



Conversations Matter:

The Importance Of Effective Communication Between
Health Care Providers (HCPs) And Caregivers Of
Individuals Living With Agitation Associated With
Dementia Due To Alzheimer's Disease

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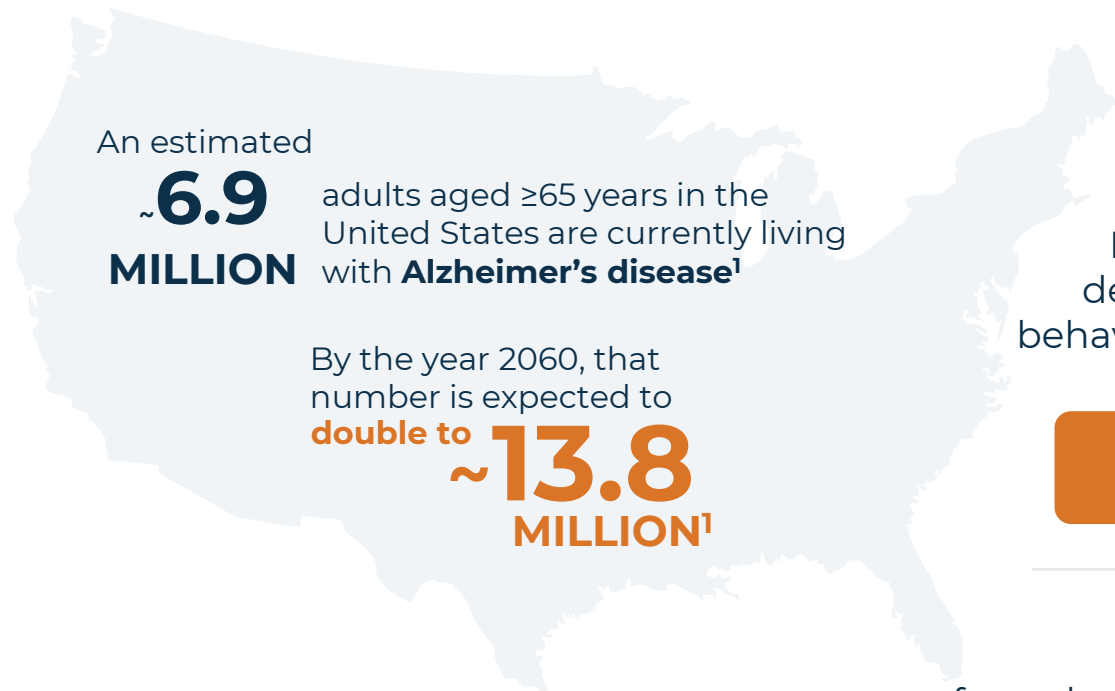
Objectives

Define agitation associated with dementia due to Alzheimer's disease, including the symptoms, how often they occur, and the burden on patients and caregivers

Identify challenges in discussing agitation associated with dementia due to Alzheimer's disease between individuals with lived experience, health care providers, caregivers, and family members

Describe the development of the Agitation In Alzheimer's Screener For Caregivers (AASC®)

Alzheimer's Dementia Is Highly Prevalent And Predicted To Increase Over Time¹



People with Alzheimer's dementia can experience behavioral and psychological conditions, with

agitation being one of the most common²

Agitation is present in ~1 out of 2

individuals with dementia due to Alzheimer's disease

Agitation is associated with increased chances of placement into long-term care (LTC)³

~65% of people with Alzheimer's or other forms of dementia lived **in the community**, receiving more care from family members and other unpaid caregivers as their disease progressed¹

~75% of people with Alzheimer's dementia at age 80 live in an **LTC facility** compared with 4% of the general population aged 80 years¹

1. 2024 Alzheimer's disease facts and figures. *Alzheimers Dement.* 2024;20(5):3708-3821.
2. Halpern R, et al. *Int J Geriatr Psychiatry.* 2019;34(3):420-431.
3. Fillit H, et al. *Int J Geriatr Psychiatry.* 2021;36(12):1959-1969.

