Translating Real-world Practice Patterns into Improved Care for Agitation Associated with Dementia Due to Alzheimer's Disease (AADAD): Results from a Multimodal, Multidisciplinary Educational Initiative

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Introduction: AADAD is one of the most distressing and complex neuropsychiatric symptoms of Alzheimer's disease, contributing to functional decline, institutionalization, and caregiver burden. Despite new treatment options, many clinicians remain uncertain about the best practices for managing AADAD. We evaluated the impact of a multimodal educational initiative on clinician knowledge and competence related to the recognition and management of AADAD.

METHODOLOGY

EDUCATIONAL PROGRAM AND EVALUATION DETAILS

Interventions:

The initiative comprised three sequential components:

1. a national practice-pattern survey of clinicians to identify barriers in AADAD care;

2. a multidisciplinary roundtable of experts, including specialists in neurology, psychiatry, nursing, occupational and recreational therapy, and social work, as well as caregivers; and

3. a four-module CME curriculum. CME modules focused on early identification, AADAD pathophysiology, novel therapeutics, and team-based care. To extend educational reach, micro-learning segments, each tied to a learning objective, were disseminated to NPI-verified neurologists via LinkedIn.

Data Collected:

A survey-based approach measured the impact of the CME as aligned with stated learning objectives via pre- and post-activity knowledge/competence questions developed in accordance with National Board of Medical Examiner guidelines,[1] as well as a post-activity evaluation (inclusive of intended practice changes: open-ended). Statistical tests of significance were applied to comparisons of individual questions (pre- vs post-activity).

Reference:

[1]NBME Item-Writing Guide. Constructing written test questions for the health sciences. Nov 2020. www.nbme.org/item-writing-guide.

