



ASSESSING ABNORMAL BEHAVIORS

CHRIS HEIMERL, MSSW

5-27-11

*Pharmacologic Supports of Brain
Activities in Persons with I/DD*

OVERVIEW

- **Contextual factors**
- **Importance of observations**
- **Choice of determining abnormal-ness**
- **Impact of labeling or naming**
- **Activities and observations**
- **Identification of where the problem lies**

CONTEXT !

- **Quality of Life**
- **Wellness**
- **Relationships**

Context...

- **Coping**
- **Symptom Management**

Observe – what do you see?

- Systematic method
- There are many ways to do this.

- Observer bias
 - Are you expecting a “problem”?
 - Avoid: **always** and **never...**
- Counter-transference

AB-normal?...

- Normal for *whom?*
 - Cultural context
 - Adaptation
 - Impairment of function
 - Dangerousness

Labels

- **What is the purpose?**
- **Is there connection with the individual?**
- **We all have human behavior.**

Typical Activities

J:	problem-solving decision making	awareness of danger care of self/setting
O:	hallucinations delusions	sense of self
M²:	short/long term forgetful	obsessive about past
A₂:	nervousness handle stress/stimulation	emotional response change leisure/recreation
C:	attention span, learning capacity/style-cues, prompts	
C:	communication-nature, content, quantity	
S:	Sleep-awake, snore/apnea eating-preferences, routines,	nightmares weight

