



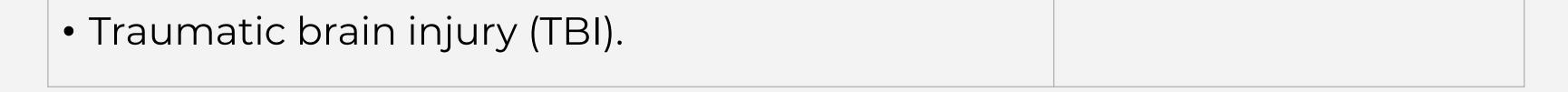


Introduction to

Neuropsychiatric disorders

{ . . وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ . . }

Objective	Color index
• Delirium.	
 Major neurocognitive disorders (MCD): 	Black : Main content. Gray : Notes.
-Dementia.	Red : important
-Amnestic syndrome.	







Introduction

Cognitive definition:

Is the mental action or process of acquiring knowledge and understanding through thought, experience, and the senses.

Cognitive functions:

Attention, Concentration, Memory, Processing speed, Orientation, Impulse control, Language processing ,Executive function. Disorders of which are called "Neurocognitive disorders"

Neurocognitive disorders are: According to Diagnostic and Statistical Manual of Mental Disorders, fifth edition (DSM-5)

- 1- Delirium.
- 2- Mild Neurocognitive Disorders.
- 3- Major Neurocognitive Disorders:
 - Dementia
 - Amnestic syndrome.

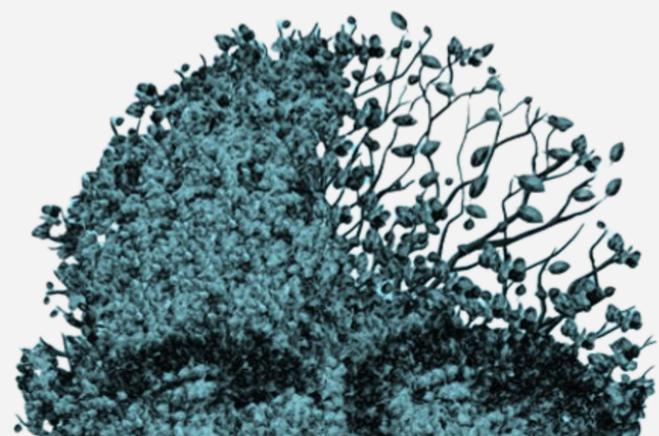
Neurocognitive disorders characterized by:

Cognitive deficits:

- That present in many mental disorders and neurological disorder
- Were not present from birth or very early in life.
- Represent a decline from a previously attained level of functioning.

Cognitive Therapy: a type of psychotherapy that is concerned with detection and correction of wrong thoughts & thinking process (negative cognition). It is not a treatment of cognitive disorders.

Cognitive Processes: ways of thinking and conclusion formation.





let's start...



Case 1 : Delirium

75 year old male smoker with long standing history of HTN, DM type 2, hypercholesterolemia, history of BPH and UTI and mild urinary retention. Presented to the ER with 3 days history of low-grade fever, lethargy, and dysuria. He also started to have poor sleep for three days and therefore, his daughter give him unknown medication that she bought from the pharmacy. On the same of ER presentation, he started to have high grade fever and he started to be confused.

His daughter stated, that he was talking non-sense and it seems that he was seeing unseen images. There was history of fluctuating consciousness and he was disoriented to place, person, and time. There were periods where her father was less confused and less disoriented. and it seems that he went back to his normal self. And there were periods of complete confusion and disorientation.

Few hour later, after hospital admission, He started to be aggressive and agitated, Pulled out his IV lines and Insisted to be discharge from hospital because he was thinking that nursing staff want to kill him.

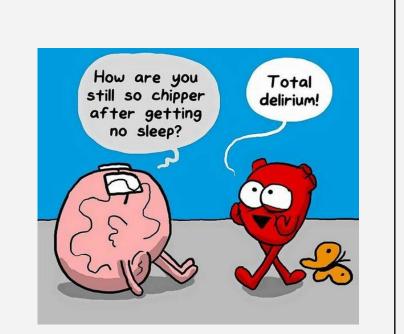
Definition

Acute **transient reversible global Short-term cognitive** with **impaired consciousness** due to a medical problem.