FACULTY

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PARTICIPANT DEMOGRAPHICS

CLINICIAN EDUCATION

Participants

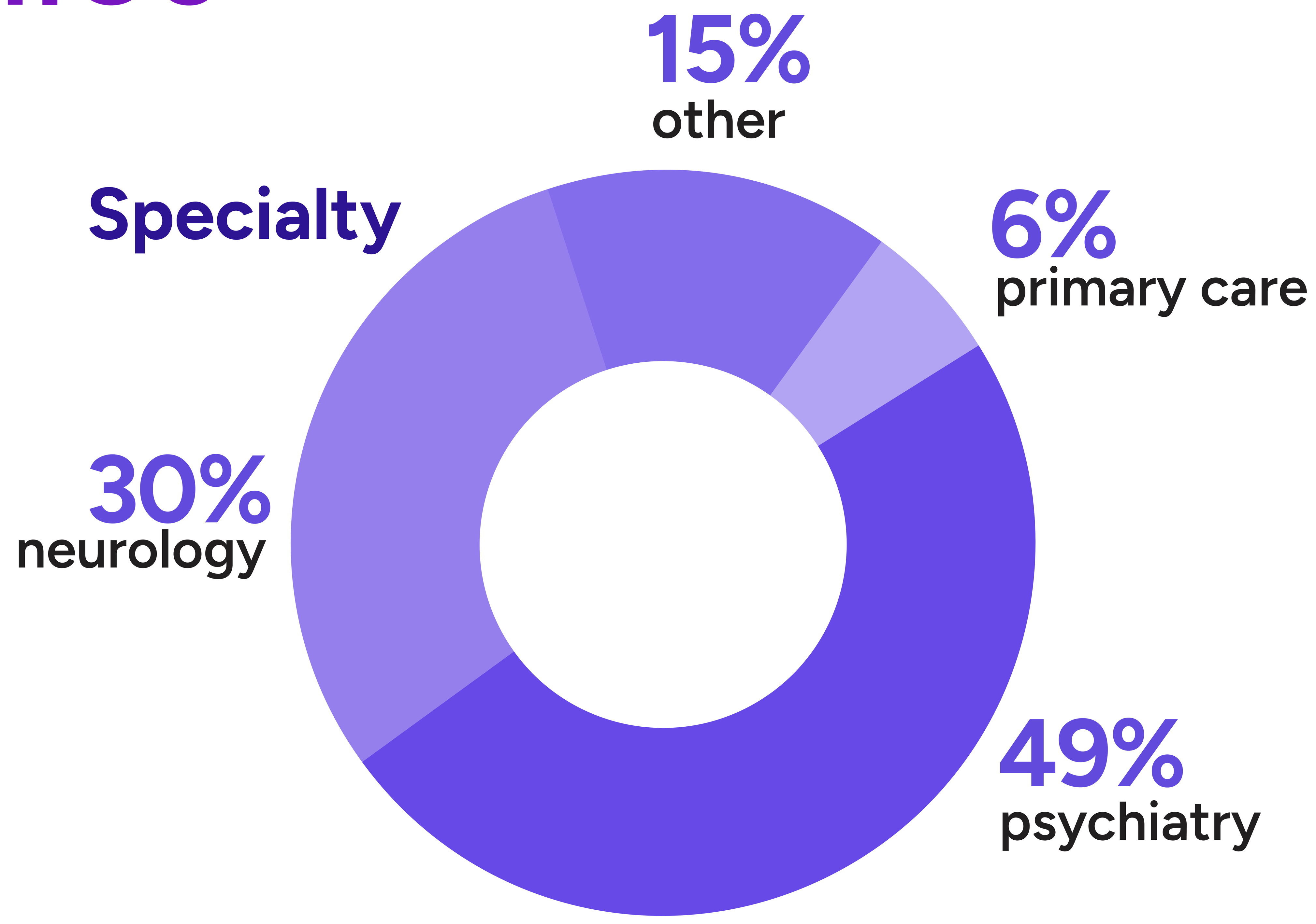
7,585

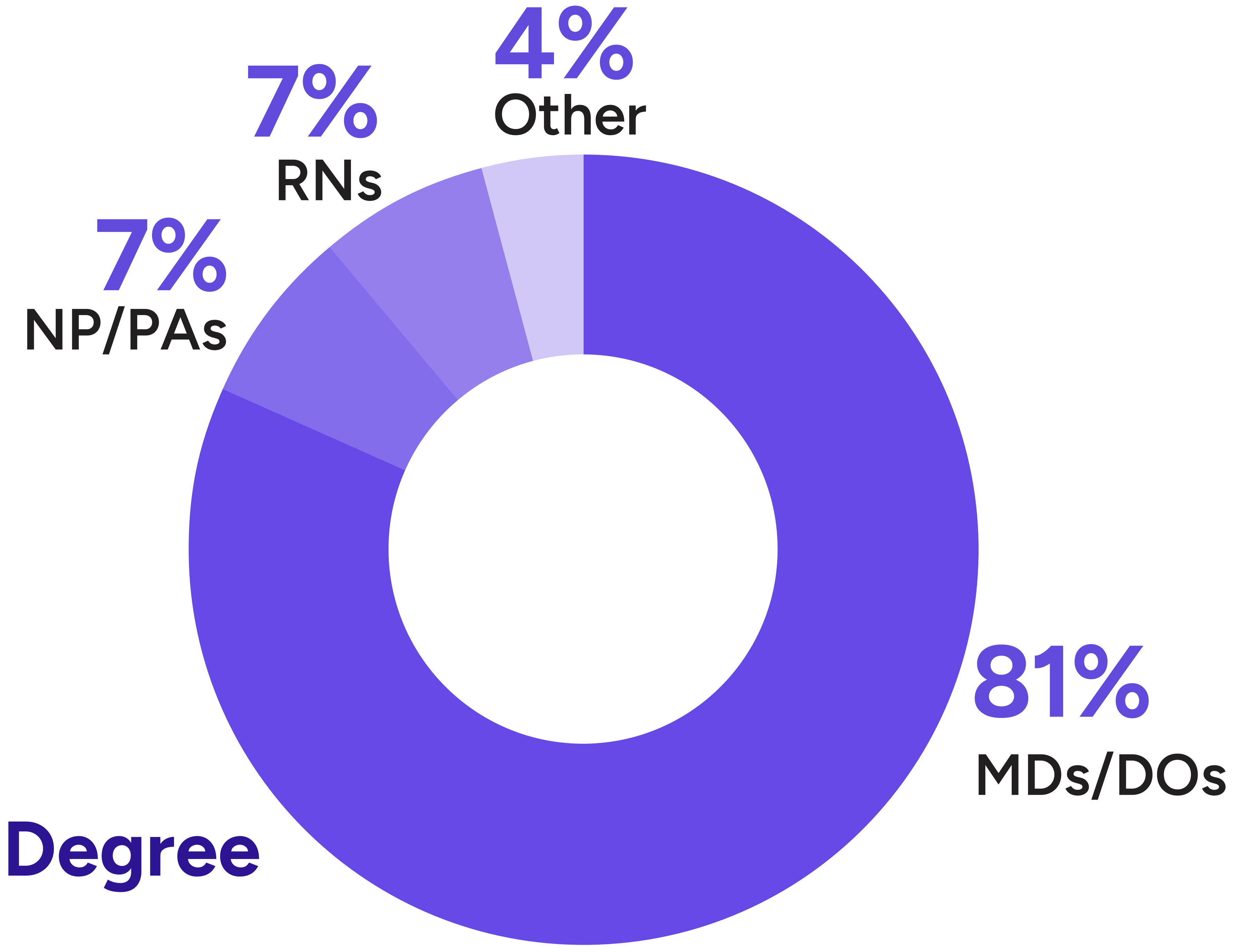
total participants (2,623 CME enduring + 4,962 micro-learning)