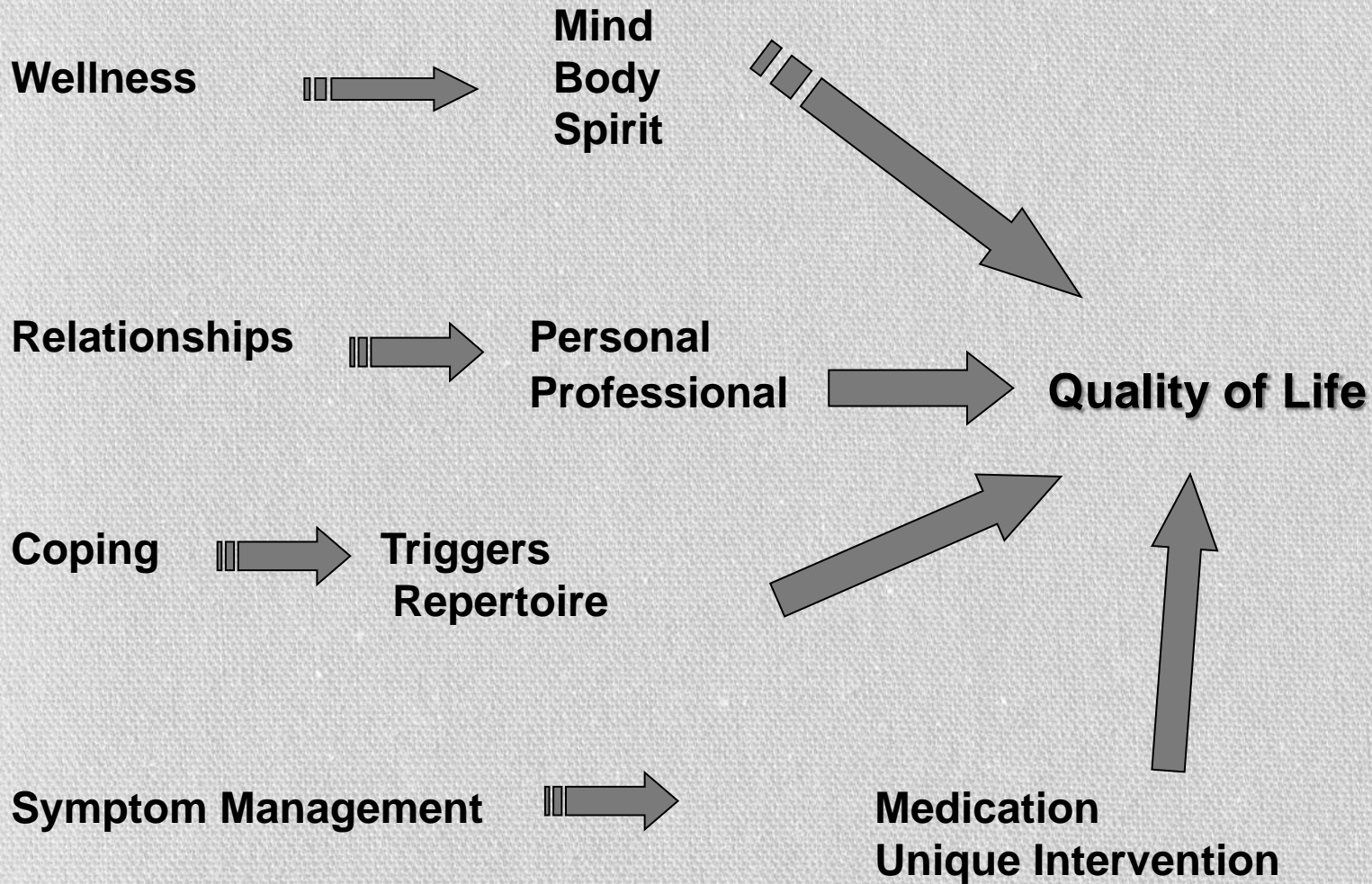
**J
O
M
M
A
A
C
C
S**

Observation

Whose problem...

- **Safety concerns**
- **Noise and disruption**
 - – standards within the current living context
- **Uncovering bias in caregivers and providers**
- **Challenging the habit of learned behavior**
 - – individual with I/DD and provider.

Mental Health Concerns



Principles of Behavioral Monitoring

- **Shared decision making**
- **Defined target symptoms**
- **Objective measurement procedures**
 - Frequency counts
 - Time samples
 - Rating scales
- **Other clinical indicators**
 - Staff responses
 - Performance information
 - Increased attention
 - Increased concentration
- **Defined outcome criteria**
- **Multi-setting data collection**

Saboteurs of Effective Monitoring

- **Monitoring is seen as a burden**
- **Crisis response and band aids**
- **Monitoring system is too complicated**
- **Data is not organized or analyzed**

Let's
explore
further...





Principles of Psychopharmacology

Alya Reeve, MD, MPH

5-27-11

**GOOD & BAD
USES OF
PRESCRIBED
MEDICATIONS**

OVERVIEW

- **Valid uses of medications**
- **Poor use of medications**
- **Link symptoms and medication**
- **Classes of psychotropic medications**
- **Side effects**
 - **Uncomfortable**
 - **Potentially lethal**

Reasonable use of meds

- Safety
- Improved functioning
- Ameliorate symptoms
- Treat a specific disorder
- Prevent decline in functioning
- Adjunctive therapy
 - Prior to specific procedures

Poor Choices to Use Meds

- **Convenience**
 - Whose definition of convenience
- **Restraint**
 - Issues of respect, choice
 - Safety documentation
- **Lack of review**
 - The need for medication should be documented
- **Adding on blindly**

General Considerations

- All medications have *intended* and unintended effects.
- Everyone reacts uniquely to medication.
- There are general responses to expect ~
 - The more medication an individual takes, the more likely interactions will occur.
 - Concurrent medical conditions will affect medication effects.

General Considerations

- **Factors affecting efficacy:**
 - **Potency,**
 - **Bioavailability,**
 - **Compliance,**
 - **Onset of action,**
 - **Duration of action.**

Physician/Professional Evaluation Steps

- **Establish and maintain safety and trust**
- **Identify reliable, available, varied sources of information**
- **Clarify purpose-presenting questions and problems**
 - **Extent of distress, discomfort**
- **Learn specific behavioral/symptom changes**
- **Direct contact and observation**
 - **rhythms of movement** -- **communication**
 - **personal space** -- **emotional expression**
 - **desire for intimacy** -- **trust and comfort**

Link Sx ↔ Meds

- Accuracy of assessment
- Determine competence
- Off-label uses of medications

Bioavailability

- Pharmacokinetics –
what the body does
with the drug.

- Absorption
- Distribution
- Metabolism
- Elimination

- Pharmacodynamics -
what the drug does
in/to the body.

