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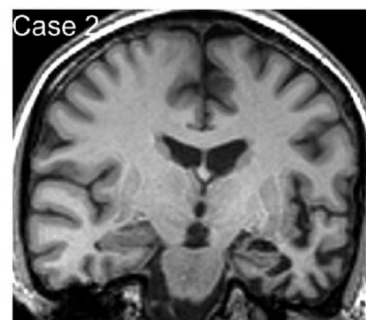
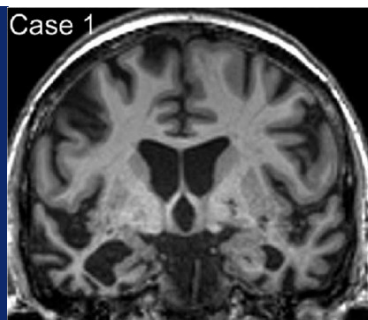
Let's Chat About Thinking: When The Brain Plays Tricks; De-Escalation Strategies

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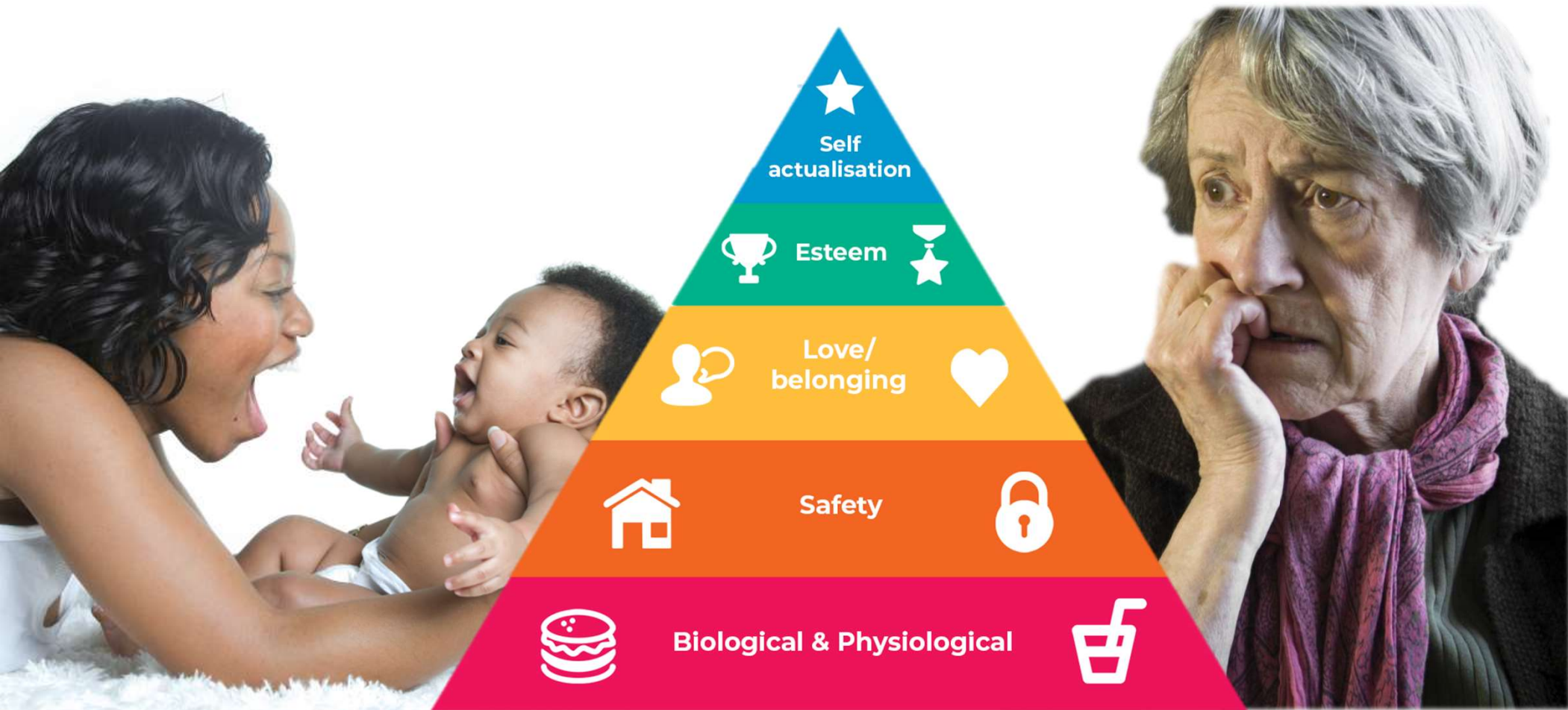
The brain is responsible for keeping you alive on this planet.

Brain diseases like **dementia, depression, movement disorders** put us in a state of function where **the brain's independence and control is now threatened.**



Anosognosia
(unawareness)
+
Amnesia
(loss of memory)

The experience of having a chronic neurologic condition can be similar to **walking in a fog**. We are not sure what is going to happen next. This means we are always in **SURVIVAL MODE.**



What Can Stress Look Like?

Anxiety or Depression

Restlessness or Pacing

Shadowing or Following Everywhere

Suspicion or Paranoia

Delusions or Hallucinations

Stubbornness and Resistance

Wandering

Verbal or Physical Aggression



WHAT TO DO WHEN BEHAVIOR CHANGES:

Recognize Stressors

Unexpected behaviors often relate to unexpected or confusing stressors

Address Physical Needs

Stress is not just psychological, is there a physical change that we can address?

Change the Environment

When we can't change the behavior, we change the trigger or the response.

Change the External Environment

Play soothing music, change the curtains, bring a warm blanket

Remove clutter and extra lights that cause shadows

Dissolve pills in food or water

Prioritize activities and responsibilities to daytime, before sundown-ing

Surround them with familiar faces and environments as much as possible

Ensure proper sleep cycles and regular meals and water

Change the Internal Environment

Check for signs of dehydration or infection.

Do they need constipation medications or pain pills for comfort?

MIND or Mediterranean Diet to reduce oxidative stress on the brain

Nuts, berries, fruits, leafy vegetables, water, low sugar and low processing

Regular primary care visits to address chronic medical conditions.

Do we need hearing aides or visual aides to reduce confusion?

In their world, there is no problem, they are just trying to survive, so we should help them survive

LIVING WITH DEMENTIA

1. Agree, never argue
2. Divert, never reason
3. Distract, never shame
4. Reassure, never lecture
5. Reminisce, never say "remember"
6. Repeat, never say "I told you"
7. Do what they can do, never say "you can't"
8. Ask, never demand
9. Encourage, never condescend
10. Reinforce, never force

Usually telling someone with a brain problem, that they have a problem increases the stress response

- Try not to emphasize weakness or inability
 - You get to be a passenger!
- Focus on finding a common ground
 - I also like my food cut up, let me help you
- Reassure and respect
 - I love how you care about my safety, let's check together to make sure we are safe

WHAT TO DO WHEN THE BRAIN PLAYS TRICKS

5 Rs when things
make us go
ARRRGH:

1. Reassure
2. Reorient
3. Redirect
4. Repeat
5. Respect