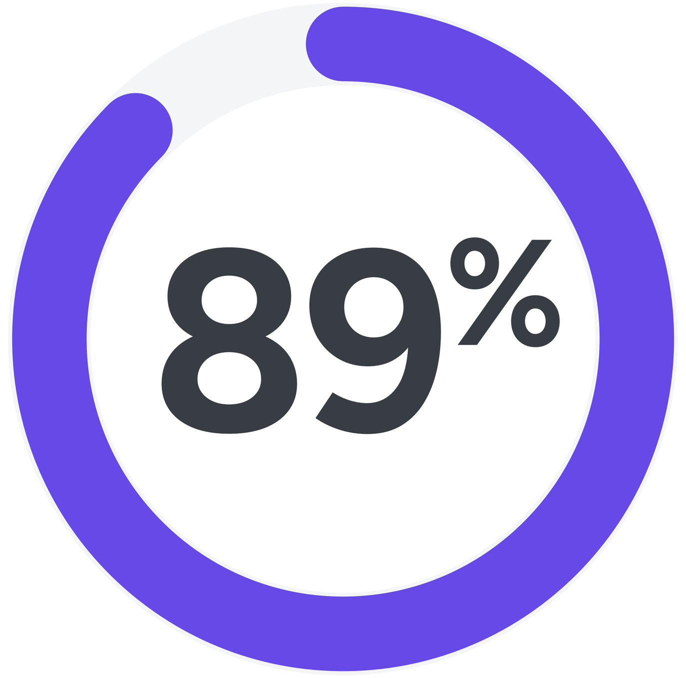
Micro-learning

4,962

2,034 NPI-verified neurologist and 2,928 psychiatrist completions







of CME learners completed the activity

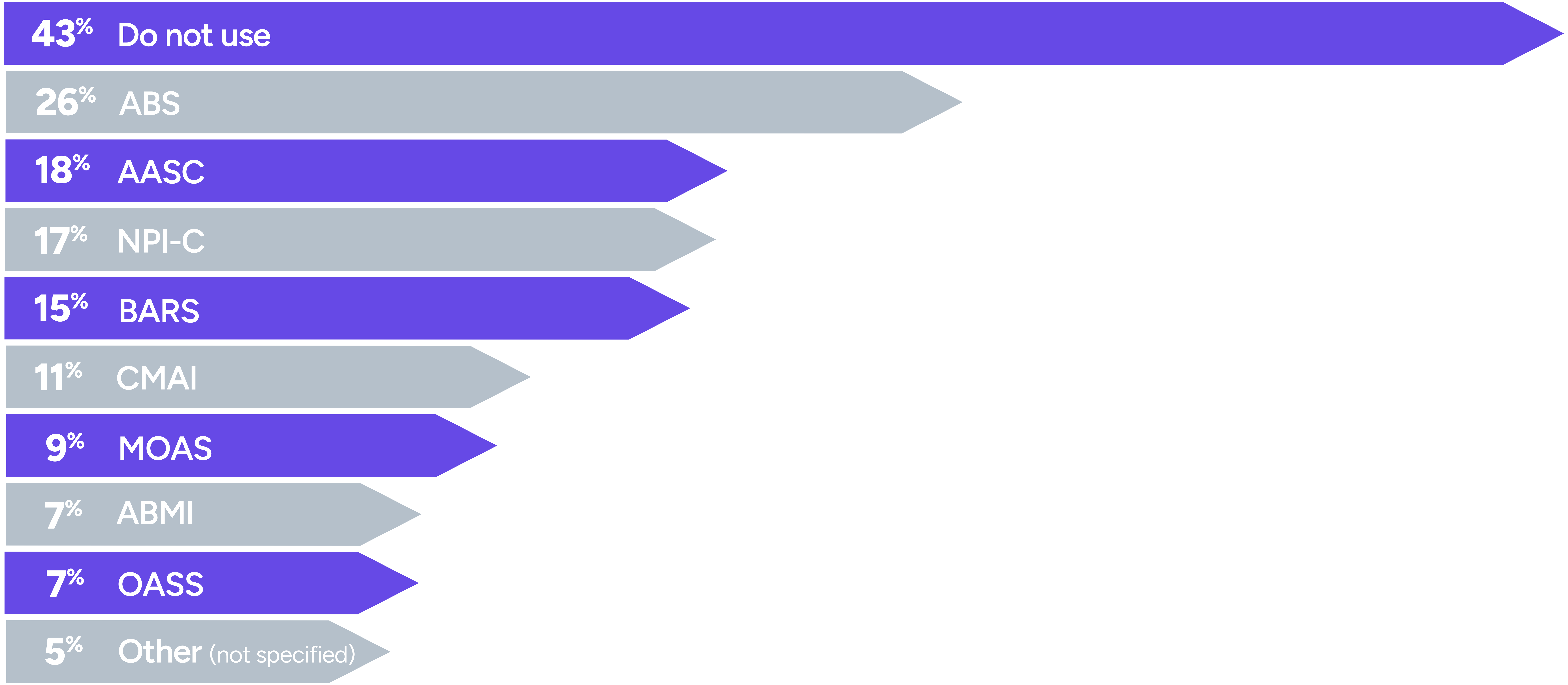
13

CME learners see an average of 13 patients with AADAD each month

RESULTS

FORMATIVE DATA (QUANTITATIVE AND QUALITATIVE)

National practice-pattern survey results (n=120) revealed that only 22% of clinicians felt very confident diagnosing AADAD, and few routinely used validated screening tools:

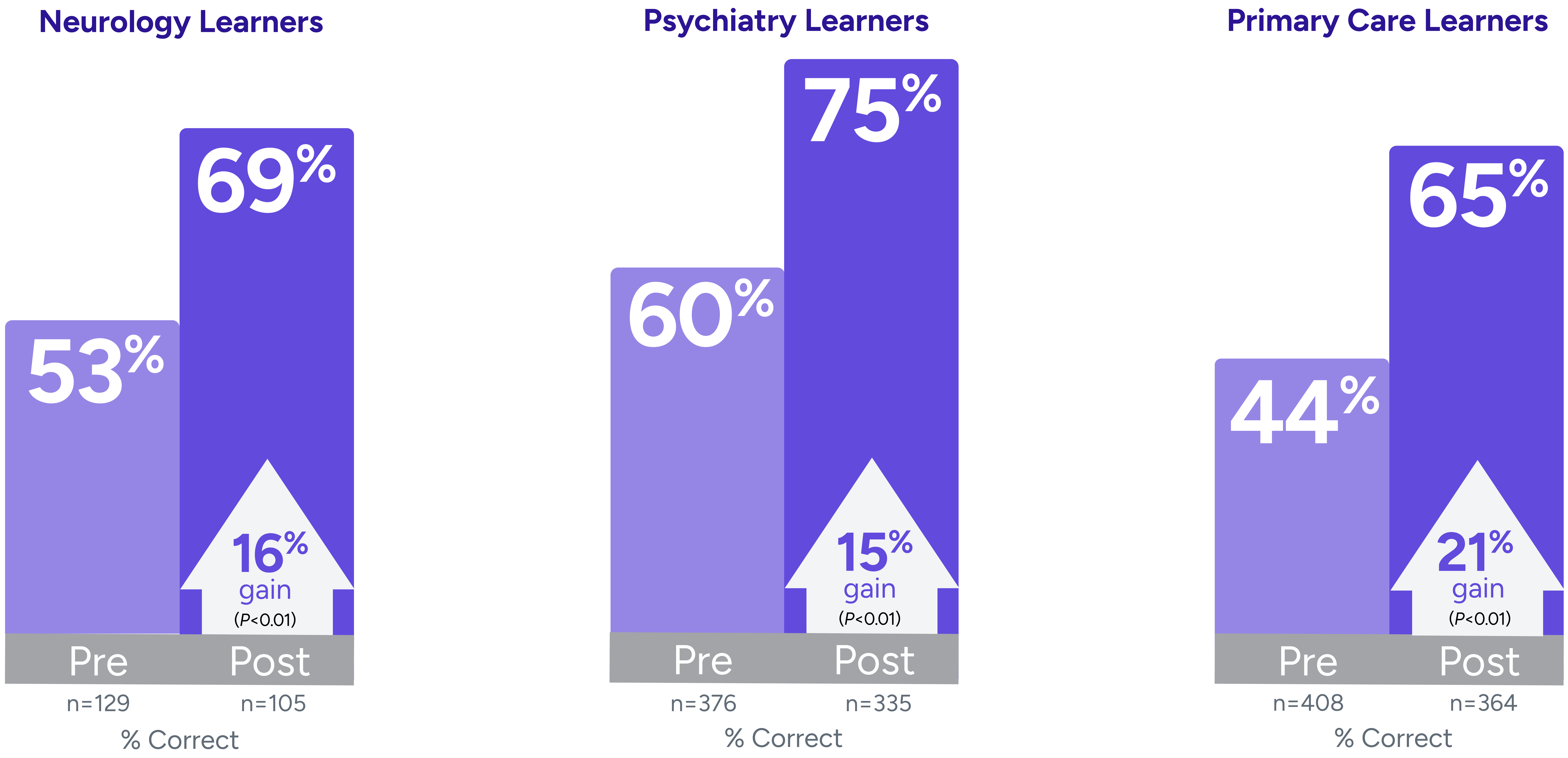


Roundtable discussions: Roundtable participants emphasized the need for consistent terminology, structured caregiver engagement, and behavioral stabilization before transitions in care. These insights directly informed the CME content and case-based discussions.

RESULTS

SUMMATIVE (EDUCATIONAL OUTCOMES) DATA

Across modules, pre- vs post-activity test scores improved significantly in each intended learner group, learning gains were highest among primary care learners.

