

Aromatherapy and Mood Related Cognitive Behavioral Treatment

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【要旨】

The elderly medical resource and caring become one of the most crucial topics in Taiwan while entering the aging society. Especially a high rate of population who has Dementia, it is already the main issue throughout the country. Except for the symptoms of changing of cognition and the function of memory, the most common disorder is Behavioral and Psychological Symptoms of Dementia (BPSD), which cause major problem and burden towards the carers. Most of the usual phenomenon of BPSD includes depression, anxiety, delusions, and hallucinations. Those are not only affect mood of the carers, but also increase their burden. We can reduce the loss from the patients' negative impacts to the minimum by understanding the symptoms and treatments of BPSD. The most common emotional disorders for the elderly who doesn't have Dementia are depression, psychoneurosis, and Post-traumatic stress disorder (PTSD). How to create an environment which makes elderly healthy physically and mentally? We help people to be familiar with the elderly's emotional disorder and treatment by sharing today's lessons.