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치매환자 BPSD를 위한 비약물치료

단국대학교병원 정신건강의학과

작업치료사 박순영



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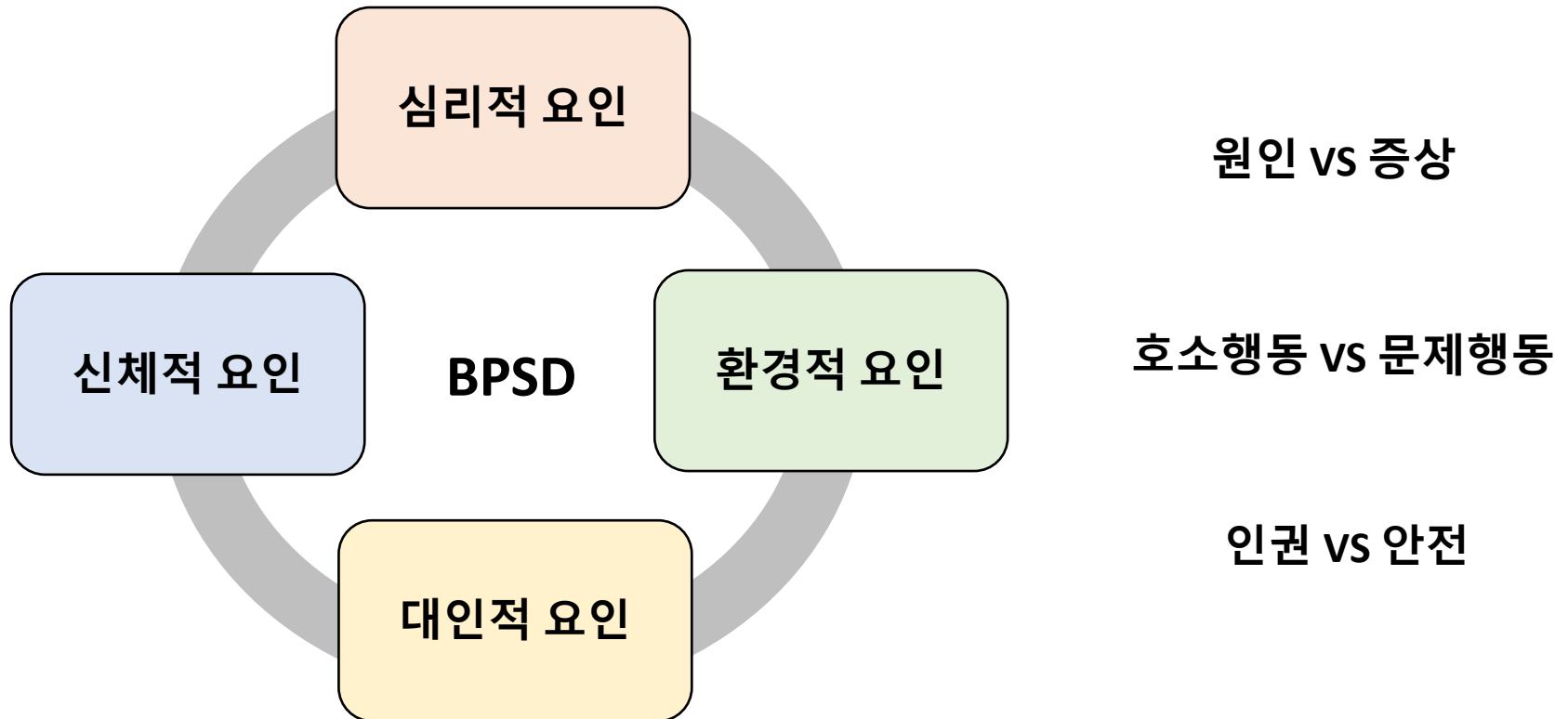
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01 BPSD 비약물치료