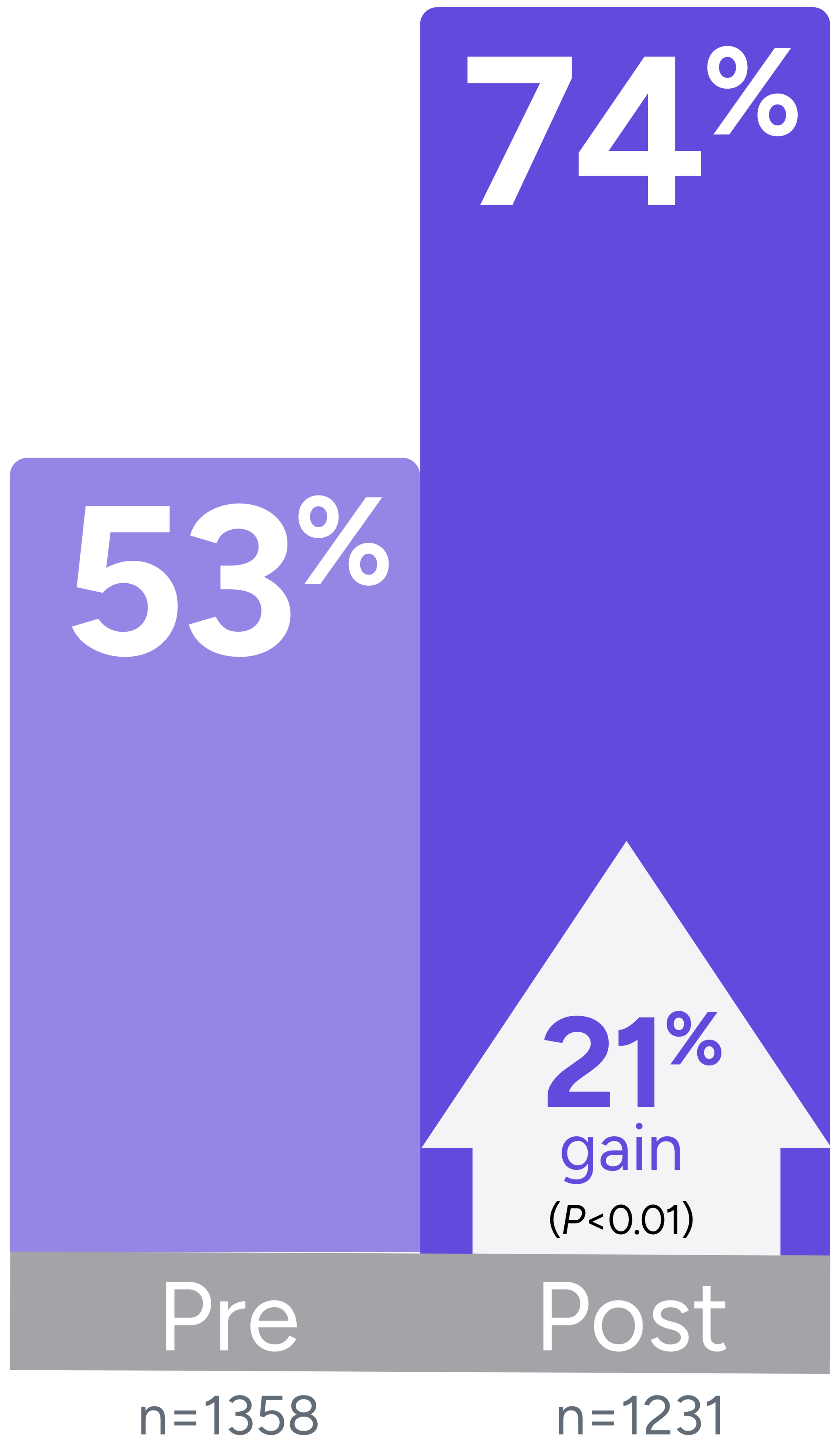


RESULTS

SPECIFIC LEARNING GAINS (ALL LEARNERS):

Awareness of AADAD prevalence

What is the prevalence of AADAD across the stages of Alzheimer's disease?