Usually associated with disturbances in Perception (hallucinations/illusions), Thinking (delusions), Affect/Mood (perplexity/ irritability) and Behavior (agitation/aggression).

Epidemiology		Clinical features	Diagnostic criteria (DSM-5)	Types
 It may occur at any age but more in elderly and children¹. 		Acute onset of mental status change with	 A) Disturbance in: 1- Attention (I.E., Reduced ability to 	1) Hyperactive 30% (most clear and least controversial)
 Community Prevalence: General: 1-2% 	fl	fluctuating course. Attentional deficits.	direct, focus, sustain, and shift attention)	Hyperactive psychomotor activity. May have mood lability,
more than 85 years old: 14%.10-30% Hospitalized patients.	3. C	Confusion or disorganized	2- Awareness (reduce orientation to the environment).	agitation, refusal to cooperate with medical care.
 10 to >50% Post-Operative Patients. 	4 . P	Perceptual disturbances. Disturbed sleep/wake cycle.	B) The disturbance must be: Develops over a short period (usually	2) Hypoactive 24% (most difficult type to identify)
> 90% Post-cardiotomy Patients.70-85% ICU.	6. A	sundowning phenomena) ² Altered psychomotor	hours to days) Represent a change in the baseline attention and awareness.	Hypoactive psychomotor activity. Classically, these
 60% in nursing homes or 	a a	activity.		patients present with symptoms

- post-acute care settings.
- 80% at end of life.
- Delirium complicates at least 25% of all hospitalizations in the elderly
- Disorientation and memory impairment.
- Behavioral and emotional 8. abnormalities.
- 9. Other cognitive deficits



Tends to **fluctuate in severity** during the course of a day.

C) an additional disturbance in cognition:

Memory deficit, disorientation, language, perceptual disturbance

Disturbance in criteria A and C

- **Not** due to another preexisting, established, or evolving dementia.
- Do not occur in the context of a severely reduced level of arousal, (eg coma)
- There is evidence from the history, physical examination, or laboratory findings that the disturbance is caused by a **direct** physiologic consequence eg: side effect of drugs

Diagnostic criteria simplified :)

- Consciousness is disturbed (i.e., awareness of the environment is impaired but patient not in coma).
- Cognitive functions are impaired +/- perceptual disturbance (illusions or hallucinations)
- Acute onset with fluctuating symptoms (within hours during the day) & transient course (few days).
- Caused by a physical problem (e.g. hypoxia, hypoglycemia, infection..etc)

that resemble depression (lethargy, slowness, decreased level of alertness, and decreased speech production).

A large percentage of these patients are inappropriately diagnosed as depressed.

3) Mixed level of activity 46% (Classic wax and waning pattern)

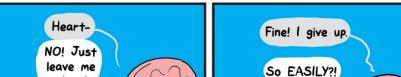
Commonly seen in surgical patients (agitated at times, with alternating episodes of hypoactivity).

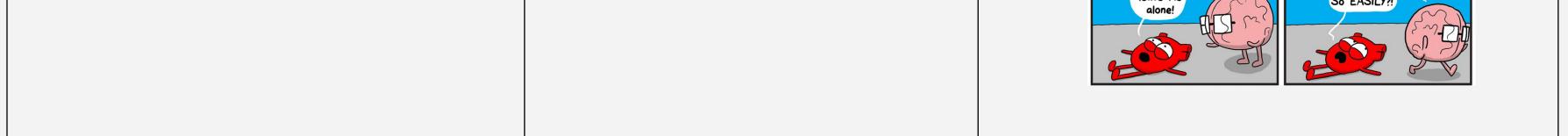
- Elderly: because of brain atrophy, medical problems, dementia. Children: because the brain isn't developed yet 1.
- 2. the symptoms increase after sundown (in the evening).



