AUA EFC Half-day Telehealth Videoconference Sessions

These sessions are intended to assist sites to orient new team members to Appropriate use of Antipsychotics (AUA) and Elder Friendly Care (EFC) processes and tools.

The videoconference format includes: presentation, action planning (optional), questions and discussion.

AUA 101

This session introduces the Appropriate Use of Antipsychotics project and resources:

- When are antipsychotics helpful, and when are they inappropriate?
- What side-effects and risks should you be aware of?
- What are the alternatives, and how can your facility shift from inappropriate to more appropriate use of antipsychotics?

AUA/EFC: Supporting Sleep in Dementia

This session will describe effective non-pharmacologic strategies to enhance sleep, mood and quality of life. Persons with dementia often sleep poorly, but antipsychotics and sleeping pills are not an effective long term solution – in fact, they worsen sleep by interfering with the REM stage and causing day time sedation.

AUA/EFC: Prevention of Delirium in Dementia

Those with dementia are at increased risk of delirium, but it's challenging to detect delirium in people who are already confused and sleep poorly. This session will help care teams:

- Understand common causes of delirium
- Prevent and treat delirium more effectively
- Know when antipsychotics are appropriate/inappropriate for psychosis in delirium

AUA/EFC: Restraints as a Last Resort

This session will identify alternatives to restraint use. Agitation, fall prevention, and prevention of injury are often given as reasons for the use of restraints despite clear evidence that restraint use increases risk of harm. Some of the most serious risks of restraints include delirium, falls, physical and psychological trauma. Restraints include:

- Pharmacologic
- Physical holding
- Mechanical (e.g. lap belts the patient cannot undo)
- Environmental

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Handouts / Videoconference Materials:

24-36 hours prior to the Videoconference we will be sending out documents for you to view &/or print. To ensure you receive these documents, please complete the registration process. If you have registered for a group, please make sure each participant has access to the documents.

To register:

1. Visit https://vcscheduler.ca/ahs
2. Choose Calendar of Upcoming Videoconferences, enter AUA into search field
3. Click on link for registration (registration closes 24 hours prior to the videoconference)
4. Enter name and email
5. Choose 1 of 3 options:
    1. Pick an existing room. You may register more than 1 person.
    2. Scroll to bottom of page and click "add a site to this conference" – find your zone, town and room closest to your location and **register as a participant** at this site.
    3. If you are unable to find a room or if you prefer to call in, select audio line