- (1) BPSD 비약물치료의 중요성
- (2) BPSD 비약물치료의 접근방법
- (3) BPSD 비약물치료의 분류

(1) BPSD 비약물치료의 중요성



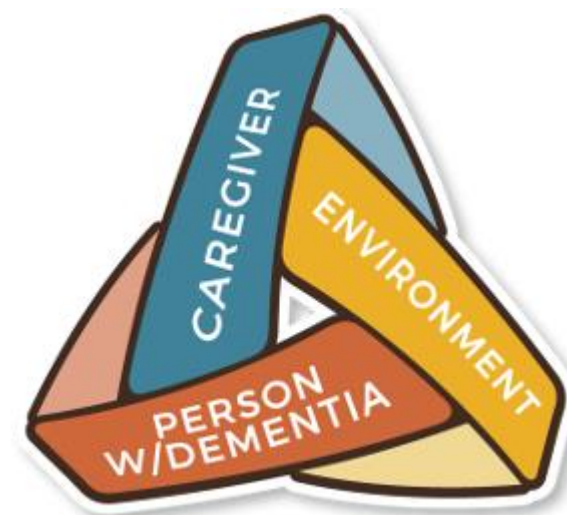
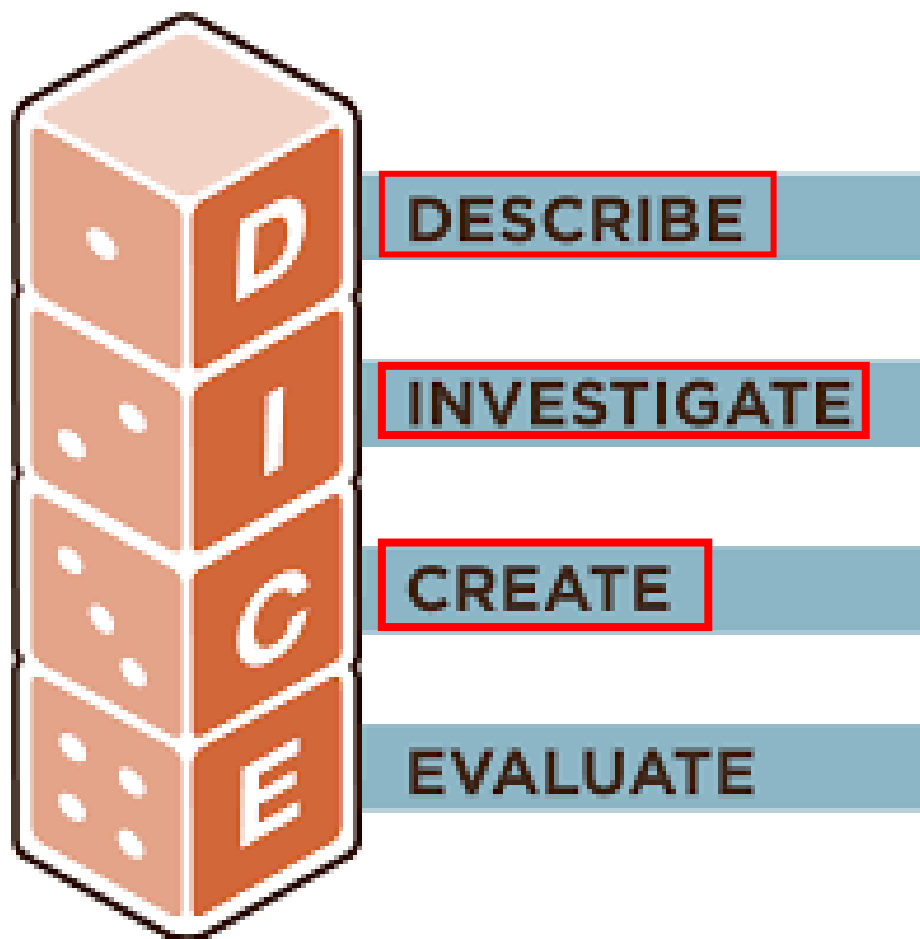
"Recommend non-pharmacologic strategies as the preferred first line treatment approach(except where there is imminent danger or safety concerns)."
(NICE, 2006; Kales, 2015).

(1) BPSD 비약물치료의 중요성



Occupational therapy role
 “Addressing BPSD using non-pharmacological approaches.”

