

Managing psychiatric disorders in Parkinson's

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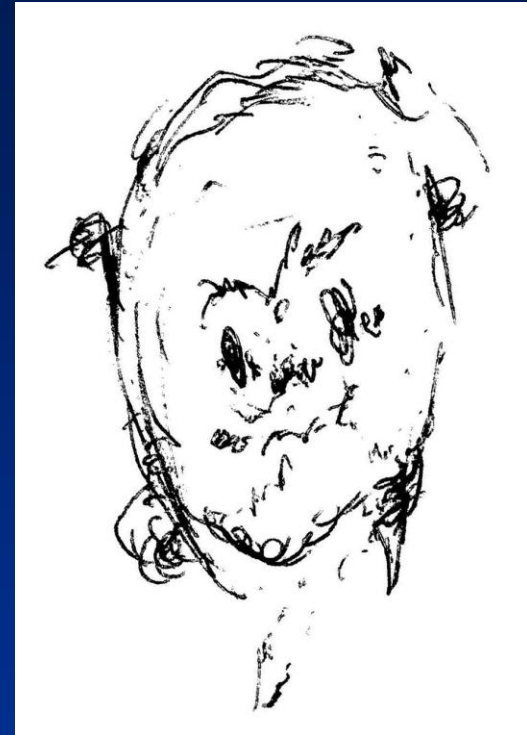
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Psychiatric disorders in Parkinson's

- **Hallucination**
- **Delusion**
- **Depression and Apathy**
- **Anxiety**
- **Dementia**
- **Impulse Control disorders**

Hallucination

- Seeing or hearing something which is not there (non-existent)
- Saw “strangers” or “animals” in the house
- Heard “noises” or “voices of people”



A Parkinson's patient saw the “Goatman” – a hairy creature with bad smell

Delusion

- **Abnormal thought process - strong belief which is firmly held despite indisputable evidence to the contrary (i.e. false belief)**
- **Paranoid delusion - false belief that one is being harmed or persecuted by others**
- **Pathological jealousy – false belief that a spouse is having extra-marital affair and sex with another person**

Treatment of hallucination and delusion

- **Reduce the dose of Parkinson's medications**
- **Specific treatment - Quetiapine, Clozapine**

Depression

- **A mental disorder - sadness, slowness of movement, loss of appetite, feelings of hopelessness and helplessness**
- **Often confused with Parkinson's – the symptoms are quite similar**

Treatment of depression

- **As physical disability contributes to depression, the treatment of Parkinson's should be optimized**
- **Identify stress factors – personal or family problems, financial constraint**
- **Anti-depressants – SSRI (Escitalopram, Sertraline, Paroxetine)**
- **Electro-convulsive therapy**

Pramipexole improves depression

- **Pramipexole, a Parkinson's medication that increases the activity of dopamine in the brain**
- **“Two-in-one“ effect – Pramipexole improves both movement symptoms and depression in Parkinson's**

Apathy

- **Similar to depression, apathy is characterized by loss of motivation and loss of interest (in hobbies)**
- **Feelings of sadness and hopelessness are not present in apathy – the emotion is neutral**
- **Apathy is common and disabling – no beneficial specific treatment**

Anxiety

- **Anxiety - vague and unpleasant sense of apprehension, often accompanied by sensation of abnormal heart-beat, difficulty breathing and dry mouth**
- **Excessive, uncontrollable and often irrational worry about daily issues**
- **Panic attacks - episodes of intense anxiety lasting minutes. In severe cases, some patients describe “feeling like dying” or “going nuts”**

Treatment of Anxiety

- **Optimize treatment of Parkinson's**
- **Anti-anxiety medications:**
 - a) Sedative agents – Alprazolam, Lorazepam**
 - b) SSRIs – Escitalopram, Fluvoxamine**

Dementia

- **A condition which is characterized by loss of memory, change in personality and intellectual deterioration**
- **Diagnosis often missed because forgetfulness is misunderstood as ageing process**

Treatment of dementia

- **Anti-dementia medications (Rivastigmine, Donepezil) are beneficial:**
 - a) moderate improvements in memory, concentration and behavioral problems**
 - b) cope better with daily activities such as watching television and having conversation**

Impulse Control Disorders (ICDs)

- **A group of psychiatric disorders characterized by a failure to resist an impulse, drive or temptation to perform an act that is harmful to the individual or to others**
- **Examples of ICDs - pathologic gambling, hyper-sexuality, compulsive shopping and compulsive eating**

Treatment of Impulse Control Disorders

- **Stop the Parkinson's medication that triggers the ICD – usually dopamine agonist**

Conclusions

- **There is a wide range of psychiatric disorders in Parkinson's, which are often under-recognized**
- **Psychiatric disorders in Parkinson's can be treated in order to further improve the quality of life of patients**