Agitation Associated With Dementia Due To Alzheimer's Disease Presents A Broad Spectrum Of Symptoms

- Agitation associated with dementia due to Alzheimer's disease is a **common and treatable condition** with a broad range of symptoms. It requires distinct treatment options from those used for cognitive impairment¹⁻³
- Despite its prevalence, **agitation is often under-recognized** by caregivers and underdiagnosed by HCPs⁴⁻⁶

Symptoms of **agitation** manifest as both **non-aggressive** and **aggressive** behaviors, such as^{7,8}

EXCESSIVE MOTOR ACTIVITY:

Pacing, restlessness, repetitiveness, and gesturing



VERBAL AGGRESSION:
Screaming, using profanity, and asking repetitive questions

PHYSICAL AGGRESSION:
Hitting, kicking, punching, biting, and throwing things

HCP, health care provider.

1. Cummings J, et al. *Int Psychogeriatr*. 2015;27(1):7-17.

2. Cohen-Mansfield J. Instruction manual for the Cohen-Mansfield Agitation Inventory (CMAI). Research Institute of the Hebrew Home of Greater Washington; 1991.

3. Gilmore-Bykovskyi A, et al. *Gerontologist*. 2020;60(5):896-904.

4. Halpern R, et al. *Int J Geriatr Psychiatry*. 2019;34(3):420-431.

5. Lanctôt KJ, et al. *Alzheimers Dement (N Y)*. 2017;3(3):440-449.

6. Stella F, et al. *Int J Geriatr Psychiatry*. 2015;30(12):1230-1237.

7. Sano M, et al. *Int Psychogeriatr*. 2024;36(4):238-250.

8. Rabinowitz J, et al. *Am J Geriatr Psychiatry*. 2005;13(11):991-998.

IPA Criteria Offer A Foundation For Recognition Of Agitation In Cognitive Disorders

The IPA definition of agitation in cognitive disorders includes 4 criteria:

1. The patient meets the criteria for cognitive impairment or dementia syndrome
2. The patient exhibits ≥ 1 agitation behavior(s) with emotional duress that is persistent or frequently recurrent for ≥ 2 weeks or the behavior represents a dramatic change from the patient's usual behavior*
3. The behaviors are severe and associated with excess distress or produce disability beyond that due to cognitive impairment
4. The behaviors cannot be attributed to another psychiatric disorder, medical condition, including delirium, suboptimal care conditions, or the physiological effects of a substance

Agitation behaviors include:



Excessive motor activity behaviors:

- Pacing
- Rocking
- Gesturing
- Pointing fingers
- Restlessness
- Performing repetitious mannerisms



Verbal aggression behaviors:

- Yelling
- Speaking in an excessively loud voice
- Using profanity
- Screaming
- Shouting