(2) BPSD 비약물치료의 접근방법



Joyce Fraker, MS, et al. *The Role of the Occupational Therapist in the Management of Neuropsychiatric Symptoms of Dementia in Clinical Settings*. 2014. *Occup Ther Health Care*. 2014 Jan; 28(1): 4–20.



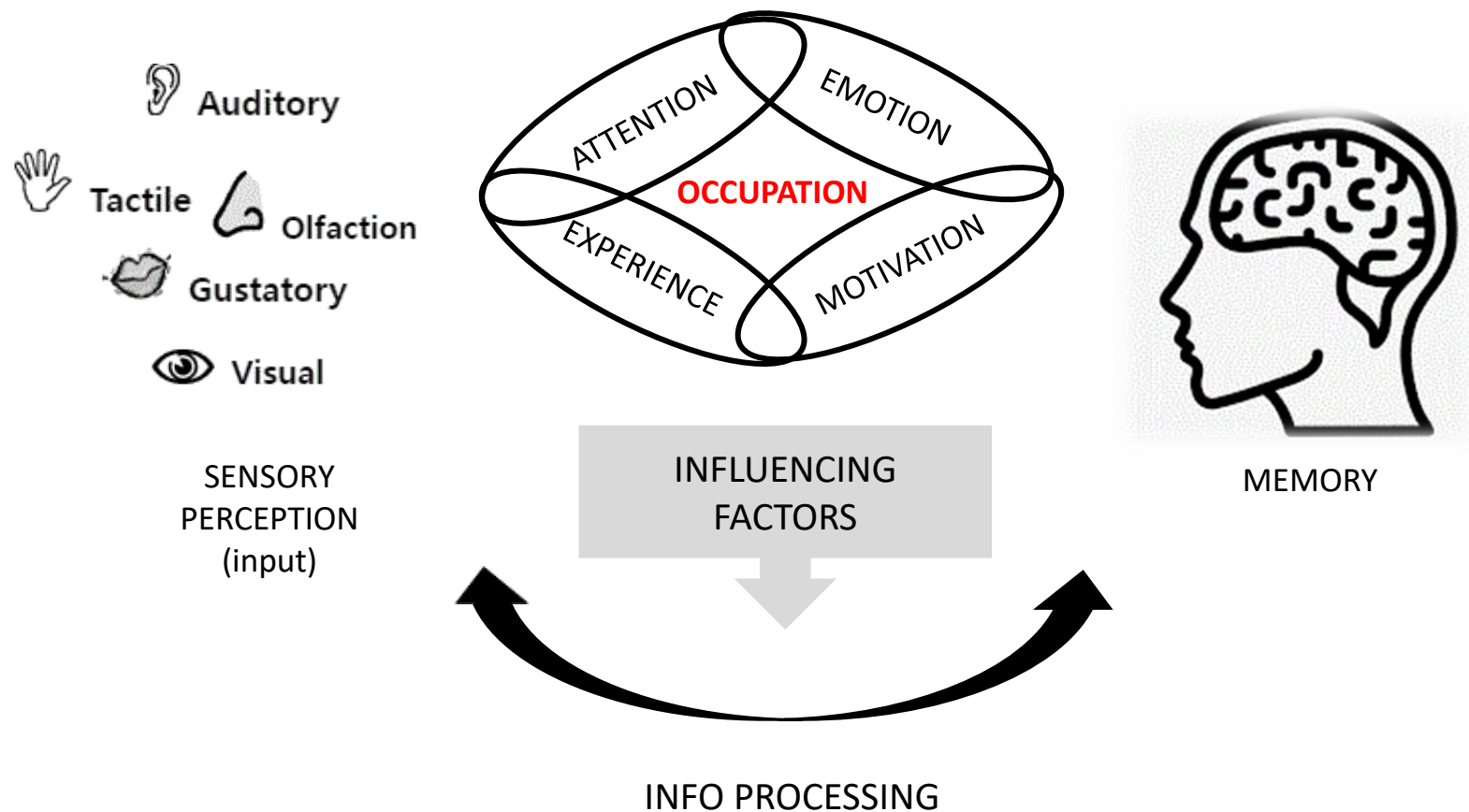
(3) BPSD 비약물치료의 분류

- Linda Clare
 - : Cognitive rehabilitation, Cognitive stimulation, Cognitive training
- The American Occupational Therapy Association
 - : Interventions that address occupations, Environment based interventions, Interventions that address caregiver strategies
- Cohen Mansfield
 - : Sensory intervention, Social contact, Behavior therapy, Staff training, Activities, Environmental intervention...
- American Psychiatric Association
 - : Sensory Stimulation Approaches, Cognitive/Emotion Oriented Approaches, Behavioural-Oriented Approaches

02 감각자극 치료

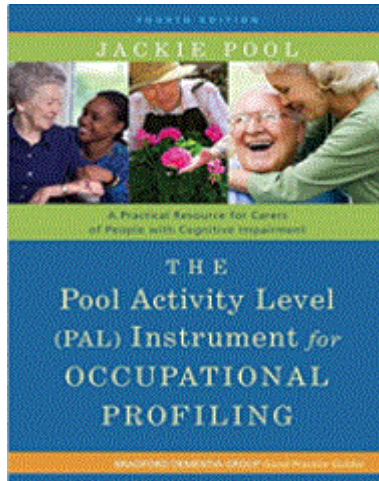
