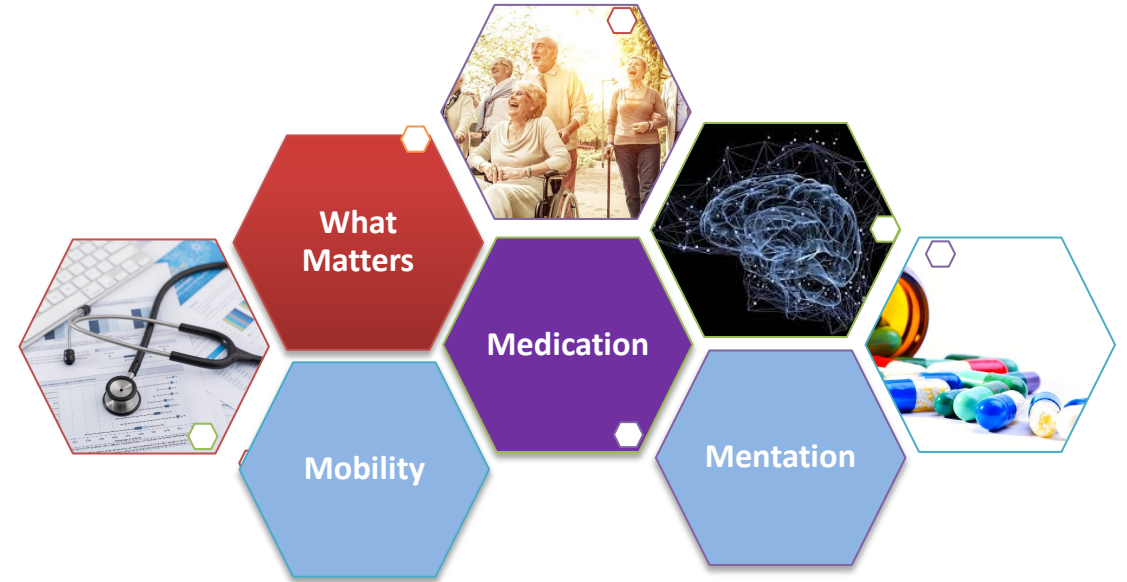


1 in 3 seniors dies with Alzheimer's or another dementia

It kills more than breast cancer + prostate cancer combined

The lifetime risk for Alzheimer's at age 45 is

1 in 5 for women + 1 in 10 for men



Dementia impacts
all 4 M's of Age-
Friendly care

- What Matters
- Medication
- Mentation (Mind & Mood)
- Mobility

Dementia Care Practice Recommendations





PERSON CENTERED FOCUS

Recommendations

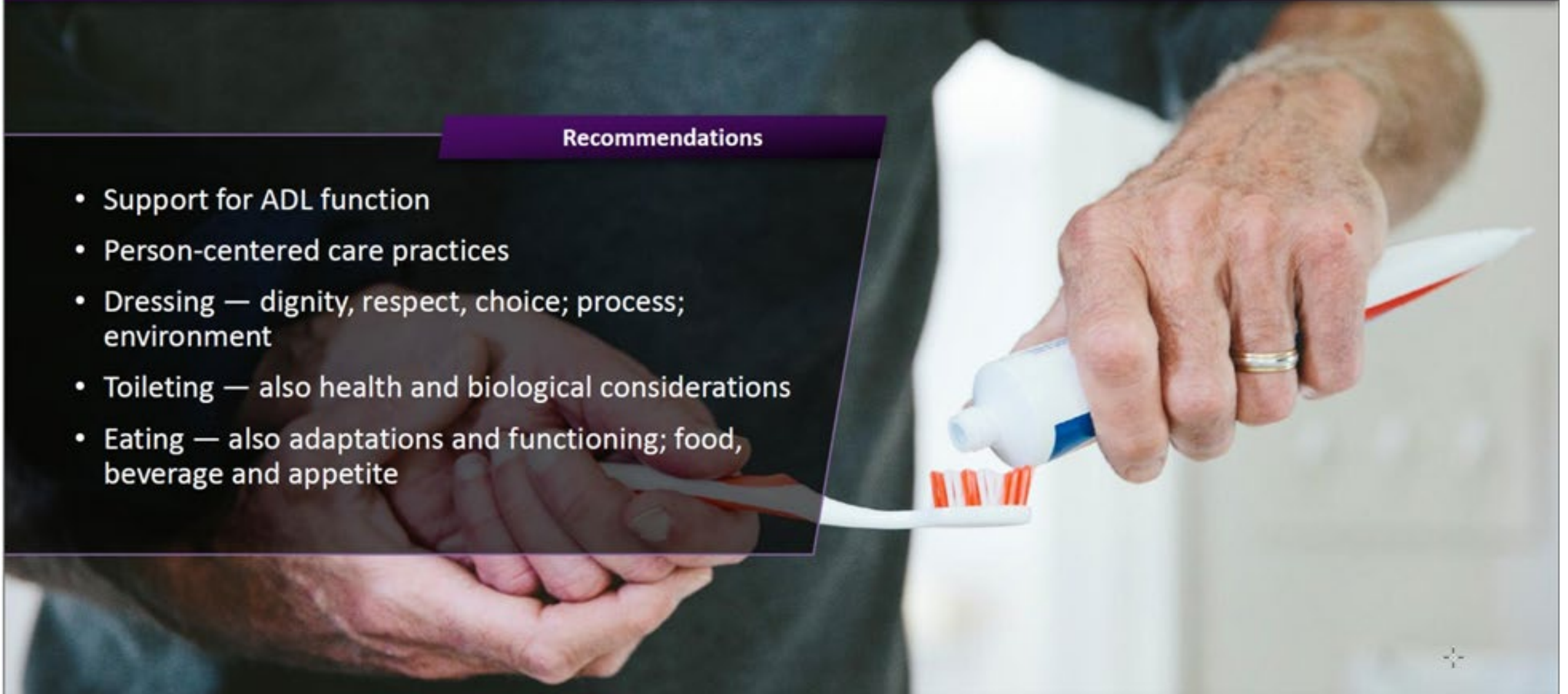
- Know the person
- Person's reality
- Meaningful engagement
- Authentic, caring relationship
- Supportive community
- Evaluation of care practices



