

Dementia Answer Sheet

Name: _____

Date: _____

Name of Trainer: _____

Name of Company: **Clinical Update (NZ) Ltd**

Segment 1

What does the term dementia mean? **Memory loss**

Name the parts of the brain that are affected with a person with dementia?

Parietal, Frontal, Temporal and Occipital Lobes

List 5 functions of the Frontal Lobe - Any 5 of these

- **Emotional control centre**
- **Personality**
- **Motor function**
- **Problem solving**
- **Spontaneity**
- **Memory**
- **Initiation**
- **Judgment**
- **Impulse control**
- **Social and sexual behavior**

List the 2 functions of the Parietal Lobe

- **1.Sensation (cognition)**
- **2. Perception**

The Occipital Lobe is responsible for

- **Visual illusions or hallucinations**
- **Visual distortions**
- **Word Blindness**

In dementia the Temporal Lobe affects a person by

- **Reduced ability to recall verbal or visual content**
- **Loss of inhibition**
- **Seizures can affect personality, speech, create paranoia & aggressive rages & affect sexual behaviour**

List the 5 requirements of executive functioning

- **Planning**
- **Organizing**
- **Strategizing**
- **Paying attention to and remembering details**
- **Managing time and space.**

Cognition is the **intellectual function** of the brain

List the 5 requirements of Cognition

- Thought
- Reasoning
- Understanding perception
- Awareness
- Conscious judgments

Name 5 different types of dementia you see in your workplace – Any 5 of these

- Alzheimer's Disease
- Vascular Dementia
- Picks Disease
- Lewey Body Disease
- Head Trauma
- Parkinson's Disease
- Wernicke-Korsakoff Syndrome (Alcohol Dementia)
- Huntington's Disease

Segment 2

What is the most common form of Dementia? **Alzheimer's Disease**

Alzheimer's disease is a **Progressive** Disease

How long is it likely a person will have Alzheimer's disease before it is diagnosed **up to 10 years**

What age group is this most common in? **Over 80**

List the risk factors

- Age
- Genetic link
- Downs Syndrome

Approximately how long does a person live with Alzheimer's Disease **2 to 25 years**

Do people die of Alzheimer's Disease?

Yes/No

Name the 3 main structures of a neuron

- Axon
- Dendrite
- Nucleus

What develops in the brain in Alzheimer's Disease?

Plaques and tangles

Are these in normal in the aging brain?

Yes/No

What is different in the Alzheimer's Brain? **There are more plaques and tangles**

Describe what happens to the brain with the loss of neurons

The brain shrivels and withers (or dies)

What are the first signs of Alzheimer's Disease?

Problems with

- memory,
- thinking and
- concentration

List the 10 signs or symptoms of Alzheimer's Disease

- **Memory Loss:**
- **Difficulty performing normal tasks**
- **Problems with language**
- **Disorientation of time & place**
- **Poor or decreased judgment**
- **Problems with abstract thinking**
- **Misplace things or put them in the wrong place**
- **Changes in mood & behaviour**
- **Changes in personality**
- **Loss of initiative**

Segment 3

Vascular Dementia

What is the other name for Vascular Dementia? **Multi-Infarct Dementia**

What is the cause of this Vascular dementia? **Result of impaired blood flow to the brain**

What does TIA mean? **Trans Ischaemic Attach**

What is the difference between a TIA and a Stroke? (explain in your own words)

- **TIA – Artery temporarily blocked**
- **Stroke – Artery fully blocked**

What are the signs and symptoms of a TIA?

- **Dizziness**
- **Loss of balance and co-ordination**
- **Trouble walking**
- **Drop attacks**

List 7 symptoms you might see in Vascular Dementia - Any 7 of these

- **Problems with speed of thinking**
- **Difficulty concentrating**
- **Communication issues**
- **Depression & Anxiety**
- **Memory problems**
- **Seizures**
- **Periods of acute confusions**
- **Visual mistakes or misperceptions**
- **Changes in behaviour**
- **Difficulties in walking or unsteady on feet**
- **Hallucinations**
- **Contenance problems**
- **Psychological symptoms**

What are the 2 dementia's that often affect people in mixed dementia?

