



## Dementia is a growing concern in India-Nurses Role

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### Abstract

If "Dimensia" is a term used to describe a health condition related to dementia or any other medical issue, it's important to note that nurses play a crucial role in addressing the challenges associated with such conditions. Dementia is a broad term for a range of cognitive disorders characterized by memory loss, impaired reasoning, and personality changes. In the context of dementia or related issues, nurses often play several key roles. Things that increase the risk of developing dementia include: age (more common in those 65 or older) high blood pressure (hypertension) high blood sugar (diabetes). Nurses play a major role in prevention and management of dementia.

## INTRODUCTION

The number of people living with dementia was estimated to be close to one million in 2021 (944,000), by 2050 this figure is expected to rise to 1.6 million. From 2.44 to 4.1% in West India., 1.83% in North India, 0.8. The estimated dementia prevalence for adults ages 60+ in India is 7.4%. About 8.8 million Indians older than 60 years live with dementia. Dementia is more prevalent among females than males and in rural than urban areas.13 Jan 2023. Compared to the statistics in the West, it's relatively less in India. The probable reasons for lower prevalence in India are enumerated as False negatives, low life expectancy, shorter survival and duration of disease, low age-specific incidence

### Cost of dementia care in India: Delusion or reality?

The annual household cost of caring for a person with dementia in India, depending on the severity of the disease, ranged between INR 45,600 to INR 2,02,450 in urban areas and INR 20,300 to INR 66,025 in rural areas.6 Oct 2023.28% in East India., and 3.6% in South India

Studies in India indicate that people with dementia experience stigmatisation in society as well as neglect from their families. Social prejudice associated with dementia makes it a challenging experience, in addition, it makes the persons with dementia and carers feel isolated and stigmatized. The researchers found the highest increases in dementia cases will likely come from sub-Saharan Africa, North Africa, and the Middle East. This growth is driven largely by population growth and an ageing population

Dementia is highest in Finland as per the available statistics. The country with the most cases of Alzheimer's Disease is Finland, with 54.65 cases of Alzheimer's for every 100,000 people in this country. the United Kingdom has 42.70 Alzheimer's disease cases for every 100,000 people, making it the country with the second most number of cases per capita.

### What is the biggest contributor to dementia?

The biggest risk factor for dementia is ageing. This means as a person gets older, their risk of developing dementia increases a lot. For people aged between 65 and 69, around 2 in every 100 people have dementia. A person's risk then increases as they age, roughly doubling every five years. (1)

### The most common difficult situations that can arise when supporting a person with dementia.

Aggressive behaviour.  
A different reality.  
Problems related to using the toilet.  
Repetition.  
Walking.  
Refusing help.  
Sexual expression.  
Being withdrawn. (1)

### warning signs of dementia

Dementia and memory loss.  
Dementia and difficulty with tasks.  
Dementia and disorientation.  
Dementia and language problems.  
Dementia and changes in abstract thinking.



Dementia and poor judgement.  
Dementia and poor spatial skills.  
Dementia and misplacing things. (1)

A decade-long study conducted between 2001 and 2011 on individuals aged 55 and above living in communities within Kerala revealed a few pertinent trends. The study found that the incidence rates of Alzheimer's Disease (AD) were 11.67 per 1,000 person-years for those aged 55 and above, and this rate increased to 15.54 for those aged 65 and above. The study also noted that cardiovascular risk factors, such as diabetes and hypertension, could impact the health of cerebral blood vessels. This, in turn, could heighten the risk of stroke and dementia. (2).lack of physical activity, poor diet, and chronic conditions such as diabetes and hypertension also increase the risk of developing dementia (3)

India is now in a demographic transition, period, with a fast-expanding elderly population. Life expectancy in India has nearly doubled, rising from 36.98 years in,1950-1960 to 69.27 years in 2015-2020,(5.)

## NURSES ROLE IN CARE OF PATIENTS WITH DEMENTIA

### Nurses Role: Patient Care and Support

Nurses are on the front lines of patient care. They provide assistance with daily activities, monitor patients' health, and offer emotional support to both patients and their families.

### Medication Management

Nurses are responsible for administering medications and monitoring their effects. In the case of dementia, medication management may involve **medications to slow the progression of the disease or alleviate symptoms**

### Education and Advocacy

Nurses educate patients and their families about the nature of the condition, treatment options, and strategies for managing symptoms. They also advocate for the needs and rights of individuals with dementia

### Collaboration with Multidisciplinary Teams

Managing dementia often requires a multidisciplinary approach. Nurses collaborate with physicians, therapists, social workers, and other healthcare professionals to provide comprehensive care. Creating a Comfortable Environment: Nurses contribute to creating an environment that is conducive to the well-being of individuals with dementia.

This may involve designing spaces that reduce confusion and agitation.

### Monitoring and Reporting Changes

Nurses closely monitor patients for any changes in their condition and report these changes to the healthcare team. Early detection of changes allows for timely adjustments to the care plan.

## Conclusion

Age plays a significant role in the risk of developing dementia. With increasing life expectancy in India, the proportion of people aged 60 and older is on the rise, which is expected to contribute to a growing burden of dementia. By 2050, this age group is projected to make up nearly 20 percent of India's total population, reaching 319 million individuals, and accounting for approximately 15.4 percent of the global population aged 60 and above. Nurses need to be well prepared to address the challenges that come up due to the increasing number of patients coming to hospital with dementia as well in monitoring and caring for them in the community

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