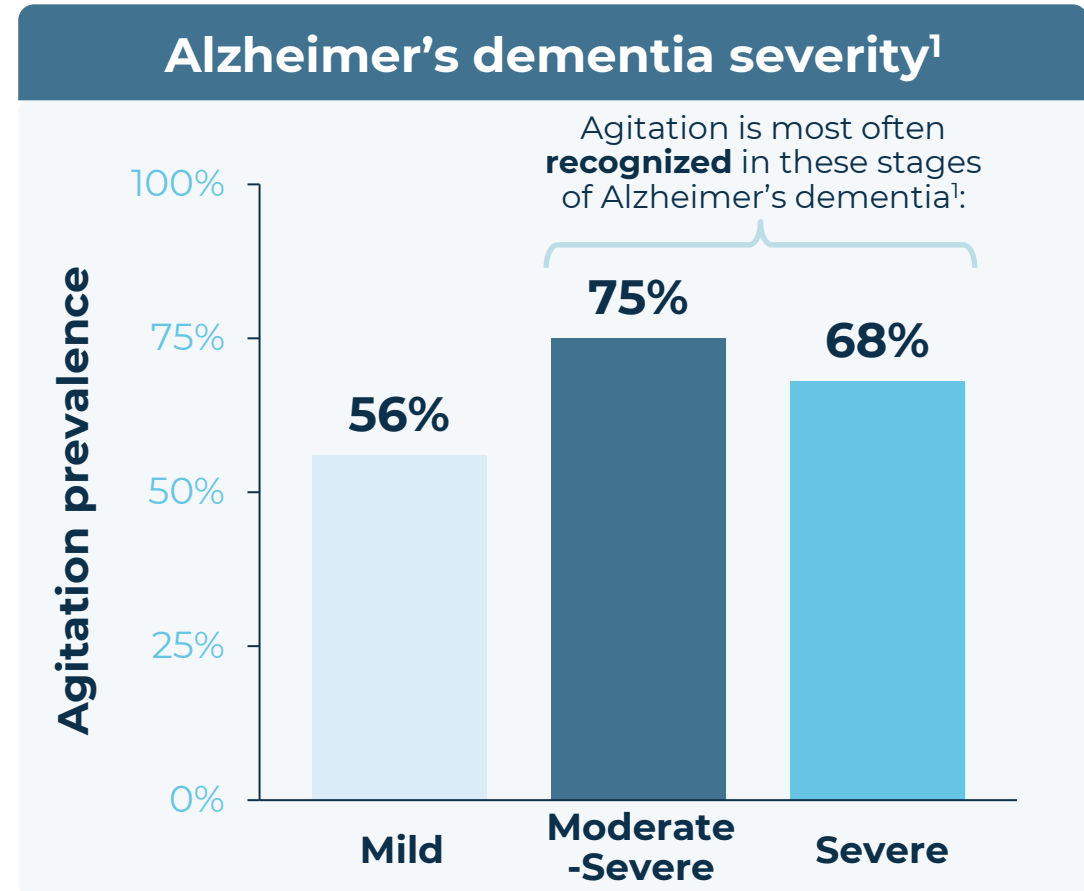
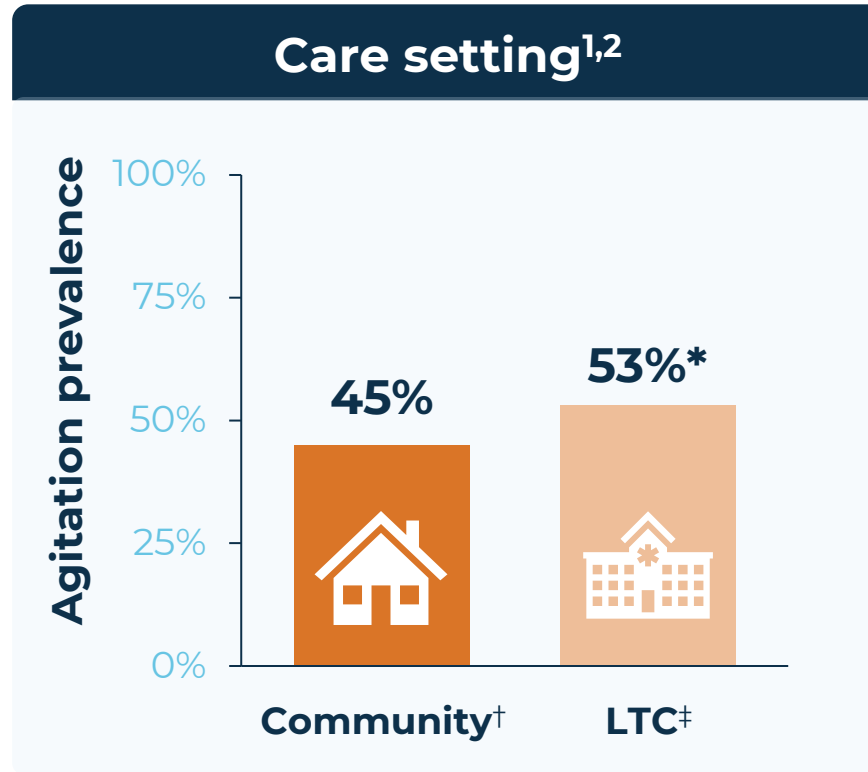
Physical aggression behaviors:

- Grabbing
- Shoving
- Pushing
- Resisting
- Hitting others
- Kicking objects or people
- Scratching
- Biting
- Throwing objects
- Hitting self
- Slamming doors
- Tearing things
- Destroying property

*In special circumstances, the ability to document the behaviors over 2 weeks may not be possible and other terms of persistence and severity may be needed to capture the syndrome beyond a single episode.
IPA, International Psychogeriatric Association.

Sano M, et al. *Int Psychogeriatr*. 2024;36(4):238-250.

Agitation Associated With Dementia Due To Alzheimer's Disease Is Prevalent Across Care Settings And Alzheimer's Severities^{1,2}



*Nursing home percentage reported includes those with Alzheimer's dementia and other dementias.

[†]Residential homes.

[‡]Nursing homes/skilled nursing facilities.

LTC, long-term care.

