



UNIVERSITY OF WALES
Trinity Saint David
London

Vascular Dementia

Student name: Abdulai Turay
ID: 2018268
Module code: BMHP6006
Lecturer: Bianca Sanfilippo
Module: Mental Disorders and Psychopathology

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Introduction

In this report, I will discuss vascular dementia within the context of ICD-10.

The type of dementia known as vascular dementia is caused by a decrease in the brain's blood flow. In the United Kingdom, there are about 150,000 with the condition. The word "dementia" is used to characterize cognitive deficits brought on by gradual changes and damage to the brain. It is uncommon for those under the age of 65. Though it frequently gets worse over time, it can sometimes be controlled. Vascular dementia is the second most common cause of dementia after Alzheimer's disease. (John and Alan, 2015)

Problems with thinking, planning, judgment, memory, and other mental abilities caused by damage to the brain brought on by a decrease in blood flow to the brain are also referred to as vascular dementia. (Mayo Clinic, 2021)

Symptoms

Symptoms might arise suddenly or gradually. They degrade with time; however, therapy can help to postpone this. Initially, these disorders may be difficult to detect or misinterpreted as something else, such as depression. They do, however, indicate that some brain damage has occurred and that therapy is essential.

The following are early signs of vascular dementia:

Slow reasoning, issues with planning, challenges with comprehending, difficulties with focusing, changes in mood or behavior, and memory and language difficulties. (Dementia UK, 2023)

Later symptoms tend to deteriorate over time. This might happen gradually or abruptly every few months or years.

The symptoms can include any of the following depending on whatever part of the brain is affected:

Significant slowness of thought, feeling unsettled and confused, memory loss and difficulty concentrating, difficulty finding the right words, severe personality changes such as becoming aggressive, depression, mood swings, and lack of interest or enthusiasm, difficulty walking and maintaining balance, with frequent falls, loss of bladder control, increasing difficulty with daily activities. (NHS, 2020)

Diagnosis

A talk with a primary care physician is usually the initial step in making a diagnosis of vascular dementia. Vascular dementia cannot be identified with a single test; rather, it is defined by a combination of criteria, which may include:

1. A common component of the examination is blood testing, which may include measurements of vitamin B12 and thyroid function. Additionally, tests will be performed to check for signs of diabetes and cholesterol levels.
2. There will be brain scans, especially to search for indications of previous strokes. One of the best tests for assessing VaD is magnetic resonance imaging (MRI). The effects of a stroke on the brain may be seen quite clearly on an MRI.

3. A medical history will be taken, as well as symptoms. Patients should be accompanied by a relative or acquaintance who is familiar with the patient's level of memory loss and functional impairment in daily activities. (NHS, 2020)
4. Memory and understanding, communication, and other cognitive processes will be evaluated. A patient will also be asked about depression and changes in emotional behavior, as they are frequently affected by VaD.
5. A complete physical examination will be performed on patients to look for vascular disease, risk factors, and other illnesses including high blood pressure. (NHS, 2020)

Historical Review

The source of mental disease was thought to be supernatural powers and demonic possessions during the Middle Ages. Physical restraint and solitary imprisonment are used against many persons suffering from mental diseases. In the 19th century, lunatics or mental asylums were common to separate people with mental health from society. Early in the 20th century, modern thinking started to recognize mental illnesses as distinct disease entities, and two well-known theories, psychodynamics, and behaviorism, emerged as credible explanations for their origins. (Mark, 2017)

Treatment

Treatment can help prevent future brain damage and may reduce the course of vascular dementia. However, there is presently no treatment or means to undo the harm that has already occurred. The primary goal of vascular dementia treatment is to address the underlying cause to prevent the illness from worsening.

This entails implementing healthy lifestyle adjustments such as:

Consuming a nutritious, balanced diet. For instance, if you have high blood pressure, you could be advised to give up smoking, adopt a low-salt diet, or lose weight if you're overweight. getting in shape and using less alcohol. (NHS, 2020)

Principles working with people with Dementia.

These essential principles will help create staff members who are capable of responding to people with dementia with assurance, comprehending how to enter their world, and supporting the life they are leading.

- Recognize dementia's early warning signs.
- An early dementia diagnosis helps individuals to get information, support, and treatment as soon as possible.
- Communicate carefully to facilitate meaningful contact.
- Promote independence and action. Recognize the signs of confusion-related suffering and react by relieving a person's anxiety and supporting them in making sense of what is happening.
- Family members and other carers are supported, valued, and treated with the same respect and admiration as the people they are caring for. They are also given assistance in acquiring dementia care advice.
- Managers must accept responsibility for teaching and assisting members of their teams in meeting the needs of people with dementia. As part of a multi-agency team, assist the individual with dementia. (Skills for Care, 2011)

- Person-centred care must be the key pillar of support when dealing with people with dementia (Nice, 2017)

Recommendations

Making lifestyle adjustments, such as reducing alcohol consumption and increasing physical activity, could also help minimize the risk of future strokes. In practice, though, this can be difficult for many people. The drugs patients must take may have adverse effects that make them feel worse, more disoriented, or unstable.

