Module 9 Study Notes

- **Confusion**
  - The inability to think clearly.
- **Delirium**
  - A state of severe confusion that occurs suddenly and is usually temporary.
- **Cognition**
  - The ability to think logically and clearly.
- **Cognitive Impairment**
  - Loss of ability to think logically; concentration and memory are affected.
- **Dementia**
  - The serious loss of mental abilities, such as thinking, remembering, reasoning, and communicating.
- **Alzheimer's Disease**
  - A progressive, incurable disease that causes tangled nerve fibers and protein deposits to form in the brain, eventually causing dementia
- **Wandering**
  - Walking aimlessly around the facility or facility grounds.
- **Elope**
  - In medicine, when a person with Alzheimer's Disease wanders away from a protected area and does not return.
- **Hallucinations**
  - Seeing, hearing, smelling, tasting, or feeling things that are not there.

Dementia Behavior

- **Perseveration**
  - The repetition of words, phrases, questions, or actions
- **Validating**
  - Giving value to or approving.
- **Pacing**
  - Walking back and forth in the same area.
- **Delusions**
  - False beliefs.
- **Pillaging**
  - Taking things that belong to someone else.
- **Hoarding**
  - Collecting and putting things away in a guarded way.
- **Catastrophic Reaction**
  - Reacting to something in an unreasonable, exaggerated way.
- **Sundowning**
  - Becoming restless and agitated in the late afternoon, evening, or night.

Managing Difficult Behaviors with Dementia

- **Agitation**
  - Remove triggers, keep routine, focus on familiar activity, remain calm, and soothe.
- **Violent Behavior**
  - Block blows, never hit back, step out of reach, call for help, do not leave resident alone, remove triggers, and use calming techniques.
- **Perseveration or Repetitive Phrasing**
  - Respond with patience, do not stop behavior, and answer questions each time, using the same words.
- **Disruptiveness**
  - Gain resident's attention, be calm, direct to a private area, ask about behavior, notice and praise improvements, tell resident about changes.
- **Inappropriate Social Behavior**
  - Do not take it personally, stay calm, reassure, find out cause, direct to private area, respond positively to appropriate behavior, and report abuse to nurse.
- **Inappropriate Sexual Behavior**
  - Be sensitive, distract, direct to private area, and consider other ways to provide physical stimulation.
- **Sleep Disturbances**
  - Make sure resident gets moderate exercise or activity during the day. Allow resident to spend time in natural sunlight if possible.

Alzheimer's Disease Therapies

- **Reality Orientation**
  - Uses clocks, calendars, signs and lists to help residents remember who and where they are.
- **Validation Therapy**
  - Allows residents to believe they live in the past or in imaginary circumstances.
- **Reminiscence Therapy**
  - Encourages residents to remember and talk about the past.
- **Activity Therapy**
  - Uses activities that the resident enjoys to prevent boredom