It's not the workout but the intensity

John Lewis, CEO

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Dementia Domains

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Alzheimer’s and Related Dementias (ADRD)

There are several different types of NCD

- Alzheimer’s Disease
- Vascular Disease
- Mixed (AD/Vascular)
- Lewy Body
- Frontotemporal
- Parkinson’s Disease
- Alcoholic encephalopathy
- CTE chronic traumatic encephalopathy
Dementia Defined

Deficits in two or more higher brain functions or “domains”.

- Complex attention
- Executive function
- Learning/memory
- Perceptual–motor
- Language
- Social cognition
# Neurocognitive Disorders in DSM-5: Impairment Across 6 Key Domains

<table>
<thead>
<tr>
<th>Domain</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complex attention</td>
<td>Ability to attend to and process multiple stimuli</td>
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<tr>
<td>Executive function</td>
<td>Ability to plan, organize, and complete tasks/projects</td>
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<tr>
<td>Learning and memory</td>
<td>Acquiring, manipulating, and remembering items, facts, words and their meanings, events, people, procedures, skills, etc.</td>
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<tr>
<td>Perceptual-motor</td>
<td>Identification and manipulation of figures, maps and items; motor tasks; recognition of faces and colors</td>
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<tr>
<td>Language</td>
<td>Expressive and receptive language skills</td>
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<tr>
<td>Social cognition</td>
<td>Socially appropriate behaviors and decision-making; empathy</td>
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Caregiving from a Distance

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Types of Distance Caregiving

• Primary caregiver, not co-residing with the person
• Secondary in-town caregiver
• Out of town caregiver
  • Primary
  • Secondary
In Every Case

Ensure Agreed-Upon Plans for Contingencies are In Place

• COVID-linked advance care plans (ventilator? ICU?)
• When/how to add outside help to the situation
• If the primary caregiver needs to be hospitalized
• If the care recipient needs to be hospitalized
Primary but not Co-Residing

• Review/Revise/Reinforce Person’s Personal Safety Plan
  • Leaving the home
  • Shopping
  • Deliveries
  • Others entering the home

• Consider Effects of Cabin Fever
  • Increased need for contact due to increased isolation
  • Add contact time, if only virtual contact

• Establish own Entry Plan – you are a vector
  • Sanitize on entry
  • ?Change of clothing?
Secondary Caregiver – Near or Distant

• Call a Truce; Strengthen Collaboration
• Review and affirm contingency plans
  • What if primary has to vacate?

• Brainstorm about task/activity design
  • Collective memory about likes and skills

• Reassess current contributions to care: what might be added?
  • Added Virtual Contact
  • Release Valve for primary
  • Other material/financial aid
    • If near: delivery service
Primary Caregiver at a Distance

• Make possible contracts with the person
  • Agreements about future state issues (taking over finances; stopping driving; shopping; etc.)

• Where possible, increase help provided
  • Increase virtual presence
  • Take over certain responsibilities

• Take responsibility for assuming greater control in the future
  • Ensure designation as healthcare surrogate and establish link with person’s primary clinical provider
  • Identify a reliable geriatric case manager in person’s area
  • In advance, identify home care and institutional care options
Testing for COVID-19

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Director, Minority Engagement Core
Testing:

Two kinds of tests are available for COVID-19: [viral tests](#) and [antibody tests](#).
A viral test tells you if you have a current infection.
An antibody test tells you if you had a previous infection.

- An antibody test may not be able to show if you have a current infection, because it can take 1-3 weeks after infection to make antibodies. We do not know yet if having antibodies to the virus can protect someone from getting infected with the virus again, or how long that protection might last.
Symptoms

• We continue to get new information about symptoms and signs of COVID-19 infection.

You should be tested if you are having any of the following symptoms:

Cough
Shortness of breath
Fever
Congestion (different than your normal allergies)
Sore throat
Chest pain
Loss of taste or smell
Muscle aches
Chills
Symptoms

Less than 10% of patients have more severe symptoms such as shortness of breath, chest pain, new confusion, or inability to arouse.

- In most states there is now also availability of testing for asymptomatic individuals, you should contact your local health department to determine if it is available in your geographic area.

- It is important to note that because you are negative one day it does not mean that you will not get it in the future, precautions should still be followed to reduce the likelihood of transmission.
Take note:

It is important to note that not everyone that has been diagnosed with COVID has developed antibodies so it is important that even if you have had COVID previously to still adhere to the recommended prevention methods.

• If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first.
• You can also visit your state or local health department’s website to look for the latest local information on testing.
• Although supplies of tests are increasing, it may still be difficult to find a place to get tested.
Antibody testing

• Antibody testing is also available, this can generally be done through an order by your primary care provider, this can tell you whether or not you may have previously had COVID and were unaware.
• This is still a new test and a lot is being learned. Just because this test is positive it may not mean you are immune to getting COVID again as this does not test for the specific neutralizing antibody that neutralizes the virus.
• Be sure to discuss the test itself and what your results may mean with your healthcare provider.
Symptom checker:
This system is not intended for the diagnosis or treatment of disease or other conditions, including COVID-19 and is based on best clinical practices, CDC guidelines, illness severity and risk factors like age and pre-existing conditions.

https://c19check.com/start
Closing thoughts

With Georgia opening up businesses and things starting to get back to normal; now more than ever we need to ensure that we stay vigilant in our efforts to reduce transmission to ensure we maintain and sustain resources to be able to care for patients in a safe manner if they become ill.

This means we should still follow the flattening the curve tactics.

Content adapted from Emory Healthcare and CDC guidelines