- Mechanism of
action
- Individual response
- Onset
- Therapeutic vs.
toxic

Indications to Use Psychotropic Medications

Diagnostic indication	Neuroleptic (Anti-psychotic)	Anti-depressant	Mood Stabilizer	Anti-anxiety	Stimulant	Anti-Parkinson's
Primary	Psychosis, Schizoaffective Disorder, Delusional Disorder, Atypical psychosis	Depressive Disorders, Anxiety disorders	Bipolar Disorder, Depression, Schizoaffective disorder	Anxiety Disorders, (OCD, PTSD, Panic, Generalized)	Attention Disorders	Extrapyramidal effects
Other:	Conditions and symptoms...	...may not be	...FDA approved...	...but may...	...be clinically...	...warranted.

Medication Classes

- **Anxiolytic: cut through anxiety...**
 - **Benzodiazepine**
 - **Buspirone**
 - **Tricyclics**
 - **Beta-blockers**
 - **SSRI'**
 - **SNRI**

Antidepressants

- **Tricyclics** (three-ring compounds)
- **SSRI** (selective serotonin reuptake inhibitor)
- **SNRI** (serotonin norepinephrine reuptake inhibitor)
- **MAOI** (monoamine oxidase inhibitor)

Antipsychotics

- **Typical**
 - “neuroleptic”
 - Based on animal model of motor stiffness
- **Atypical**
 - ? Lower risk of involuntary movements
 - Metabolic syndrome

Mood Stabilizers

- **Lithium: the gold standard**
- **Anti-Epileptic Drugs**
 - Tegretol (carbamazepine)
 - Lamictal (lamotrigine)
 - Depakote (valproic acid)
 - Neurontin (gabapentin) – less effective
- **Calcium-channel blocker**
 - Calan (verapamil)

Sedative-Hypnotics

- **Sleep aides**
 - Restoril; Lunesta; Ambien
 - {Benzodiazepines}
 - {Trazodone}
- **Antihistamine**
 - Benadryl
 - Atarax

Pain-relief

- **Non-pharmacologic**
 - **Gabapentin**
 - **Lyrica**
 - **Ibuprofen**

Symptoms of MEDICALLY DANGEROUS Effects

- Acute Renal Failure
- Anaphylaxis
- Grand Mal Seizures (or Convulsions)
- Status epilepticus
- Neuroleptic Malignant Syndrome
- Pancreatitis
- QT Prolongation
- Rhabdomyolysis
- Serotonin Syndrome
- Thrombocytopenia

Side Effects

- **Polypharmacy**
 - **Drug-drug interactions**
 - **Masked toxicity**
 - **Enhanced or slowed metabolism**
- **Acute dystonia**
 - **Sustained; painful; interferes with function**
 - **May involve any muscle group**
 - **Tx: BZD quickly; benadryl**

Side Effects

- **Akathisia**
 - **Internal restlessness.**
 - **Acute or delayed onset (Tardive Akathisia).**
 - **May be interpreted as agitation.**
 - **Generally reversible:**
 - stop the medication,**
 - supportive measures,**
 - BZDs.**

Side Effects

- **NMS (neuroleptic malignant syndrome)**
 - **Dehydration**
 - **Confusion/delerium**
 - **Increased temperature**
 - **Muscle breakdown**
- **Potentially fatal !!!**

Side Effects

- **Tardive Dyskinesia**
 - **Slow onset**
 - **Involuntary movement; should fall asleep**
 - **Fast contraction followed by relaxation**
 - **Repeated rating scale(s)**
 - **AIMS**
 - **DISCUS**
 - **SIMAS**

Almost time for a break...

- *Questions?*
- *Comments?*

You mean
there's
more?!?!?



Cases

- **Stepwise diagnostic determination.**
- **Simply relying on “behavior” is a great way to get into trouble!**

Symptoms of MENTAL AND EMOTIONAL Effects

- Dreaming (Abnormal)
- Emotional Lability
- Excitability
- Feeling Unreal
- Forgetfulness
- Insomnia
- Irritability
- Jitteriness
- Lethargy
- Libido changes
- Panic Reaction
- Somnolence
- Thoughts and actions related to self harm
- Tremulousness
- Yawning
- Food cravings

Symptoms of MENTAL AND EMOTIONAL Effects

- Aggravated Nervousness
- Agitation
- Amnesia
- Anxiety Attack
- Apathy
- Decreased Appetite
- Increased Appetite
- Auditory Hallucination
- Bruxism
- Carbohydrate Craving
- Concentration Impaired
- Confusion
- Crying (abnormal)
- Depersonalization
- Depressive mood
- Disorientation

