

# Masterclasses

**M1.1****Dementia Management****10:45 Room 221**

## **The Phenomenology of Behavioural and Psychological Symptoms of Dementia**

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In view of our ageing population, dementia has become one of the most common chronic mental health conditions. The cognitive impairment in dementia is often accompanied by behavioural and psychological symptoms of dementia (BPSD). BPSD include depression, anxiety, apathy, agitation, psychosis, aggression, sleep problems, wandering, and disinhibited behaviours. One or more of these symptoms affect nearly all people with dementia over the course of their illness. These symptoms are important contributing factors to early institutionalisation and increased burden to caregivers. BPSD require costly care and are associated with poor health outcomes, including increased morbidity, mortality and prolonged hospital stay. The causes of BPSD range from neurobiologically-related disease, caregiver factors, environmental triggers to patients' physical status. Assessment should take into account the presenting symptoms and the underlying causes. Validated rating scales like Neuropsychiatric Inventory can be used to gain an objective impression of the nature and severity of the problem. A thorough understanding of patients' life history can help understand the intention and significance of their behaviours. Management of BPSD requires coordination of different aspects such as physical, psychological, interpersonal, social and environmental factors. Care for dementia people with BPSD should be based on a person-centred approach.