Case 1 : Delirium

Risks of delirium on the patient		Etiology	Risk	factors	Course and Prognosis
 Death (due to associated serious medical condition) Violence toward medical staff. Self-harm or suicidal risk. Impaired judgment. Psychosis. Hospitalization. Why dose a delirious patient become suicidal or aggressive? Due to severe disturbance in the patient's perception, mood, judgment, thinking, and behavior. Patient may act on hallucinations, illusions or delusional thoughts as if they were genuine dangers (e.g., blood extraction by a nurse might be perceived as an attack). patient may be excessively somnolent. Other may fluctuate from one state to the other, usually restless at night and sleepy during the day with lucid intervals. 	 Infection mening typhus, Withdrathe abuased ative Acute malkalosis Traumatheatstrossevere base vere base	thology (abscess, tumor, s, hydrocephalus) (anemia, hypoperfusion heart/lung failure, co ng) ncies of vitamins (b12, niamine, niacin) nopathies Hypoglycemia, yperadrenocorticism, arathyroidism) ascular (hypertension, TIA, arrhythmia) medications, illicit drugs, es, solvents) netal (lead, manganese,	such as strok vasculitis, tra Major medica Recent majo Depression Functional d Dehydration	rment ¹ prain pathology a, tumor, uma, dementia al illness r surgery ependence buse/dependence surgery ³ phormalities by	 The course usually <u>short</u> 7-10 days) Symptoms of delirium usually persist as long as the causally relevant factors are present. The longer the patient has been delirious and the older the patient, The longer the delirium takes to resolve. Delirium may spontaneously resolved (usually middle age) or progress rapidly into death. Because of the serious nature of the associated medical conditions. When underlying cause treated, it usually resolves rapidly. Some residual deficit may persist. Some patients may develop depression symptoms or post traumatic stress disorder(PTSD)
Delirium differential diag	noses	Investigati	ons:	Treatr	nent/Management
 Dementia: Occasionally, delirium a patient with dementia, a condit known as beclouded dementia. H dual diagnoses can only made w is a definite history of pre-existing dementia. Substance abuse: alcohol, inhala sedatives, and opioids Amnestic syndrome Acute functional psychosis (brie psychosis, mania, exacerbation of schizophrenia): Patients usually et no change in their level of consci in their orientation. The hallucinat delusions are more <u>constant and</u> organized than those of patients delirium. Severe depression: patients with hypoactive symptoms of delirium appear somewhat similar to seve depressed patients, but can be distinguished on the basis of EEC in depression) 	tion However, a when there g ants, ef of f experience iousness or ation and better with n n may erely	 Proper assessment of m functions: Mini-Mental state exa (MMSE)(common)² MoCA Montreal cogn assessment (for satistical investigation for delirium investigation for delirium investigations are for kn cause First line investigations: CBC and WBCs Electrolytes tests. Liver / Renal function to function / (ECG) / Blood Chest x-rays Second line investigation Cardiac enzymes Blood gas (ABG) Serum folate / B12 Electroencephalograp CSF examinations. Brain CT scan Brain MRI 	am hitive sfaction test) costic m. all the bowing the coving the l glucose. /	 the causes & a electrolyte image of the control mental antidopamine IV, or IM), quetal oral or IM) 2-3 IM administration patients with oral medias afely swallow Limit benzodi with oral medias afely swallow Limit benzodi with extreme of increase disori with possible for a state of the patient of the	al and physical disturbance with orgics, e.g. haloperidol (Img oral, siapine 25mg, or Olanzapine (5mg times/day. tion may be preferable for some delirium who are poorly compliant ications or who are too sedated to tablets. azepines & Phenobarbital or give caution) because their effects may ientation, drowsiness and ataxia falls, head trauma and fractures. it n ent in a quiet, well lit-room; avoid er stimulation. Frequently reorient, explain procedures clearly to the unication and support are critical cients





- Because of impaired judgment. 1.
- The score of delirious patient changes every time because of the fluctuating. But demented patient it's constant. (Both low)
 Because the patient takes long time to recovery



Case 2 : Dementia

73 years old lady, she was diagnosed for many years to have DM, HTN, Hypercholesterolemia, and Osteoporosis. Her family noticed in the last year that she start to be more isolated and not socially engaging. She started to be more forgetful and repeating the same questions over and over. More recently she started to misplaces things like her keys and her personal items. Also, there were few occasions where she left refrigerator open.

more recently patient's family discovered that patient is either not taking her oral medications or taking her medications wrongly. In addition, she started to be more irritable and sometimes aggressive towards her family. She has poor insight about her current situation.

Throughout patient's history, There is no history of loss of consciousness. And there is no motor abnormality. There is no history of abnormal perception or unusual thinking; however, more recently patient started to be more suspicious.

