

Non Pharmacological Therapies for Alzheimer's

Madrid May 12th – 13th 2005

PRELIMINARY CONCLUSIONS

Selección y actualización de diapositivas para
las clases impartidas en el curso

**NEUROBIOLOGIA DE LA CONDUCTA,
FUNDAMENTOS Y AVANCES RECIENTES**

Guadalajara, Jal. México

5-9 de diciembre de 2005

Jordi Peña-Casanova: EBM

Evidence

- **Class I:** Evidence provided by one or more well-designed randomized, controlled clinical trials, including reviews (meta-analyses) of such trials
- **Class II:** Evidence provided by one or more well-designed observational studies with concurrent controls (e.g., case control or cohort studies).
- **Class III:** Evidence provided by expert opinion, case reports, and studies with historical controls.

Recommendations

- **Standard.** Principle for patient management that reflects a high degree of clinical certainty
- **Guideline.** Recommendation for patient management that reflects moderate clinical certainty
- **Practice Option.** Strategy for patient management for which the clinical utility is uncertain

Barry Reisberg: Retrogenesis.

International Psychogeriatrics, Vol. 11, No. 1, 1999, pp. 7-23
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President's Report

Towards a Science of Alzheimer's Disease Management: A Model Based Upon Current Knowledge of Retrogenesis

BARRY REISBERG, SUNNIE KENOWSKY, EMILE H. FRANSSSEN,
STEFANIE R. AUER, AND LIDUÏN E. M. SOUREN

Robert Woods: Positive approaches

- Reality orientation... Cochrane
- Reminiscence
- Validation
- Stimulation techniques/methods

- Outcomes

Linda Clare: early-stage dementia

- Phenomenological analyses of experience of people with diagnosis of early-stage AD
- Coping: from self-adjustment to self maintaining
- Psychosocial interventions CAN help maintain selfhood and engagement in relationships and activities, and thus facilitate continued psychosocial well-being in early stage dementia

Mary Mittelman: Counseling & Support

- Counseling & Support can have a major impact not only on the well-being of family caregivers, but also on their relatives with AD.
 - Postponing the median time to nursing home placement
 - Decrease of depression & the reaction to problem behavior.
 - Improve the physical health of the caregiver

Results are mediated by social support

Martin Orrell: RO, R, CS, V

- Reality Orientation
- Reminiscence
- Cognitive stimulation
- Validation

QOL improvement

NNT = 6
Cost / effective

Results are mediated by improved cognition

Lluís Tarraga: interactive multimedia

- Review
- Smartbrain (SB): Promising results
 - Results from a pilot study suggest that multimedia stimulation techniques, such SB, may add to the cognitive effects of ChEI in mild AD

Stephanie Auer: stage specific individualized programs

- GDS related activities
 - .../... Stage specific individualized training methodology for dementia patients that is based on the retrogenesis theory of Alzheimer's disease...

Linda Teri: behavioral and exercise programs for AD.

- Evidence of advances and empirical findings of protocols in reducing ...
 - Depression
 - Anxiety and related behavioral problems
 - and improving caregiver depression and skills

Seattle protocols

Miia Kivipelto: Benefits of physical exercise for AD

- Data on...
 - Increasing evidence supporting an association between physical exercise and reduced risk of AD.
 - Some evidence that exercise may have several beneficial effects for persons with manifest dementia

Antonio Burgueño: Physical restraints

- Important topic: Physical restraints
 - Important prevalence of restrictions
- Importance of culture-attitude of the agents who care or influence the care process.
 - » The legal and ethical issues related

Ruben Muñiz: Responsiveness

- Therapeutic responsiveness model

- *“The framework of retrogenesis and the responsiveness to therapy model not only allow us to blend interventions but also map new research objectives”*

Javier Olazarán: NPI... Is it possible to predict response?

- *“Response relevance and predictability would support the establishment of prescription guidelines within this field”*
- *“A response pattern seems to emerge from inter-study comparisons”*
 - *“A higher response is usually observed in the domains of behavior, mood, ADL, and motor function...”*
 - *“Response in the domains of cognition and instrumental ADL appears to be lower”*

General conclusions, I

- EBM – principles (Peña-Casanova)
- Model: Severity / Retrogenesis.
- Methods identified (Woods). Evidence
- Results mediated by social support (Mittelman) or improved cognition (Orrell)

General conclusions, II

- From results to Recommendations
 - **Psycho-social** (Clare), **counseling & support** (Mittelman)
 - “Seattle” **protocols** (Terri)
 - **Cognitive / motor stimulation** (Orrell, Olazarán)
 - **Multimedia programs** (Tarraga)
 - **Physical exercise** (Kivipelto)
 - Special problem: **Physical restraints** (Burgueño)
- **Responsiveness model** (Olazarán, Muñiz)