1. Halpern R, et al. *Int J Geriatr Psychiatry*. 2019;34(3):420-431.

2. Fillit H, et al. *Int J Geriatr Psychiatry*. 2021;36(12):1959-1969.

Agitation Associated With Dementia Due To Alzheimer's Disease Can Worsen The Impact Of An Already Devastating And Burdensome Disease

Overall, agitation versus no agitation in patients with Alzheimer's dementia has been associated with¹⁻⁷:



In the LTC setting, agitation versus no agitation has been associated with a significantly increased risk of¹:



Falls



Fractures



Infections



Higher medication use



Other NPS*

*Includes depression, anxiety, delusion, and hallucinations.
LTC, long-term care; NPS, neuropsychiatric symptoms.

1. Fillit H, et al. *Int J Geriatr Psychiatry*. 2021;36(12):1959-1969.
2. Jones E, et al. *J Alzheimers Dis*. 2021;83(1):89-101.
3. Halpern R, et al. *Int J Geriatr Psychiatry*. 2019;34(3):420-431.

4. Koenig AM, et al. *Curr Psychiatry Rep*. 2016;18(1):3.
5. Peters ME, et al. *Am J Psychiatry*. 2015;172(5):460-465.
6. Scarmeas N, et al. *Arch Neurol*. 2007;64(12):1755-1761.

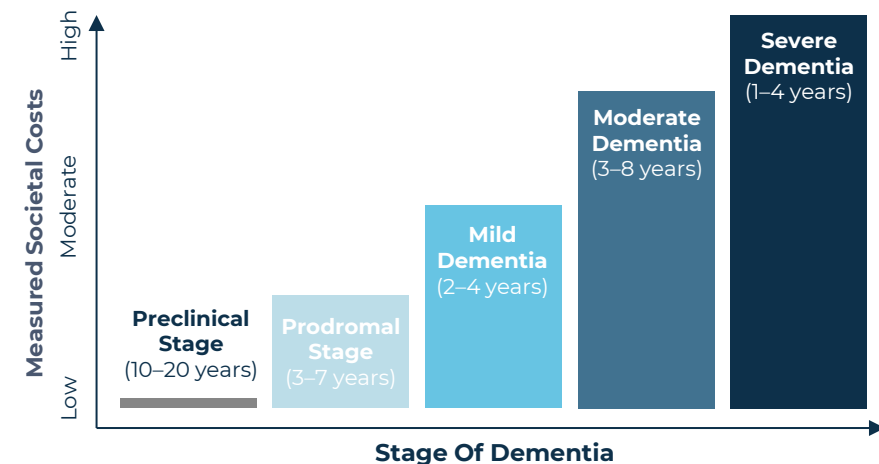
7. Banerjee S, et al. *J Neurol Neurosurg Psychiatry*. 2006;77(2):146-148.

Agitation In Alzheimer's Dementia Is Associated With An Increased Economic Burden For Both Individuals And Health Care Systems¹

In a real-world study of 1,349 patients with early cognitive impairment or Alzheimer's dementia, patients identified as having **agitation** demonstrated significantly **higher health care resource utilization** and costs than patients without agitation¹

	Non-Agitated Patients	Agitated Patients
Percentage institutionalized	3.2%	11.9%
Mean number of hospitalizations for any reason in the past 12 months	0.2	0.4
Mean number of consultations with any health care provider in the past 12 months	4.3	6.5
Mean total direct health care costs in the past 12 months	\$9,243	\$20,041
Mean professional caregiver time/week (hours)	10.6	27.2
Mean non-professional caregiver time/week (hours)	33.3	48.0

Measured societal costs represent only a proportion of the total burden of Alzheimer's disease and related dementias²



Additional Hidden Societal Costs (Costs Unknown)

Patients And Caregivers:
Quality of life?
Financial burden?
Work impairment?

Health And Social Care Systems:
Full medical and social care costs for caregivers and patients?

Economy:
Unemployment?
Productivity?
GDP?

GDP, gross domestic product.