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- (4) 사례로 이해하는 감각자극 치료

(1) 치매환자와 감각

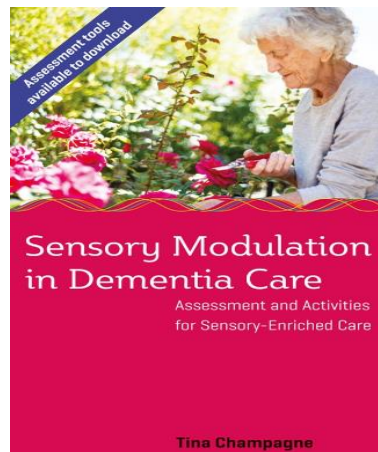


(2) 작업치료에서 BPSD 감각자극

- Pool Activity Level
- Unimodal Sensory Intervention : Music, Aroma, Light
- Multisensory Intervention : Snozelen
- Sensory Modulation Program



- Recommended in the National Clinical Guideline for Dementia(NICE2006)
- PAL Activity Profile for Multisensory Environments
- Planning and Implementing Sensory Intervention
- Sensory Activity Pack

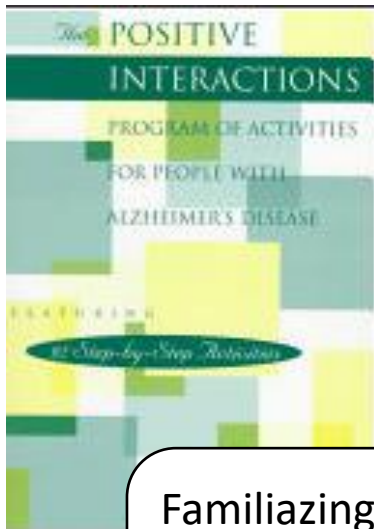


4. Sensory Based Modalities
: Light Therapy, Music Therapy,
Aroma Therapy, Snozelen

5. Sensory Diet
: participation in roles,
routines, and activities

(2) 작업치료에서 BPSD 증

- Pool Activity Level
- Unimodal Sensory Intervention
- Multisensory Intervention : S
- Sensory Modulation Program
- Positive Interaction Program