ONGOING CARE: ADLs

Recommendations

- Support for ADL function
- Person-centered care practices
- Dressing — dignity, respect, choice; process; environment
- Toileting — also health and biological considerations
- Eating — also adaptations and functioning; food, beverage and appetite





Recommendations

- Preparation for the future
- Work together and plan together
- Culturally sensitive programs
- Education, information and support during transition
- Technology to reach more families



ONGOING CARE: DEMENTIA RELATED BEHAVIORS

Recommendations

- Social and physical environmental triggers
- Non-pharmacological practices
- Investment for implementation
- Protocols
- Evaluation of effectiveness





Recommendations

- Sense of community
- Comfort and dignity
- Courtesy, concern and safety
- Opportunities for choice
- Meaningful engagement





Recommendations

- Education about common transitions in care
- Timely communication of information between, across and within settings
- Preferences and goals of the person living with dementia
- Strong inter-professional collaborative team to assist with transitions
- Evidence-based models



AHHHH...Sleep is a Gift

Vital for:

1. Cognitive Function
2. Cleansing of toxins within the brain
3. Mood
4. Behavior
5. Balance and Stability



Sleep Disturbances

Contributing Factors

- Noise
- Light
- Sleeping environment
- Napping
- Medications
- Continence needs
- Pain
- Positioning needs
- Inactivity/activity
- Diet



Symptoms of Sleep Debt



Effects of Sleep Deprivation

Central

- ▶ Cognitive impairment
- ▶ Memory lapses or loss
- ▶ Impaired moral judgement
- ▶ Severe yawning
- ▶ Hallucination
- ▶ Symptoms similar to ADHD