References:

1. Jones E, et al. *J Alzheimers Dis.* 2021;83(1):89-101.
2. El-Hayek YH, et al. *J Alzheimers Dis.* 2019;70(2):323-341.

Agitation Associated With Dementia Due To Alzheimer's Disease Has Been Associated With Caregiver Burden, Which Increases With Disease Severity¹

Many professional caregiving themes parallel those of family caregiving,² including caregiver outcomes³⁻⁹:



General
health
decline



Reduced
quality
of life



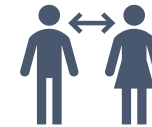
Depression



Anxiety



Embarrassment
and guilt



Social
isolation



Increased
use of
clinical
services

Agitation associated with dementia due to Alzheimer's disease is a risk factor for **burnout, reduced workability, and generally weaker health** among caregivers¹⁰

1. Schein J, et al. *J Alzheimers Dis.* 2022;88(2):663-677.

2. McCarty EF, Drebing C. *J Nurses Staff Dev.* 2002;18(5):250-257.

3. Kales HC, et al. *BMJ.* 2015;350:h369.

4. Mohamed S, et al. *Am J Geriatr Psychiatry.* 2010;18(10):917-927.

5. Isik AT, et al. *Int J Geriatr Psychiatry.* 2019;34(9):1326-1334.

6. Brodaty H, Hadzi-Pavlovic D. *Aust N Z J Psychiatry.* 1990;24(3):351-361.

7. Thomas P, et al. *Int J Geriatr Psychiatry.* 2006;21(1):50-56.

8. Patrick KS, et al. *Psychogeriatrics.* 2022;22(5):688-698.

9. Cohen-Mansfield J. *J Psychiatr Res.* 2008;43(1):64-69.

10. Palm R, et al. *J Alzheimers Dis.* 2018;66(4):1463-1470.

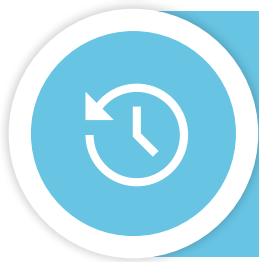
Nearly Half Of People Living With Alzheimer's Dementia Will Experience Agitation, Yet HCPs And Caregivers Are Reluctant To Talk About Agitation Symptoms¹⁻³



- Are often **first to encounter** agitation behaviors^{3,4}
- **May not recognize** the full range of agitation behaviors^{5,6}
- **May not understand** that treatment of agitation differs from treatment of Alzheimer's dementia⁷
- **May not readily talk** about agitation behaviors with HCPs^{2,5}



- Often do not **educate** families about agitation early in Alzheimer's dementia³
- Are typically **not proactive** in discussing unless symptoms become difficult to manage for the caregiver^{2,8}



Early detection by caregivers with screening tools may⁹:

- Improve recognition and overall management of agitation in individuals with Alzheimer's dementia
- Encourage talking with HCPs about agitation symptoms
- Assist HCPs in making a diagnosis of agitation in Alzheimer's dementia

HCP, health care provider.

1. Halpern R, et al. *Int J Geriatr Psychiatry*. 2019;34(3):420-431.

2. Richler LG, et al. *Harv Rev Psychiatry*. 2023;31(1):22-27.

3. Lindeza P, et al. *BMJ Support Palliat Care*. 2020;bmjspcare-2020-002242.

4. Gallego-Alberto L, et al. *Clin Gerontol*. 2022;45(5):1295-1303.

5. Stella F, et al. *Int J Geriatr Psychiatry*. 2015;30(12):1230-1237.

6. Sano M, et al. *Int Psychogeriatr*. 2023;1-13.

7. Gilmore-Bykovskiy A, et al. *Gerontologist*. 2020;60(5):896-904.

8. Kales HC, et al. *J Am Geriatr Soc*. 2014;62(4):762-769.

9. Clevenger C, et al. One Minute to Recognition: The Agitation in Alzheimer's Screener for Caregivers (AASC™). The Gerontological Society of America Annual Scientific Meeting; November 8-12, 2023; Tampa, FL.

Current Approaches And The Unmet Needs In Recognition Of Agitation In Alzheimer's Dementia

Agitation behaviors are **under-recognized**, despite being among the **earliest and most common** neuropsychiatric symptoms in Alzheimer's dementia.¹

Rating scales that measure agitation are available²



Cohen-Mansfield Agitation Inventory (CMAI)



The Neuropsychiatric Inventory (NPI)

However, these current scales may not impact patient care because²:



They are **not designed** to quickly and exclusively screen for agitation



They are **often scored differently** by caregivers and HCPs



They are **not widely or easily used** in clinical practice



There is not a screener tool for caregivers of patients with agitation in Alzheimer's dementia

Therefore, an unmet need exists:

- A need exists for **tailored tools** to help caregivers better **understand symptoms** of agitation in Alzheimer's dementia and **communicate observations** to HCPs
- When left unrecognized and untreated, agitation in Alzheimer's dementia may become **more severe over time**, increasing the potential for **patient harm**, **caregiver burnout**, and **nursing home placement**

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1. Lanctôt KJ, et al. *Alzheimers Dement* (NY). 2017;3(3):440-449.