Familiating
Naming
Demonstrating
Encouraging and Rewarding

Sensory Activities

Color Matching (CDR Stages 1 and 2).....
 Colored Cubes—Creating Patterns (CDR Stages 1 and 2).....
 Colored Cubes with Patterns (CDR Stages 1 and 2).....
 Comparing Different Balls (CDR Stages 1, 2, and 3).....
 Connect the Dots (CDR Stages 1 and 2).....
 Familiar Sounds (CDR Stages 1 and 2).....
 Family Photographs/Videotapes (CDR Stages 1, 2, and 3).....
 Find the Incorrect Shape (CDR Stages 1 and 2).....
 Finding Objects in Sand (CDR Stages 1 and 2).....
 Finger Paints in a Plastic Bag (CDR Stages 1 and 2).....
 Flavor Identification (CDR Stages 1, 2, and 3).....
 Fruits and Vegetables (CDR Stages 1 and 2).....
 Hand-Cut Puzzles (CDR Stages 1 and 2).....
 Hand-Eye Integration with Markers (CDR Stages 1, 2, and 3).....
 Hand-Eye Integration with Scissors (CDR Stages 1 and 2).....
 Height Discrimination (CDR Stages 1 and 2).....
 Identifying Objects by Touch (CDR Stages 1 and 2).....
 Identifying a Scent (CDR Stages 1 and 2).....
 Latching/Unlatching Locks (CDR Stages 1, 2, and 3).....
 Listening to Music (CDR Stages 1, 2, and 3).....
 Lotion and Massage (CDR Stages 1, 2, and 3).....
 Matching Foods and Ingredients (CDR Stages 1 and 2).....
 Matching Jars and Lids (CDR Stages 1, 2, and 3).....
 Matching Object to Outline (CDR Stages 1 and 2).....
 Matching Related Objects (CDR Stages 1 and 2).....
 Measurement—Rice and Jars (CDR Stages 1 and 2).....
 Modeling Clay (CDR Stages 1, 2, and 3).....
 Number Matching 1 (CDR Stages 1 and 2).....
 Number Matching 2 (CDR Stages 1 and 2).....
 Number Matching 3 (CDR Stages 1 and 2).....
 Nuts and Bolts (CDR Stages 1 and 2).....
 Object Matching (CDR Stages 1 and 2).....
 Outlining Shapes (CDR Stages 1, 2, and 3).....
 Pattern Matching (CDR Stages 1 and 2).....
 Peg Board (CDR Stages 1, 2, and 3).....
 Petting Animals (CDR Stages 1, 2, and 3).....
 Replicating Sounds (CDR Stages 1, 2, and 3).....
 Shape Determination (CDR Stages 1 and 2).....
 Size Discrimination 1 (CDR Stages 1 and 2).....
 Size Discrimination 2 (CDR Stages 1 and 2).....
 ✓ Sound Discrimination (CDR Stages 1 and 2).....
 ✓ Tea Aromas (CDR Stages 1 and 2).....
 ✓ Tea Tasting (CDR Stages 1, 2, and 3).....
 ✓ Texture Matching (CDR Stages 1, 2, and 3).....
 Topical Pictures (CDR Stages 1, 2, and 3).....
 Zippers, Buttons, and Velcro (CDR Stages 1, 2, and 3).....

(2) 작업치료에서 BPSD 감각자극

- Adolescent/Adult Sensory Profile
- Adult/Adolescent Sensory History
- The Sensory Processing Caregiver Checklist

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AOTA(2017). *Occupational therapy practice guidelines for alzheimer's disease*
Tina Champagne(2018). *Sensory modulation in dementia care*



(2) 작업치료에서 BPSD 감각자극

• Adult Sensory Profile

항목	맛/냄새	전 혀	가 끔	중 중	자 주	항 상
1	상점에서 강한 냄새가 나는 경우, 다른 장소로 이동한다. (예: 양초 냄새, 향수, 비누냄새)					
∞ 2	음식에 향신료(박하, 참기름 등)를 첨가한다.					
— 3	다른 사람들은 냄새가 난다고 하는데 나는 냄새가 나지 않는다.					
∞ 4	향수나 화장수를 뿌린 사람 곁에 가까이 가기를 좋아한다.					
5	나는 항상 익숙한 음식을 먹는다.					
— 6	나는 기호에 맞는 음식들이 많이 있다. (기호가 단순하거나 특별히 선호하는 것이 없다.)					
◎ 7	나는 박하나 강한 맛이 나는 사탕을 좋아하지 않는다. (예: 자극적이거나, 계피 향, 신 맛이 나는 사탕)					
∞ 8	꽃을 보았을 때 향기를 맡기 위해 곁으로 간다.					

