### ADVERSE EFFECTS WITH ANTI-PSYCHOTIC MEDICATIONS

**Warnings and Precautions**
- Elderly Patients with Dementia-Related Psychosis: Increased incidence of cerebrovascular adverse events (e.g., stroke, transient ischemic attack, including fatalities)

Follow facility procedures for reporting adverse effects of medications

<table>
<thead>
<tr>
<th>Cardiovascular</th>
<th>Endocrine/Metabolic</th>
<th>Risk of Falls and Fractures</th>
<th>Neurologic</th>
<th>Systemic</th>
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<tbody>
<tr>
<td>Orthostatic Hypotension: Use with caution in patients with known cardiovascular or cerebrovascular disease.</td>
<td>Dyslipidemia: Undesirable alterations in lipid levels.</td>
<td>Fracture risk: Increases with duration of use which is generally longer with atypical medications.</td>
<td>Extrapyramidal Symptoms (EPS): Movement disorders such as acute, sustained muscle contractions causing twisting, repetitive movements or abnormal postures (dystonic reactions); pseudoparkinsonism; and inability to initiate movement (akinesia) and/or inability to remain motionless (akathisia).</td>
<td>Anticholinergic Effects: Dry mouth, dry eyes, difficulty urinating, constipation, blurred vision, confusion, memory impairment, drowsiness, nervousness, agitation, rapid heart rate, weakness.</td>
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<td>QT Prolongation: Avoid use with drugs that also increase the QT interval and in patients with risk factors for prolonged QT interval. A prolonged QT interval may cause fatal arrhythmias.</td>
<td>Hyperglycemia/Diabetes: Monitor glucose regularly in patients with and at risk for diabetes.</td>
<td>Weight Gain: Monitor weight at least quarterly</td>
<td>Sedation: Monitor for signs and symptoms of sedation.</td>
<td>Tardive Dyskinesia (with high doses): Involuntary, repetitive body movements such as lip smacking, tongue protrusion, and grimacing. Discontinue if clinically appropriate.</td>
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*Second generation “atypical” anti-psychotic medications

*Table adapted from:
Recognize non-verbal communication of unmet need(s), e.g., “Agitation” - Clapping, yelling, slapping thighs, and screaming. Address the individual’s needs. Consider common causes:

- Noisy environment
- Pain
- Constipation
- Discomfort
- Infection
- Drugs
- Hearing loss
- Boredom
- Loneliness
- Abrupt, tense, or impatient staff
- Frustration

Aggression (hitting, swearing, biting, etc.), in contrast to agitation, is a fear based behavior. Communication is pretty clear. The resident most likely feels threatened.

Try an alternative approach.

Utilize de-escalation techniques, as appropriate. Neither you nor the resident should be or feel backed into a corner.

- Signal breath - If you are upset when approaching the resident, it will only make the situation worse. Stop. “Take a step back.” Slowly count to three (3) as you inhale, count to three (3) as you exhale. Repeat. You are now ready to approach the resident.

- Body language and tone of voice - Your body language and voice should communicate that the resident is safe and that you are not going to hurt him/her. Use a soft, neutral, calming tone of voice. Speaking almost in a whisper is sometimes helpful. Relax your shoulders; place your hands by your side. If assault is likely, the thinking stance is preferred: one hand cupping your elbow and the other hand touching your chin. This positions your hands to block punches or kicks without looking threatening.

- Monitor your proximity to the resident - Maintain a socially comfortable distance (generally 3-5 feet). Approach from the side and to the front of the resident remain in the resident’s visual field of view. Stay close enough to be heard, but not close enough to be struck.

- Ask, don’t tell, the resident to walk with you to a comfortable location where you can both sit. Walk slowly. As with whispering, walking slowly is incompatible with agitation and aggression. Ask, don’t tell, the resident to sit down with you to talk about what is bothering him or her.

- Identify with the resident; identify solutions to address the unmet need that triggered the behavioral communication. If possible, offer the solution immediately. Consider an intermediate solution if necessary.

- Listen actively. When a solution is not clear or available, simply listen, write it down and make a plan with the resident to address the concern.

- Diversion and distraction. There may be occasions in which it is not possible to identify the unmet need. In those circumstances, it may be possible to turn the resident’s attention toward something pleasurable. The better you know your residents’ strengths and interests, the better able you will be to select a distraction that is actually likely to engage them positively.

Adapted from: “Oasis” Mass Senior Care Foundation Antipsychotic Initiative 2011-12