Definition Progressive cognitive impairment in clear consciousness. Does not refer to low intellectual functioning/mental retardation because these are developmental conditions. Cognitive deficits represent: A decline from a previous level of functioning, Involves multiple cognitive domains, Cause significant impairment in social/occupational functioning or both. **Epidemiology & Dementia Presentation** Dementias Differential Diagnoses •No gender difference. •Normal aging: •Increasing age is the most important risk factor. It is Age-related cognitive decline (the course is not

primarily a disorder of the elderly.

Clinical presentation :

progressively deteriorating), no loss of social or occupational functioning.

- •Memory impairment (short-term memory first then, in advanced stages long-term memory is affected).
- •Thinking and speech: inappropriate repetition of the same thoughts (perseveration) with vague and imprecise speech.
- •Shrinkage of social interaction with other.
- Disorientation: in advance stage particular to time and place and when advanced to person (can't identify relatives).
- •Judgment impairment.
- Psychotic features: hallucinations and delusions.
- Depression in the elderly (Pseudo-dementia): Cognitive disturbance is relatively of rapid onset and preceded by depressive features. The differentiation is sometimes difficult as demented patients may also become depressed as they begin to comprehend their progressive cognitive impairment.

EEG and CT scan are normal in pseudo-dementia.

• Delirium:

The onset is rapid and consciousness is impaired. Some demented patients may develop delirium. Diagnosis of dementia cannot be made before delirium clears.

Dementia vs Delirium			
Feature	Dementia	Delirium	
Onset	Slow/gradual (except for vascular dementia)	Rapid	
Duration to develop	months to years	hours to weeks	
Attention	Preserved	Fluctuates	
Awareness	Unchanged	Reduced	
Consciousness	intact	impaired	
Course	Chronic/deteriorating	transient/clears within 7-10 days	





Case 2 : Dementia

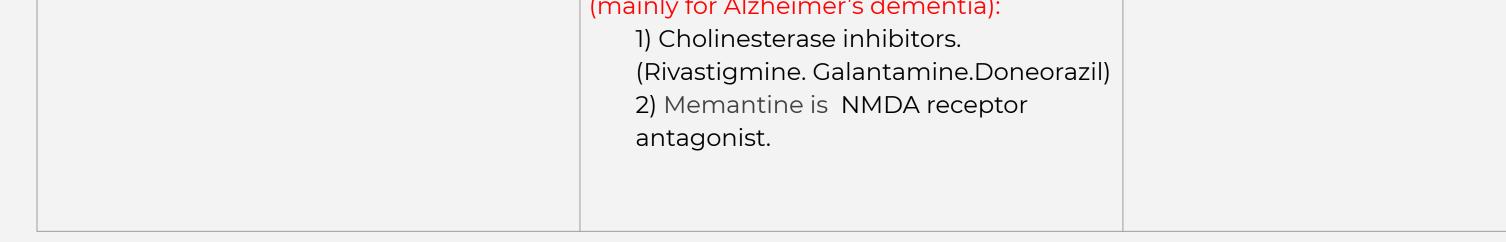
Causes of Dementia:			
1- Alzheimer's disease (AD) (50-60 %) most common ¹	2- vascular (multi-infarct) dementia (10-20 % of dementias):	3- Medical conditions (reversible conditions; 15 % of dementias)	
 Gradual onset and a continuous slow but steady decline in prior intellectual and functional capacities, especially memory. Age of onset: before age 65 (5%), after age 65 (95%). Live an average of 10 years following diagnosis. Risk factors: Old age, female, low education, first-degree relative with AD, cigarette smoking, depression, mild cognitive impairment, and social isolation. Neuroimaging Cortical atrophy Wide sulci & gyri Wide ventricles 	 Declining Stepwise deterioration of intellectual functioning due to multiple infarcts of varying sizes or arteriosclerosis in the main intracranial vessels. Risk factors for vascular dementia: Age >60 Male Previous stroke Stroke risk factors: HTN, heart disease/atrial fibrillation, DM, Smoking, obesity, and hypercholesterolemia. Neuroimaging Lesions and atrophy of cortical and/or subcortical structures corresponding to infarcts. 	 Referred as reversible dementias, as treating the underlying condition can effectively restore cognitive function back to its previous state. Common causes of reversible dementiate. Drugs (benzodiazepines, anticonvulsants, anticholinergics), alcohol/substance abuse. Sensory impairments (vision, hearing loss) Metabolic abnormalities (poorly treated DM) Endocrinological problems (hypothyroidism) Nutritional deficiency (vitamin bl2 deficiency) Infections (HIV, neurosyphilis). 	