결과해석기준

	대부분의 사람들 보다 매우 덜함 (-1SD)	대부분의 사람들 보다 덜함 (-2SD)	일반인과 비슷함 (평균)	대부분의 사람들 보다 많음 (+1SD)	대부분의 사람들 보다 매우 많음 (+2SD)
동록저하	15~17	18~19	20~30	31~42	43~75
감각찾기	15~26	27~32	33~49	50~59	60~75
감각민감	15~19	20~23	24~39	40~49	50~75
감각회피	15~18	19~22	23~38	39~51	52~75

(2) 작업치료에서 BPSD 감각자극

- Adult Sensory Profile
- Adult Sensory History

ADULT SENSORY HISTORY

(1) 촉각

- 특별히 싫어하고 피하는 옷의 종류가 있습니까?
- 어떤 옷을 주로 있습니까? (재질, 옷 길이, 모양, 치수 등)
- 속옷을 입을 때는 어떻습니까? (브래지어, 슬립 등의 치수 등)
- 옷을 관리하는 데 있어서 특별한 행동을 합니까? (상표 떼기, 새옷 빨아서 입기 등)
- 이불에 관련된 특이 사항이 있습니까?
- 양말에 관련된 특이 사항이 있습니까?
- 신발에 관련된 특이 사항이 있습니까? (재질, 길이, 모양, 치수 등)
- 목욕에 관련된 특이 사항이 있습니까? (욕조 목욕 / 샤워, 비누 또는 샤워 용품의 사용 등)
- 세수 / 손 씻는 것과 관련된 특이 사항이 있습니까?
- 머리를 만질 때 어떻습니까? (머리감기, 머리빗기, 머리카락 자르기, 파마, 모자쓰기 등)
- 면도할 때 어떻습니까?
- 생리대(기저귀) 사용과 관련된 특이 사항이 있습니까? (종류, 교체 횟수, 움직임 등)
- 로션을 바를 때나 화장과 관련된 특이 사항이 있습니까?
- 악세서리를 착용합니까?
- 부부사이의 성생활은 원만합니까?
- 신체를 접촉하는 애정 표현을 잘 하는 편입니까?
- 잠 들 때 누군가 옆에 있으면 어떻습니까?
- 음식 재료를 만질 때 어떻습니까?
- 고무장갑 사용과 관련된 특이 사항이 있습니까?
- 많은 사람이 모이는 장소에 가면 어떻습니까? (백화점, 수영장, 극장 등)

(2) 작업치료에서 BPSD 감각자극

- Adult Sensory Profile
- Adult Sensory History
- The Sensory Processing Caregiver Checklist

