

Modified Essay 5

(18 marks)

Each question within this modified essay will be marked by a different examiner. The examiner marking this question will not have access to your answers to the other questions. Therefore, please ensure that you address each question separately and specifically. Answer this question fully, even if you believe that you have partly covered its content in your answers to other questions.

You are a junior consultant psychiatrist in an Aged Persons Mental Health Unit. Mrs. Hilton is a 69-year-old retired school teacher, who is referred by her family doctor to you. She comes to the appointment with her husband and is agreeable to him joining her in the assessment. Mr. Hilton says his wife has "not been her usual self lately". In particular, he reports that she is no longer getting out of the house, has lost interest in things and looks sad. In retrospect, he feels that these changes have gradually evolved over the past two years. Recently she has occasionally become disorientated, losing her way whilst driving and becoming flustered in a new shopping centre. She is sometimes forgetful, leaving the stove on and accusing him of hiding her reading glasses. Her sleep is disturbed. Although they have both always enjoyed a small drink in the evening, recently he has noticed an increase in the amount of alcohol she is drinking, finding numerous empty bottles in the bin. Mrs. Hilton's vision and hearing are unimpaired.

You diagnose Mrs. Hilton as having early dementia. Mr. Hilton says that he wants to care for his wife at home. He asks how he can manage her condition.

Question 5.1

Describe (list and explain) what information you can give Mr Hilton about how dementia is managed at home.

Please note: a list with no explanation will not receive any marks.

(10 marks)

Mr Hilton requests advice about managing periods of agitation.

Question 5.2

Outline (list and justify) the non-pharmacological strategies you would suggest to Mr Hilton.

Please note: a list with no justification will not receive any marks.

(8 marks)