Alzheimer's Disease & Vasculary Dementia

Segment 4

Picks Disease

What age does this commonly start? **54 years**& what sex predominantly get it **Females**

What percentage of cases have a familial link? **1/2 to 2/3**

What two areas of the brain are affected in Pick's Disease

- Frontal lobe
- Temporal Lobe

What are Pick Bodies? Abnormal Proteins called Tau

In the latter stages of the disease Pick's Disease can resemble? Alzheimer's Disease

What parts of the brain does Pick's Disease affect? Frontal Lobe and Temporal Lobe

List 4 behaviours commonly seen in people with Pick's Disease – any 4 of these

- Trouble keeping a job
- Compulsive behaviour
- Act inappropriately in social situations
- Neglect hygiene needs
- Repetition of words and activities
- Lack of judgement
- Loss of inhibition
- Inappropriate sexual behaviour
- Change in personality

List 4 emotional changes commonly seen in Pick's Disease. Any 4 of these

- Mood swings
- Lose concept of emotional warmth, concern for others, empathy or sympathy
- Appear selfish and unfeeling
- Unaware of inappropriate moods changes
- No thought or care about events
- Little care for the environment

List 4 Language changes commonly seen in Pick's Disease. –any 4 of these

- Become Mute
- Increasing unable to read or write
- Increasing difficulty in finding right words
- Loss of ability to start conversation
- May mimic or copy what you say

List the 4 Neurological changes seen in Pick's Disease?

- Loss of muscle tone
- Rigidity
- Lack of coordination of movement
- Increasing memory loss

Is incontinence usual in people with Pick's Disease? Yes/No

What two things happen with eating for a person with Pick's Disease?

- Over eat
- Develop a taste for sweet things

Segment 5

Lewy Body Disease

What are Lewy Bodies? Deposits of protein

Lewy Bodies affect the area of the brain in **thinking** and **movement**

Cognitive problems are similar to what other disease? **Alzheimer's Disease**

Motor problems are similar to what other disease? **Parkinson's Disease**

Lewy Body disease affects people over **60** (what age) and affects mainly **Men** (sex)

Is there a familial link? **Yes/No**

List 5 motor changes seen in a person with Lewy Body Disease

- **tremors,**
- **slowed movement,**
- **rigid muscles,**
- **shuffling gait,**
- **falls**

What 3 things affect cognition (thought, reasoning, understanding perception or awareness)

- **confusion,**
- **memory loss,**
- **reduced attention span**

What may a person with Lewy Body Disease imagine they see? **Colours, shapes, people, animals that are not there**

What sleep disorder may you see in people with Lewy Body Disease? **They may act out their dreams**

Explain how their attention span may be affected. **They may be drowsy, stare into space, be lethargic and have disorganised speech**

Segment 6

Head Trauma

What happens to the brain when it suffers a blow to the head?

The brain to move violently within the skull

The force of a blow to the head can cause the brain to **shake, twist, bruise** and cause **concussion**

Head injury can cause changes in **emotions** and **behaviour**

Can the brain heal itself? **Yes/No/Sometimes**

Is the direct injury to the head the major problem? **Yes/No**

If No, what are the other problems/complications **bleeding, increased fluid collection (hydrocephalus) & infection**

List 8 symptoms of head injury

- **Problems thinking clearly**
- **Memory loss**
- **Poor concentration**
- **Slowed thought processes**
- **Irritability, easily frustrated**
- **Impulsive behavior**
- **Mood swings**
- **Inappropriate behavior in social situations**
- **Grooming and dressing eccentric or neglected**
- **Restlessness or agitation**

- Insomnia
- Aggression, combativeness, or hostility
- headache
- Fatigue
- Vague, nonspecific physical symptoms
- Apathy

What are the 6 major long term affects of head injury

- Depression
- Anxiety
- Mania
- Psychosis
- Obsessive-compulsive symptoms
- Suicide risk

Segment 7

Parkinson 's disease

What is Parkinson's Disease a neurological condition affecting movement and what are the 3 characteristics that affect a person

- Tremors
- Rigidity
- Problems with balance and motor skills

What percentage of people with Parkinson's Disease will have dementia? 20-60%

Name to two other diseases that may be found on autopsy Alzheimer's Disease and Lewy Body Disease

List 4 primary symptoms of Parkinson's disease

- Slowed movement (bradykinesia)
- Tremors
- Rigidity
- Poor Balance

List 6 general secondary symptoms a person will have – any 6 of these

- Constipation
- Difficulty swallowing
- Choking or coughing
- Excessive salivation and sweating
- Loss of bowel and/or bladder control
- scaling dry skin on face or scalp
- Slow response to questions
- Small cramped handwriting
- Soft whispery voice

List the 8 dementia symptoms people with Parkinson's disease will show.