Sensory systems	High neurological threshold: (under-responsive or hypo-sensitive)	Low neurological threshold: (over-responsive or hyper-sensitive)	Sensory discrimination	Self-stimulatory or self-injurious behaviors
Movement (proprioception and vestibular)	<input type="checkbox"/> Prefers to be busy <input type="checkbox"/> Prefers to be moving/being active <input type="checkbox"/> Walks/paces a lot <input type="checkbox"/> Tends to rock self <input type="checkbox"/> Tends to chew on things <input type="checkbox"/> Clenches things <input type="checkbox"/> Bumps into things/clumsy <input type="checkbox"/> Fidgets a lot <input type="checkbox"/> Does not get dizzy easily <input type="checkbox"/> Likes to dance or sway <input type="checkbox"/> Tends to invade others' space <input type="checkbox"/> Tends to use too much force with movements	<input type="checkbox"/> Tenses body when moved <input type="checkbox"/> Becomes fearful or upset when moved <input type="checkbox"/> Prefers being sedentary <input type="checkbox"/> Does not like to be transferred <input type="checkbox"/> Holds on really tight to people or to railings when walking or during transfers <input type="checkbox"/> Gets dizzy or nauseous easily when moving or during car rides <input type="checkbox"/> Fatigues easily <input type="checkbox"/> Isolates <input type="checkbox"/> Dislikes movement or exercise groups	<input type="checkbox"/> Clumsy/bumps into things a lot <input type="checkbox"/> Requires postural support when seated <input type="checkbox"/> Requires postural support during transfers <input type="checkbox"/> Hesitates when going down stairs or through doorways <input type="checkbox"/> Gets dizzy or nauseous easily when moving or during car rides <input type="checkbox"/> Difficulty knowing how much force to use during movements <input type="checkbox"/> Difficulty coordinating movements <input type="checkbox"/> Difficulty getting in and out of chairs, the bed, or shower	<input type="checkbox"/> Head banging <input type="checkbox"/> Hitting self <input type="checkbox"/> Punching self <input type="checkbox"/> Punching objects <input type="checkbox"/> Forcefully grabs self or others <input type="checkbox"/> Wringing skin <input type="checkbox"/> Digging nails into self/others <input type="checkbox"/> Throwing self out of chair or bed <input type="checkbox"/> Isolating
Tactile	<input type="checkbox"/> Craves touch <input type="checkbox"/> Likes hugs <input type="checkbox"/> Is not bothered by being in close proximity to others <input type="checkbox"/> Tends to pick up or touch things <input type="checkbox"/> Does not mind getting hands messy during activities <input type="checkbox"/> Does not mind grooming tasks <input type="checkbox"/> Clingy behaviors <input type="checkbox"/> Sometimes does not notice when touched <input type="checkbox"/> Is not picky about the feeling of their clothing <input type="checkbox"/> Higher pain tolerance	<input type="checkbox"/> Is bothered easily by being touched <input type="checkbox"/> Rubs skin after touched <input type="checkbox"/> Resists grooming (hair, shaving, tooth brushing, nail trimming) <input type="checkbox"/> Does not like bathing or showering <input type="checkbox"/> Does not like getting dressed/undressed <input type="checkbox"/> Is bothered by getting hands, face, or other parts of the body messy <input type="checkbox"/> Seems calmer when seated away from the proximity of others <input type="checkbox"/> Bothered by tags or seams in clothing or by certain fabrics	<input type="checkbox"/> Finds it difficult or is slow to recognize the temperature of bath/shower water <input type="checkbox"/> Seems to have a high pain tolerance <input type="checkbox"/> Does not notice when touched unless can see or hear the person touching them <input type="checkbox"/> Finds it difficult or is slow to recognize textures of fabric, food, art/craft supplies, or tactile qualities of other items	<input type="checkbox"/> Rubs or hits self after being touched <input type="checkbox"/> Pinches self <input type="checkbox"/> Scratches self <input type="checkbox"/> Rubs skin to degree of harming self <input type="checkbox"/> Picks at skin or other parts of the body

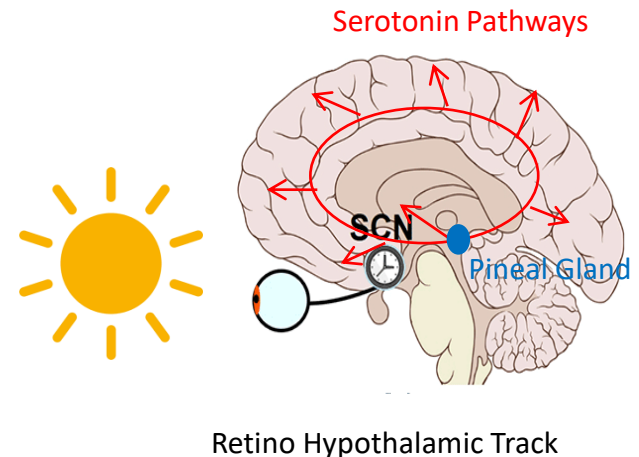
(3) 감각자극 치료

1 광치료(Light therapy)

- Sleep, Sundowning, Night-time wandering, Depression, Agitation
- Light Box를 이용해 5,000~10,000Lux의 빛에 노출
- 두통, 눈 피로감, 오심, 어지럼증 → 치료 진행됨에 따라 자연적으로 소실됨



+ Meaningful activity



“빛은 자연주의적 관점에서 에너지의 원천이며
생명을 부여하는 존재이다.”

