

OVERVIEW OF DEMENTIA SKILLS COURSE

Dr Tan Boon Yeow

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INTRODUCTION

The education and training of doctors in the care of person with dementia is critical as the population of Singapore ages. The prevalence of dementia is on the rise and as family physicians, we need to arm ourselves with the necessary knowledge and skills to help our patients and their care givers cope with this impending 'epidemic'.

The National Dementia Network, together with the College of Family Physicians, decided that it would be useful to do this re-run of the skills course and to conduct this course on a regular basis so as to provide the opportunity for all primary care doctors in Singapore to refine their skills in the care of dementia patients.

For this course, we have kept the general format of the original skills course and have updated areas of the notes that have since changed. The workshops will continue to be practical and aims to allow maximal participation by the audience. Like previously, the 2 afternoon workshops are different and participants get to benefit from additional teaching and discussion by staying back after the lectures on the 2 separate days.

COURSE OUTLINE AND CME POINTS

This skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points

- Distance Learning Course 6 units (1 CME point per unit)
- 2 Seminars (2 CME points per seminar)
- 2 Workshops (2 CME points)
- Reading papers on DEMENTIA – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year)

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Distance Learning Course

- Unit 1: Overview of Dementia – Dr Kandiah Nagaedran
- Unit 2: Making the Diagnosis of Dementia – Dr Chong Mei Sian
- Unit 3: Treatment of Dementia - An Overview – Dr Joshua Kua Hai Kiat
- Unit 4: Pharmacological Treatment of Dementia – Dr Lim Wee Shiong
- Unit 5: Behavioural and Psychological Symptoms of Dementia – Dr Ng Li-Ling
- Unit 6: Managing the Caregiver from the General Practitioner's (GP's) Perspective – Dr Dennis Seow

COURSE TOPIC DETAILS

Unit 1: Overview of Dementia

- Introduction
- Epidemiology
- Etiology and Risk Factors
- Clinical Presentation
- Investigations
- Management

Unit 2: Making the Diagnosis of Dementia

- Introduction
- Mild Cognitive Impairment
- Assessment
- Summary of Approach to Patient with Memory Complaint

Unit 3: Treatment of Dementia – An Overview

- Introduction
- The 'ABC' of Dementia
- Pharmacological Interventions
- Psychosocial Interventions
- Dementia-related Services
- Medico-legal Issues

Unit 4: Pharmacological Treatment of Dementia

- Introduction
- Overview
- Cholinesterase Inhibitors
- NMDA Antagonists
- Common Issues in the Use of Dementia-specific Drugs
- New Frontiers in Dementia Treatment

Unit 5: Behavioural and Psychological Symptoms of Dementia

- Introduction
- Definition
- Assessment
- Management

Unit 6: Managing the Caregiver from the General Practitioner's (GP's) Perspective

- Introduction
- Caregivers
- Caregivers' Experiences with GPs
- Optimal Care and the Health Care Triad
- Management and Support of Caregiver
- Additional Tips in Managing the Caregiver

FACE-TO-FACE SESSIONS

Seminar 1:

10 January 2009, 2.00pm – 4.15pm

Unit 1 : Overview of Dementia – Dr Kandiah Nagaendran

Unit 2 : Making the Diagnosis of Dementia – Dr Chong Mei Sian

Unit 3 : Treatment of Dementia - An Overview – Dr Joshua Kua Hai Kiat

Workshops:

10 January 2009, 4.30pm – 6.45pm

Workshop A : How to screen and assess a patient for memory problems, including MMSE

– Dr Chong Mei Sian, Dr Joshua Kua Hai Kiat

Workshop B : Diagnostic Dilemma: How to differentiate between dementia, delirium, depression

– Dr Kandiah Nagaendran, Dr Tan Boon Yeow

Note: Workshop A and Workshop B will run concurrently as a round robin. Course participants will be assigned a group to attend workshop A followed by workshop B (Group 1), or workshop B followed by workshop A (Group 2).

Seminar 2:

11 January 2009, 2.00pm – 4.15pm

Unit 4 : Pharmacological Treatment of Dementia – Dr Lim Wee Shiong

Unit 5 : Behavioural and Psychological Symptoms of Dementia – Dr Ng Li-Ling

Unit 6 : Managing the Caregiver from the General Practitioner's (GP's) Perspective – Dr Dennis Seow

Workshops:

11 January 2009, 4.30pm – 6.45pm

Workshop C : How to manage wandering and agitation in dementia – Dr Lim Wee Shiong, Dr Ng Li-Ling

Workshop D : How to counsel caregivers in the care of dementia patients and community resources – Mrs Theresa Lee, Dr Dennis Seow

Note: Workshop C and Workshop D will run concurrently as a round robin. Course participants will be assigned a group to attend workshop C followed by workshop D (Group 1), or workshop D followed by workshop C (Group 2).