4- Lewy Body dementia:

5- Frontotemporal dementia:

6- Other type of dementia:

characterized by fluctuating in cognition, visual hallucinations, parkinsonian features (tremor, rigidity, gait problems/falls)	degeneration of the frontal and temporal lobe and characterized by inappropriate behavior (hypersexuality), personality changes, and loss of impulse control.	 Parkinson's disease: 20-30 % of patients with Parkinson's disease have dementia. Normal-pressure hydrocephalus: progressive memory impairment, slowness and marked unsteady gait (+ urine incontinence in the late stage) Huntington's disease: intellectual impairments with extra pyramidal features. Creutz-feldt-jakob's disease. Traumatic Brain Injury (TBI). Prion disease.
Investigations	Treatment/management:	Course and prognosis
 1- Comprehensive history and physical examination. 2- Blood work: CBC with differential, blood glucose, 	 1) Supportive measures: Ensure patient safety Provide good meals & hygiene. Encourage family involvement. Support 	Depend on the cause: Alzheimer's dementia – Shows a progressive slow deterioration. – The patient may become incontinent of urine and/or stool.
electrolytes, Ca, Mg, vitamin b12, folate, liver and renal function tests. Thyroid. Other tests: serum HIV. 3- Neuroimaging : CT scan and MRI	2) Specific measures: identify and correct any treatable or controllable condition e.g.: hypothyroidism, vitamin B12 deficiency, hypertension, diabetes.	 Vascular dementia Shows stepwise deterioration Stationary course after a massive stroke that is then followed by a good control of the risk factors e.g., HTN, DMetc
	 3) Symptomatic treatment: I) Agitation/aggression² II) Insomnia III) Depression³ 4) Cognitive-enhancing medications (mainly for Alzheimer's dementia): 	



The Case usually present with Misplacing things & forgetting.
 Can be treated with Antipsychotic.
 Can be treated with Antidepressants.

Case 3 : Amnestic syndrome

A 48 years old male. Has long standing history of: Hypertension. DM type 2. Hypercholesterolemia Presented with <u>significant cognitive and behavioural problems.</u> He had **difficulty with learning new information** and making appropriate plans.

Personal/social history: **smoke tobacco and consume alcohol** on an almost daily basis for many years.

Definition:

Impairment in short term memory retention of new information temporal lobe function (hippocampal pathology) due to a specific organic cause, in the absence of generalized intellectual impairment. It's old terminology is Wernicke–Korsakoff's syndrome

- characterized by :
- Impairment in the ability to create new memories
- It leads to social and occupational dysfunctioning.
- The patient may show confabulation (filling memory gaps with incorrectly retrieved information.
- The insight is partially impaired.
- In contrast to delirium, the **immediate memory is usually intact**. digit span test "frontal lobe function is normal.
- In contrast to dementia, the remote memory is intact.

Etiology

- Head injury lesions
 - (hippocampus, posterior hypothalamus and nearby midline structures)

• Thiamine (B1) Deficiency (most common cause)

- (associated with alcohol abuse, poor nutrition (e.g., starvation), gastric carcinoma, persistent vomiting, hemodialysis.
- Thiamine is essential for the enzyme transketolase, which essential for glucose metabolism.

Wernicke-Korsakoff's syndrome

- Is an amnestic syndrome caused by <u>thiamine deficiency</u>, most commonly associated with poor nutritional habits of people with chronic alcohol use.
- Wernicke encephalopathy Then Progresses to Korsakoff's syndrome /psychosis.
- Wernicke encephalopathy
 - a. Acute syndrome
 - i. Impaired consciousness (confusion)
 - ii. Ophthalmoplegia.
 - iii. Ataxia
 - iv. Memory impairment
- Korsakoff's syndrome
 - a. Chronic syndrome
 - i. Peripheral neuropathy.
 - ii. Irritability and personality changes.
 - iii. apathy
 - iv. Profound anterograde amnesia and inability to form a new memories.
 - v. Confabulate or make up information when asked questions.