Symptoms of CARDIOVASCULAR Effects

- **Palpitation**
- **Hypertension**
- **Bradycardia**
- **Tachycardia**
- **ECG Abnormal Flushing**
- **Varicose Veins**

Symptoms of GASTROINTESTINAL Effects

- Abdominal Cramp/Pain
- Belching
- Bloating
- Constipation.
- Diarrhea
- Dyspepsia/Indigestion
- Flatulence
- Gagging
- Gastritis
- Gastroenteritis
- Gastrointestinal Hemorrhage
- Gastro Esophageal Reflux - GERD
- Heartburn
- Hemorrhoids
- Increased Stool Frequency
- Indigestion
- Nausea
- Swallowing Difficulty
- Vomiting

Symptoms of Eyes, Ears, and Mouth Effects

- **Conjunctivitis**
- **Dry Eyes**
- **Abnormal Vision**
- **Blurred Vision**
- **Eye Irritation**
- **Pupils Dilated**
- **Toothache**
- **Bruxism**
- **Taste Alteration**
 - **Metallic taste**
- **Tinnitus**
- **Earache**

Symptoms of SKIN Effects

- Acne
- Alopecia
- Angioedema
- Dermatitis
- Dry Lips
- Dry Skin
- Folliculitis
- Furunculosis
- Pruritus
- Rash
- Epidermal Necrolysis

Symptoms of GENERAL BODY Effects

- Dry Mouth
- Sweating Increased
- Allergy
- Asthenia
- Chest Pains
- Chills
- Edema of Extremities
- Falls
- Fatigue
- Fever
- Hot Flashes
- Influenza (Flu)-like Symptoms
- Leg Pain
- Malaise
- Pain in Limb
- Syncope
- Tightness of Chest

Symptoms of UROGENITAL Effects

- **Blood in Urine**
(hematuria)
- **Pain on urination**
(dysuria)
- **Urinary Frequency**
- **Urinary Tract Infection**
- **Urinary Urgency**
- **Anorgasmia**
(male and female)
- **Ejaculation Disorder**
- **Menstrual Disorder**
- **Kidney Stone**
(nephrolithiasis)

Symptoms of UROGENITAL Effects (Women)

- **Menorrhagia**
- **Menstrual Cramps**
- **Menstrual Disorder**
- **Pelvic Inflammation**
- **Premenstrual Syndrome**
- **Spotting Between Menses**
- **Pregnancy**

Symptoms of RESPIRATORY SYSTEM Effects

- **Asthma**
- **Shortness of breath**
- **Coughing**
- **Laryngitis**
- **Nasal Congestion**
- **Rhinitis**
- **Sinus Congestion**
- **Sinus Headache**

Symptoms of NERVOUS SYSTEM Effects

- **Coordination Abnormal**
- **Dizziness**
- **Vertigo**
- **Disequilibrium**
- **Headache**
- **Migraine**
- **Paresthesia**
- **Sluggishness**
- **Involuntary muscle Contractions**
- **Increased muscular tone**
- **Restlessness**
- **Tics**
- **Tremor/shaking**
- **Twitching**

Symptoms of HEMATOPOEITIC Effects

- **Anemia (RBCs)**
- **Granulocytopenia (WBCs)**
- **Thrombocytopenia (platelets)**
- **Bruises**
- **Nosebleeds**

Symptoms of METABOLIC & NUTRITIONAL Effects

- Arthralgia
- Arthropathy
- Arthritis
- Back Discomfort
- Gout
- Hepatic Enzymes Increased
- Bilirubin Increased
- Hypercholesterolemia
- Increased Weight
- Decreased Weight
- Muscle Cramp
- Muscle Stiffness
- Muscle Weakness
- Myalgia (ache)
- Thirst
- Thyroid changes
- Hyperglycemia

Symptoms of SKELETAL Effects

- **Torticollis**
- **Osteopenia**
- **Dystonia**
- **Jaw pain**
- **Jaw stiffness**
- **Joint stiffness**



INTEGRATION OF MEDICATIONS, BEHAVIOR, AND ENVIRONMENT(S)

Integration

- **Holistic**
 - *Whole person; whole environment*
- **Multiple etiologies in same person**
 - *Agitation: medication, worry, vulnerability, shortness of breath, dementia (some examples)*
- **Emotional triggers**
 - *Anxiety; anticipation*

