Clinical Solutions for Addressing Neuro Psychiatry Patients

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Common issues for Residents

Losses: hobbies, food, work, income, identity, spouse, family, health, vigor/vitality, control, dignity, self respect

Fears of: pain, worsening health, hospitalizations, ill treatment, being weak/helpless, falls, uncertainty, death etc.

Aging brain, brain loss

Common psychiatric issues in LTC

Depression disorders
Anxiety disorders
Dementia
Psychotic disorders
Bipolar disorders
Behavioral outbursts

Note: Psychiatric medications work!
Types of Neurodegenerative Disease Course

\[ y = \ln(x) \]

\[ y = \log(x) \]

Graphs showing the functions \( y = \ln(x) \) and \( y = \log(x) \) over the range of \( x \) from 1 to 100.
What can we do?  
What has worked?

- Assemble a psychiatric team
- Psychiatric gatekeeper: screening, assess psych meds, stress level and strengths
- Grade the needed care
- Proactive regular follow up
- Aggressive treatment
- Reductions of unnecessary psychotropic meds
Psychotropic meetings!
(At least once a month)
Cost Benefit Ratio

Costs: Payments for psychiatric and psychologist providers, medications, alternative treatments, groups ($75 to $500 per month per resident)

Benefits: lower mental and physical pain, better quality of life of a patient and other residents, less investigations, less labs and imaging studies, lower psychiatric hospitalizations, lower visits to ER, lower falls, shorter stay in LTC ($tens of thousands per month per resident)