Lymph nodes

- ▶ Poor immune system function



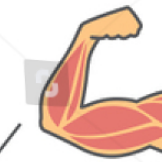
Pancreas

- ▶ Risk of diabetes Type2



Heart

- ▶ Irregular heart rate
- ▶ Risk of heart disease

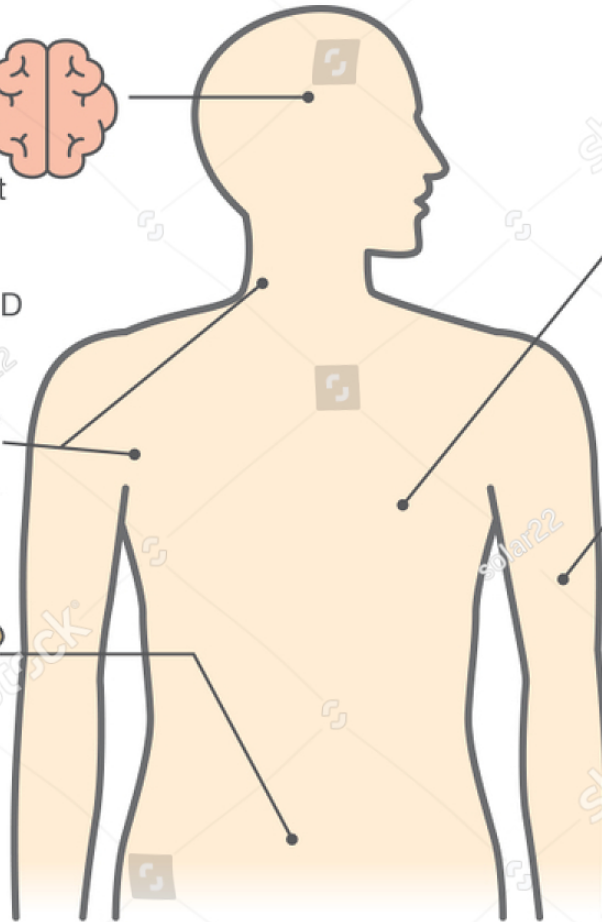


Muscular

- ▶ Aches
- ▶ Tremors
- ▶ Decreased reaction

Other

- ▶ Growth suppression
- ▶ Decreased temperature
- ▶ Risk of obesity

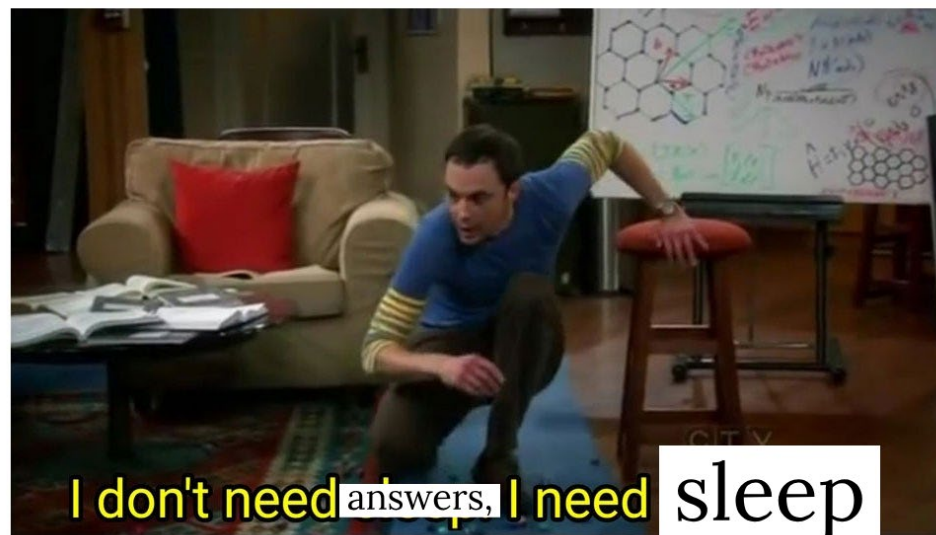


Sleep Disturbances

Interventions

- Reduce Noise
- Calming Light
- Sleeping environment
- Routine
- Reduction of Medications
- Timing of Toileting/Dry
- Let them sleep- Signage
- Positioning needs
- Activity during the Day
- Diet changes or avoidance

Me arguing with my brain everytime I go to bed at night



Quality of Life



- Survey Residents and Family
- Education of Sleep Vitality
- Signage
- Story Board
- PIP
- Root Cause for individual residents or multiple residents.
- PDSA cycles

ROOT CAUSE ANALYSIS WORKSHEET

Header

TEAM: _____ TEAM LEADER: _____ DATE: _____

PROBLEM STATEMENT: _____

IDENTIFY AND CATEGORIZE THE "MOST LIKELY" CAUSE CANDIDATES FROM THE BRAINSTORMING EXERCISE:

Materials (supplies, medication)	Methods (procedures, process, practices)	Equipment (tools, forms, communication media)	People (education, training, orientation)	Environment (lighting, rooms, hallway, etc.)

Root Causal Factor Identified - (After Applying "Five Why" Technique): _____

Intervention - (Apply PDSA cycle): _____

Footer

DATE TO IMPLEMENT INTERVENTIONS: _____ FOLLOW-UP DATE(S) RESULTS: _____

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- REFERENCES

- Alzheimer's Association

- <https://www.alzheimers.gov/>

- The Joint Commission

- https://www.jointcommission.org/what-we-offer/accreditation/health-care-settings/nursing-care-center/memory-care-program/?utm_source=TJC+Website&utm_medium=TJC+Slider&utm_campaign=New+NCC+MCC+Program+w%2fAlzheimers

Repaying the Sleep Debt



A Dark, Quiet Sleeping Environment



Consistent Bed Times



Avoid Caffeine, Heavy Meals, + Alcohol Late at Night



Banish Electronics from the Bedroom



Keeping Pets Out of the Bedroom if Needed



Exercise During the Day

- What interventions has your home successfully completed or will implement to improve sleep thus quality of life for dementia residents?



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