Information Before Health Consult

- **Personal information**
- **Reason for seeking consultation**
 - - presenting problem(s)
- **Concise history**
 - **social**
 - **family**
- **Medical status**
 - - diagnostic history
- **Medication history and response**
- **Behavior, symptom baselines**
 - - *data based!*

Questions During Health Consult

- ✓ Are target signs and symptoms consistent with diagnosis?
- ✓ What is the rationale for selected medication/treatment intervention?
- ✓ What are the expected benefits?
- ✓ What are the potential consequences -with and without use of this treatment?
- ✓ When should the effect of the medication/treatment intervention become apparent?
- ✓ Does the physician suggest complementary support/treatment?
- ✓ How often does the physician want updates or to see person?

Obstacles to Effective Treatment

- **Intellectual ability and self reporting**
- **Baseline exaggeration**
- **Paradoxical changes**
- **Complex, multi-determinate nature of behavior**
- **Physician attitudes and assumptions**

The Four Questions +

Michael Smull

- What have we tried?
- What have we learned?
- What are we pleased with?
- What are we concerned with?

The *fifth* question and its questions:

- Now what?
 - -what will we continue to do?
 - -what will we do less of or stop doing?
 - -what will we begin or return to doing?

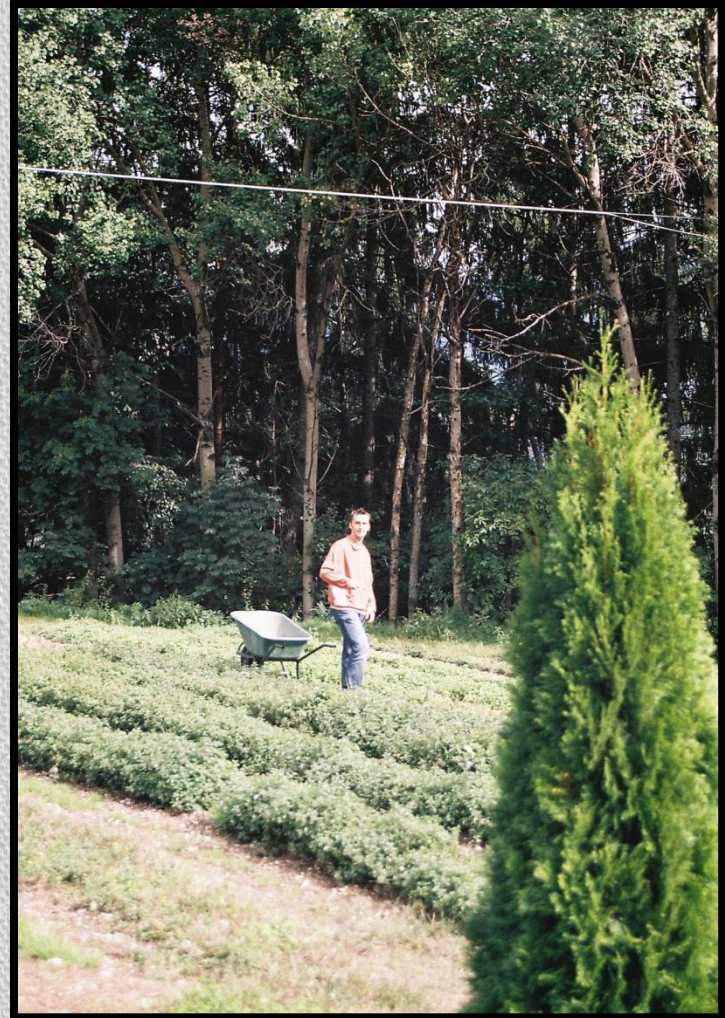
Differentiating *Mental* Illness from *Behavioral* Issues

- Medications and psychotherapy (attentive intention) change brain physiology and neuronal patterns
- All mind-brain experiences are expressed through behavior and communication

Overall: Strive for BEST Outcomes

- Is quality of life
 - Improved?
 - Sustained?
- Are there other “things” that could be done?
 - Activities
 - Attitudes
 - Opportunities

“...it takes a community”



*Thank you for
your
attention
and
participation*



Evaluations

- *Please fill out your evaluations ...
for CEUs and to provide feedback*