To ensure that medicine is effective, the person's GP should evaluate it on a frequent basis. Furthermore, making significant adjustments to a person's lifestyle or long-standing habits might be difficult for them. (Alzheimer Society, 2022)

Conclusion

Vascular dementia is a neurological illness characterized by cognitive impairment caused by the lethal consequences of vascular disease processes on brain structure and function. It is currently considered the second most frequent kind of dementia in Western countries. Despite its prevalence, there are presently no established diagnostic criteria in clinical practice, therefore the reality may be worse.

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Appendix

Vascular Dementia ICD-10 (F01)

Student Name – Abdulai Turay (2018268)
Module Code - BMHP6006
Lecturer – Bianca Sanfilippo
Module - Mental Disorders and
Psychopathology



Introduction

- In this presentation I will be talking about vascular dementia in ICD-10
- Vascular dementia is a type of dementia that is caused by decreased blood flow to the brain. It is estimated that approximately 150,000 people in the UK are affected. Dementia refers to cognitive problems caused by gradual changes and damage in the brain. It is uncommon in people under the age of 65. It tends to worsen over time, though it can sometimes be slowed.
- Vascular dementia is the second most common cause of dementia after Alzheimer's disease. (John and Alan, 2015)



Causes of Vascular Dementia

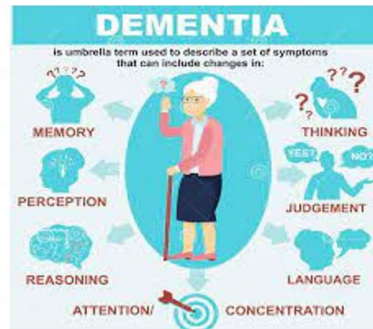
- **Vascular dementia is a disease that affects the blood vessels in your brain, making it less able to provide your brain with the nutrients and oxygen it requires to function properly.**
 - **blocking a brain artery (Stroke)**
 - **High blood pressure**
 - **Narrowing of tiny blood vessels deep within the brain**
- (Mayo Clinic, 2021)



Photo credit to: <https://www.alzheimersresearch>

Symptoms

- Problems with Concentration
 - Slowness of thought
 - Changes in behaviour, personality, and mood
 - Planning difficulty
 - Problems with language and memory
 - Difficulty making decisions and plans
- (Dementia UK, 2023)



Diagnosis

- Visiting your GP:
 - Test and physical examination
 - Taking a history
 - Cognitive assessment
 - Blood test
 - Brain scan
- (NHS, 2020)



Historical views

- In the middle ages, the cause of the mental illness was believed to be supernatural forces and demonic possession.
- Many people suffering from mental illnesses are subjected to physical restraint and solitary confinement.
- In the early twentieth century, modern theories began to recognize mental disorders as distinct disease entities, and two major theories, psychodynamics, and behaviourism, emerged as potential explanations for their causes. (Mark, 2017)



Photo credit to: <https://historyco>

Treatments

- Eating a Healthy (Balanced diet)
- Physical exercise to get fit
- Stop smoking
- Listening to music
- Stop or reduce alcohol consumption
- Lose weight (Obesity)

Medicines (No cure)

You may take medicines such as; Statins, low-dose aspirin, clopidogrel, and warfarin to treat high blood pressure, high cholesterol, and blood clots/strokes. (NHS, 2020)

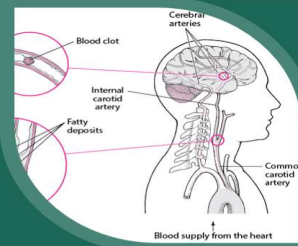


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Principle when working with people with Vascular Dementia

1. Less restrictive option
2. A presumption of capacity.
3. Supporting people in making their own decision Unwise decisions
4. Best interests (NHS, 2021)
5. Person-centred approach (Nice, 2017)

Recommendations

- Physical exercise
- Quit Smoking
- Reduce alcohol
- Eating healthy
- Keeping weight within normal levels (Obesity)
- Stopping smoking (NHS, 2020)



Photo credit to: <https://thetmeghalayan.com/physical-fitness/>

Conclusion

- Vascular Dementia is a disorder in which cognitive impairment results from the deadly effects of vascular disease processes on brain structure and function. It is now recognised as the second most common dementia in Western countries. Despite its frequency, there is currently no standardised diagnostic criterion in clinical practice, therefore the actual situation may be worse.

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