

Anti-psychotropic Reality Reductions

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Real Medical Medication Need

- *Appropriate* use for anti-psychotic medications

PSYCHIATRIC DIAGNOSES

- Schizophrenia
- Schizo-affective disorder
- Delusional disorder
- Psychotic mood disorders (mania and depression with psychotic features)
- Acute psychotic episodes
- Brief reactive psychosis
- Schizophreniform disorder
- Atypical psychosis
- Tourette's disorder
- Huntington's disease
- Short term (7 days) treatment of hiccups, nausea, vomiting, or pruritus

Real Not so Needed

- *Inappropriate* use for antipsychotic medication
- Wandering
- Poor self care
- Restlessness
- Impaired memory
- Anxiety
- Depression (without psychotic features)
- Insomnia
- Unsociability
- Indifference to surroundings
- Fidgeting
- Uncooperativeness
- Agitated behavior which does not represent danger to resident or others

Our Reality - Anger

- Do you ever get angry?
- What makes you angry?
- How do you express your anger?
- Reaction from others when you are angry?
- Most importantly.....
- What anti-psychotics are you taking due to your anger?

Our Reality – So you had a bad day...

- Do you ever get sad?
- What makes you sad?
- Simple sadness
- Life review sadness

- And your anti-depressant is?

Our Reality – Oh Happy Day....

- Woke up on the right side of the bed?
- Good news!
- Love?
- Accomplishments?
- ...and your medication of choice is?

Real Team

- Physician
- Nurse
- CNA
- Housekeeper
- Social Worker
- Dietary
- Activities Director
- Maintenance
- Family
- Visitors
- Clergy
- Volunteers
- Office Workers
- Therapist

Home Thermostat

- Where?
- When?
- What's happening?

Real Physical Assessment

- Medical related
- Pain
- Non-verbal cry for assistance

Real Resident Knowledge

- Interview who?
- Observe who?
- Monitoring change – do we change?

Real Behavior Interventions

Music

RAP, Country Western, Rock, religious, elevator

How long?

Massage

Neck, Hand, Elbow, Foot

Individual Activities, Self-Time and Outside.

Real Group Support

- Life Loss Issues
- Reminisce
- Behavior
- Active
- Gentlemen Talk
- Ladies Chatter
- Keeping up with the Times

Ms. Zelma's Real World

Come into my world

Validation Therapy

Does it work?

Is it worth the time?

What is the beneficial outcome?

Real Time Up!

Thanks to all of you for what you are doing to ensure that individuals (including yourself one day) receive the right medications, interventions and liberties to select their mood of the day!

“To be angry, sad, and happy all in one day.....assures me that I am not unstable and not just alive, but that I am living and not just existing.”

Kathie J. Gately