Treatment	Prognosis
 Identify and reverse the cause if possible. Thiamine supply (if due to thiamine deficiency) Supportive medical measures fluids & nutrition. 	 If it is due to thiamine deficiency and thiamine is provided promptly. <u>Prognosis is good</u> Otherwise, the course is usually chronic and may be progressive.



Case 4: Traumatic Brain Injury (TBI)

Hamad is a 19-year-old male was involved in a <u>road traffic accident</u>. He <u>lost his consciousness</u> for 5 days, and remained 3 weeks in the hospital. After discharge, his parents noticed that he become Impulsive, Disinhibited. And sometimes aggressive. More recently they noticed that he started to be more <u>depressed</u> and sometimes feeling so <u>anxious</u>

Definition:

An insult to the brain from an external mechanical force, possibly leading to permanent or temporary impairment of cognitive, physical, and psychosocial functions, with an associated diminished or altered state of consciousness.

Area of function affected:

- 1- Cognitive
- 2- Sensory/perceptual
- 3- Seizures
- 4- Other physical changes
- 5- Social-emotional.

Acute consequences:	Chronic Consequences:
 Impaired consciousness in varying duration (hours, days, weeks or months) long duration suggests poor prognosis. Delirium (after severe head trauma). Memory defects : on recovery of consciousness, defects of memory are usually present. 	 Lasting cognitive impairment: when the injury has caused a prolonged post traumatic amnesia (of more than 24 hours).Cognitive impairment was particularly associated with parietal and temporal damage, especially on the left side. Recovery of function may be very slow and may continue over
Anterograde (post-traumatic) amnesia:	 • Emotional disturbances:
-Amnesia for events in the time between the trauma and the resumption of normal continuous memory. It is a good	 Depressive, anxiety and phobic features are common, and associated with somatic complaints such as headache, fatigue and,

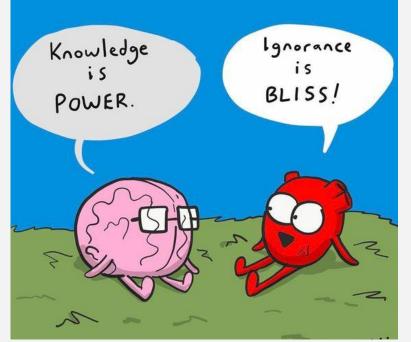
resumption of normal continuous memory. It is a good prognostic factor: probably full recovery when anterograde amnesia was less than 12 hours.

Retrograde amnesia:

-Amnesia for events in the time between the trauma and the last clearly recalled memory before the injury. It is not a good predictor of outcome.

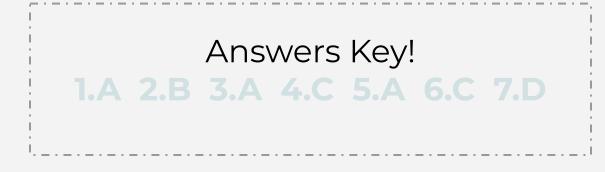
- dizziness.
- Personality changes:
- There may be irritability, reduced control of aggressive impulses, sexual disinhibition and some coarsening of behaviour, particularly after frontal lobe injury.
 - Psychotic features:
- Psychotic features related to depression (non-dominant frontal damage). Paranoid psychosis (temporal lobe damage).
 - Social consequences:
- Many patients and their relatives experience severe distress of head injury, and have to make substantial changes in their way of life.
 - Medico-legal aspects:
- Compensation issue is more likely to contribute to disability if patient feels someone else is at fault, financial compensation is possible, low social status and in industrial injury..

Factors affecting the outcome of head trauma:	Treatment
 Duration of loss of consciousness. Duration of anterograde (Post-traumatic) amnesia. Amount and location of brain damage. Premorbid personality and past psychiatric history. Development of seizures. Medico-legal factors e.g. compensation. 	 A plan for long-term treatment should be made as early as possible after head trauma. Aggression and impulsivity can be treated with anticonvulsants or antipsychotics. Treatment should include physical and psychological rehabilitation to which the clinical psychologist can sometimes contribute behavioral and cognitive techniques. Problems of litigation and compensation should be settled as early as possible. Continuing psychosocial help should be provided to patient and carers, by a special team.