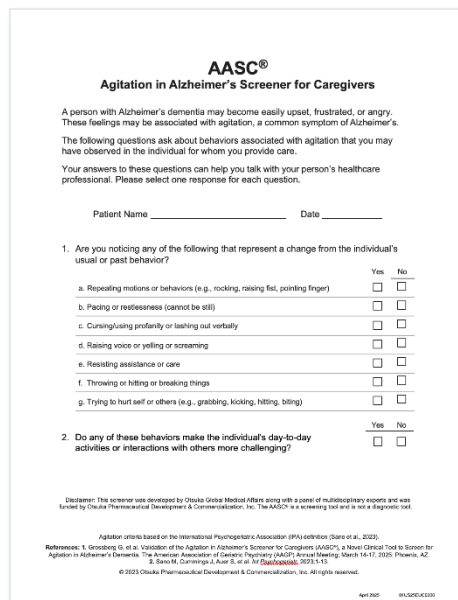
2. Clevenger C, et al. One minute to recognition: The Agitation in Alzheimer's Screener for Caregivers (AASC™). Presented at: Gerontological Society of America Annual Scientific Meeting; November 8-12, 2023; Tampa, FL.

The Agitation In Alzheimer's Screener For Caregivers (AASC®)

The AASC® was developed based on the IPA definition to empower caregivers and HCPs in discussing, identifying, and reporting agitation in Alzheimer's dementia

Goals of the AASC®

- To **educate caregivers** about agitation symptoms
- To **facilitate caregiver-HCP conversations** about agitation
- To **help HCPs in screening for agitation** in Alzheimer's dementia



The image shows a printed form for the AASC®. It includes a title, a brief explanation of the purpose, and a series of questions with checkboxes for 'Yes' and 'No'. The questions are about behaviors like repeating motions, pacing, cursing, raising voice, resisting care, throwing things, and self-harm. At the bottom, there is a disclaimer and a date field.

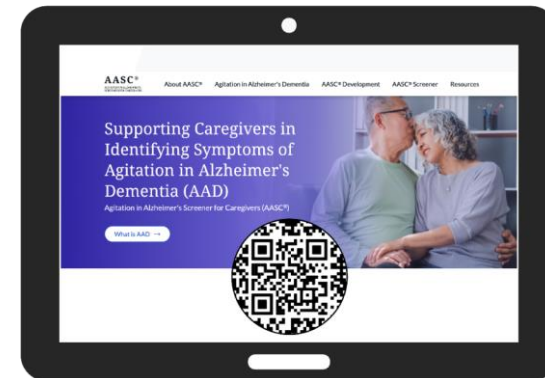
The AASC® is the **first clinical tool based on IPA criteria**

Items screen for both the **presence and impact** of agitation symptoms

Can be completed in **<1 minute**

Simple to score

Use the digital version or download and print the AASC® at **www.theaasc.com**



Subsites are available for both caregivers and HCPs

HCP, health care provider; IPA, International Psychogeriatric Association.

Clevenger C, et al. Presented at: Gerontological Society of America Annual Scientific Meeting; November 8-12, 2023; Tampa, FL.

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*In special circumstances, the ability to document the behaviors over 2 weeks may not be possible and other terms of persistence and severity may be needed to capture the syndrome beyond a single episode.

IPA, International Psychogeriatric Association.

Sano M, et al. *Int Psychogeriatr*. 2024;36(4):238-250.

Summary



Agitation occurs often and is present in all stages and severities of Alzheimer's dementia



Agitation associated with dementia due to Alzheimer's disease is associated with substantial patient and caregiver burden and long-term consequences



Despite being among the earliest and most common symptoms of Alzheimer's dementia, agitation behaviors are largely unrecognized, worsening their negative impact on patients and caregivers



In general, HCPs and caregivers do not discuss agitation behaviors until symptoms become difficult for the caregiver to manage



A new screening tool for agitation associated with dementia due to Alzheimer's disease may improve the recognition of agitation by caregivers. Early detection of agitation associated with dementia due to Alzheimer's disease by HCPs may improve overall management of the symptoms

HCP, health care provider.

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