- Memory Problems –Difficulty retrieving memories
- Executive function impairment
- Distractibility
- Disorientation and confusion
- Moodiness
- Lack of motivation and apathy
- Hallucinations
- Anxiety, depression & isolation

Segment 8

Wernicke-Korsakoff Syndrome

What causes alcohol dementia or Korsakoffs Encephalopathy? **Excessive drinking of alcohol over many years**

Alcohol has a direct effect on what organ? **Brain cells**

Explain how alcohol attacks the brain

- **Attacks the forebrain first –affects motor co-ordination and decision making**
- **Then knocks out the mid-brain – lose control over emotions and causes blackouts**
- **Finally batters the brain stem –affects the heart rate, body temperature, appetite and consciousness**

List the 4 major affects alcohol will have on the body? – any explanation that you are satisfied with

- **Make worse existing intellectual and psychiatric problems**
- **Damages nerves in arms and legs that affects sensation (Peripheral Neuropathy) and coordination (cerebellar ataxia) creating unsteadiness on feet**
- **Damages heart (cardiomyopathy) and liver (cirrhosis)**
- **Causes Stokes and low blood flow to brain**

List 4 problems that will occur as the result of alcohol abuse – any 4 of these

- **Memory**
- **Learning**
- **Cognitive skills**
- **Poor judgment**
- **Lack of insight**
- **Difficulty making decisions**
- **Nutrition problems due to lack Vitamin B**

- **What are the 5 characteristics of this Encephalopathy?**
- **Damage to multiple nerves in brain and spinal cord and the rest of the body**
- **Not a dementia but an amnesia**
- **Malnutrition especially Vitamin B1 – thiamine deficiency**
- **Distinguishing symptom – Fabrication of stories**
- **A distinct walking gait**

List 7 signs and symptoms of alcohol abuse – any 7 of these

- **Severe short term memory**
- **Fabrication of stories**
- **Involuntary, jerky eye movements or paralysis of eye muscles**
- **Poor balance**
- **Staggering gait**
- **Inability to walk**
- **Drowsiness**
- **Confusion**
- **Personality changes**

Segment 9

Huntington 's disease

Huntington's disease is an **inherited condition**

Children of people with the Huntington's gene have at least a **50%** chance of getting it.

The affecting gene is called a **Dominant** gene

The disease commonly affects people at what age? 30's and 40's

How long can the disease before they die 10 and 30 years

What chromosome does the disease effect? Chromosome 4

What does the defect cause a particular DNA to do? To repeat itself

What is the usual number of repeats on this chromosome? 10 – 28 repeats

In Huntington's Disease the repeats will be between 36 to 120 times

What determines how early the disease will develop in a person the number of repeats ie. The larger the number of repeats, the earlier the disease will develop

What influences the age a person will get the disease? As the disease is passed down families the repeats will be rise leading to younger the disease will develop in families

What are the 3 ways that Huntington's disease will affect people

- Cognition
- Emotion,
- Movement

What are the 3 general primary symptoms of Huntington's disease?

- Difficulty retrieving memories,
- Problems with executive functioning, and
- Impaired judgment.

List 4 behavioural signs and symptoms of Huntington's disease?

- Behavioural disturbances
- Hallucinations
- Irritability
- Moodiness
- Restlessness and fidgeting
- Paranoia
- Psychosis

What are the 5 abnormal or unusual movement a person with Huntington's will display?

- Facial movements, including grimaces
- Head turning to shift eye position
- Quick, sudden sometimes wild jerking movements of the arms, legs, face and other body parts
- Slow uncontrolled movements
- Unsteady walking gait

List the 5 dementia signs and symptoms

- Disorientation and confusion
- Loss of judgment
- Loss of memory
- Personality changes
- Speech changes

What additional signs and symptoms might you see in a person with Huntington's disease?

- Anxiety, stress and tension
- Difficulty swallowing
- Speech impairment

Explain in your own words what the Huntington's brain looks like – this or similar

The brain gets smaller and develops big gaping holes in the middle and large gaps in the folds on the outer rim of the brain.