- Occupational Therapist's guide to Sleep Problems 中

(3) 감각자극 치료

2 음악치료(Music therapy)

- 규칙적인 시간 또는 활동프로그램, 식사, 목욕시간 등 음악을 활용
- percussion instruments → Anxiety(Sung 2012)
- Apathy, Agitation(Livingston et al., 2005)
- well known song → Agitation(Lin et al., 2011)
- 의미있는 활동? 의미있는 노래? 청각자극 민감도



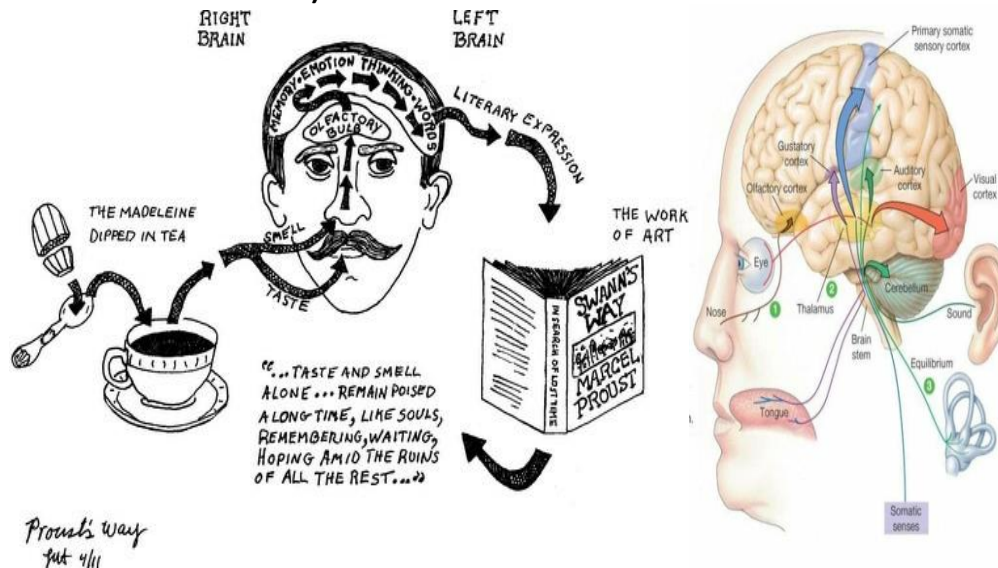
"인간이 박자를 맞추려는 욕망은,
자궁 속에서 엄마의 심장소리를 들을 때부터 평생 이어진다."
- 그 노래를 기억하세요? 中



(3) 감각자극 치료

3 향기치료(Aromatherapy)

- 흡입, 마사지, 피부도포, 목욕 등을 통해 향기를 제공
- Essential oil 사용 시 피부염, 알레르기 반응 확인
- Agitation (Ballard et al 2002, Thorgrimsen et al 2003, Kong et al 2009, Forrester et al 2014)



BPSD
Episodic
Memory
Time
Orientation



“과거와 관련된 향기 만큼, 완벽하게 과거를 되살리는 것은 없다.”

- Vladimír Nabokov

(3) 감각자극 치료

4 스노젤렌(Snozelen)

- 특수한 방에서 다양한 감각자극 경험
- Agression(VanWeert et al, 2005)
- PAL Activity Profile for Multisensory Environments (Snozelen)

Planned activity level
Exploratory activity level
Sensory activity level
Reflex activity level



Likely abilities
Likely limitations
Caregiver's role
Position of objects
Verbal directions
.
.



"환경은 관심있는 활동을 주고,
인간이 자신만의 경험을 하도록 초대하는 동기가 풍부해야 한다"

- Maria Montessori

경북도립노인전문요양병원 스노젤렌실



(3) 감각자극 치료

4 스노젤렌(Snozelen)



"환경은 관심있는 활동을 주고,
인간이 자신만의 경험을 하도록 초대하는 동기가 풍부해야 한다"
- Maria Montessori



(4) 사례로 이해하는 감각자극 치료



감사합니다.