1) The most common cause of Dementia?

- A. Alzheimer's disease.
- B. Vascular dementia.
- C. Lewy body dementia.
- D. Frontotemporal dementia.

2) Which of the following is a feature of <u>delirium</u> that help to differentiate it from dementia?

- A. Memory loss.
- B. Fluctuating course.
- C. Disorientation.
- D. Emotional abnormalities.

3) Acute syndrome present with Ataxia, impaired consciousness and memory impairment?

- A. Wernicke's encephalopathy.
- B. Korsakoff's syndrome.

4) A 78 Years old male admitted to the hospital complaining of Respiratory tract infection, Confusion, Disorganized thinking, Disorganization and Behavioral abnormality. What is the diagnosis?

- A. Dementia.
- B. Amnestic syndrome.
- C. Delirium.
- D. Wernicke's encephalopathy.

5)A 81 years old female present with progressive decline in memory over the past <u>3 years</u>. Misplacing items, Incontinent of urine and Visual hallucinations. What is the diagnosis?

- A. Dementia (AD).
- B. Delirium.
- C. Korsakoff's syndrome.
- D. Wernicke's encephalopathy.

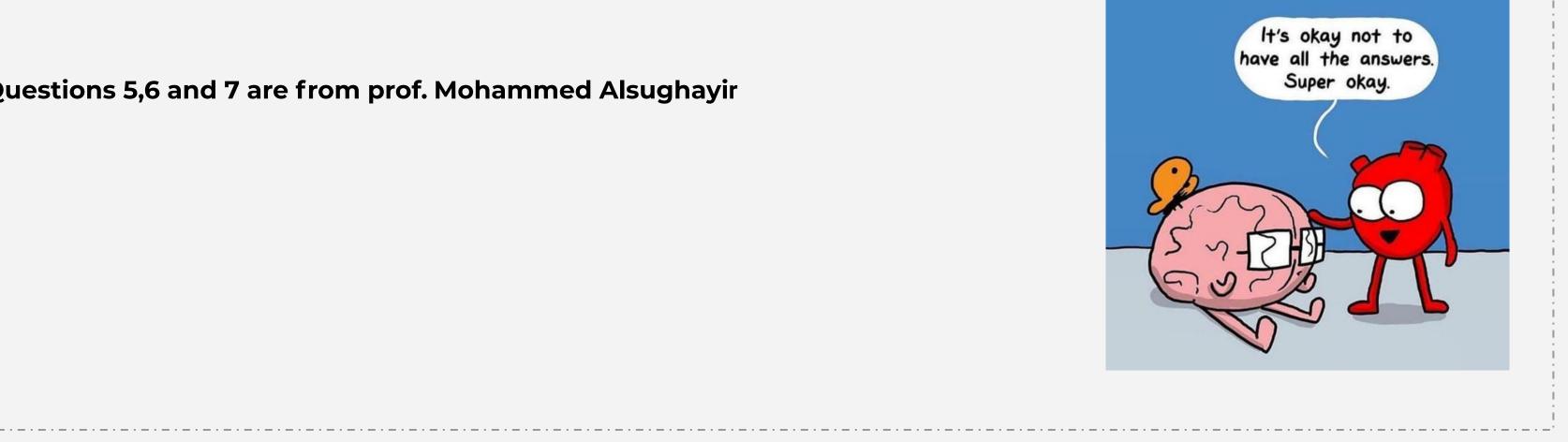
6) A 74 years old woman known case of HTN. DM. Developed dysarthria due to a transient ischemic attack. She has poor attention & memory impairment for several months. The most likely primary diagnosis?

- A. Alzheimer disease.
- B. Delirium.
- C. Vascular dementia.
- D. Amnestic syndrome.

7) A 75-year-old man admitted in the surgical ward because of prostate carcinoma, urinary retention and urinary tract infection. At night, he became hostile, irritable, drowsy and uncooperative. The most likely diagnosis:

- A. Adjustment disorder.
- B. Dementia.
- C. Acute stress disorder.
- D. Delirium.

Questions 5,6 and 7 are from prof. Mohammed Alsughayir





Good luck!

It always seems impossible until it's done.

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