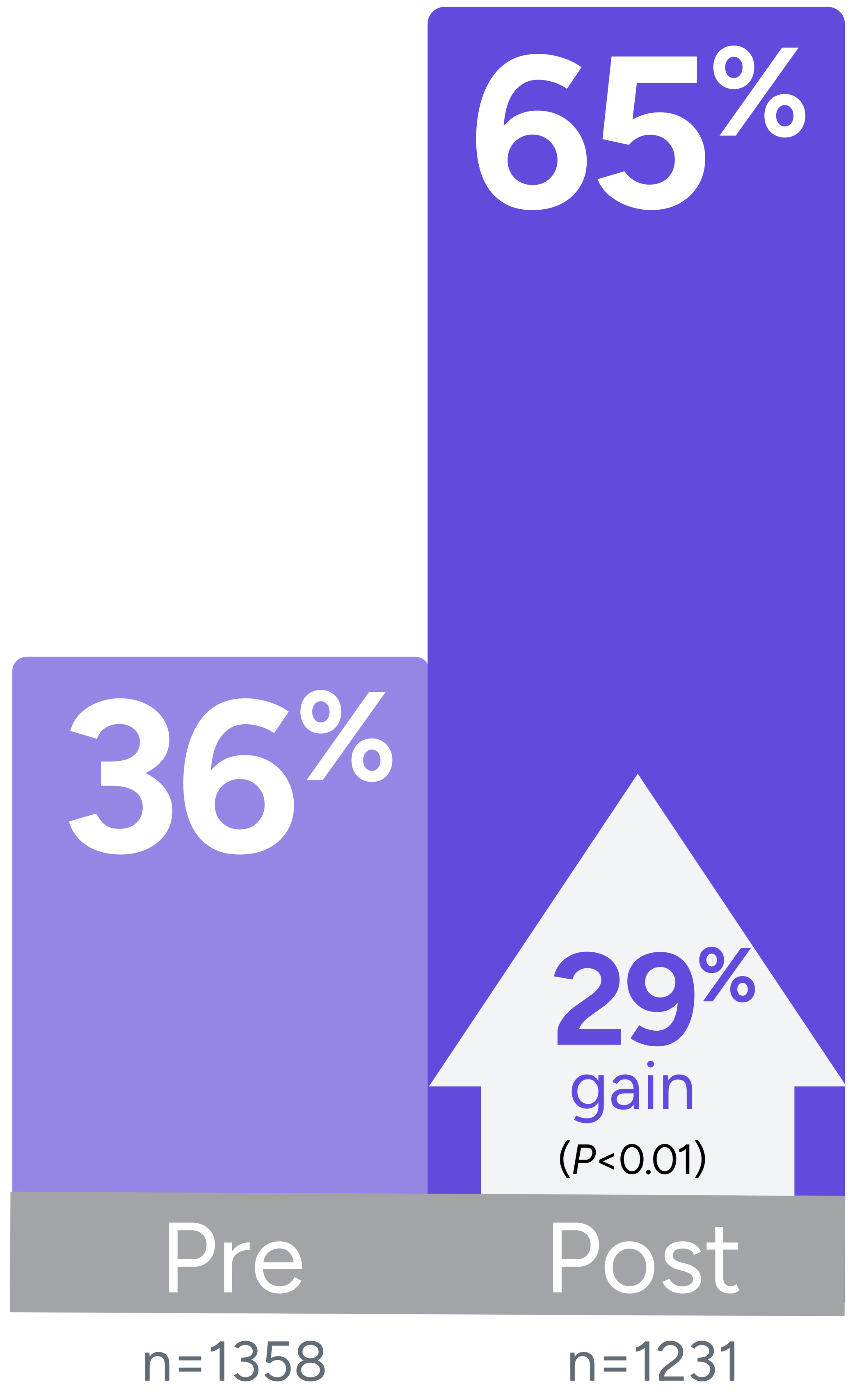


AADAD is significantly more prevalent in moderate to severe stages of Alzheimer's dementia

% Correct

Awareness of diagnostic criteria

According to the International Psychogeriatric Association (IPA) definition, agitation behaviors in cognitive disorders must meet which of the following criteria?

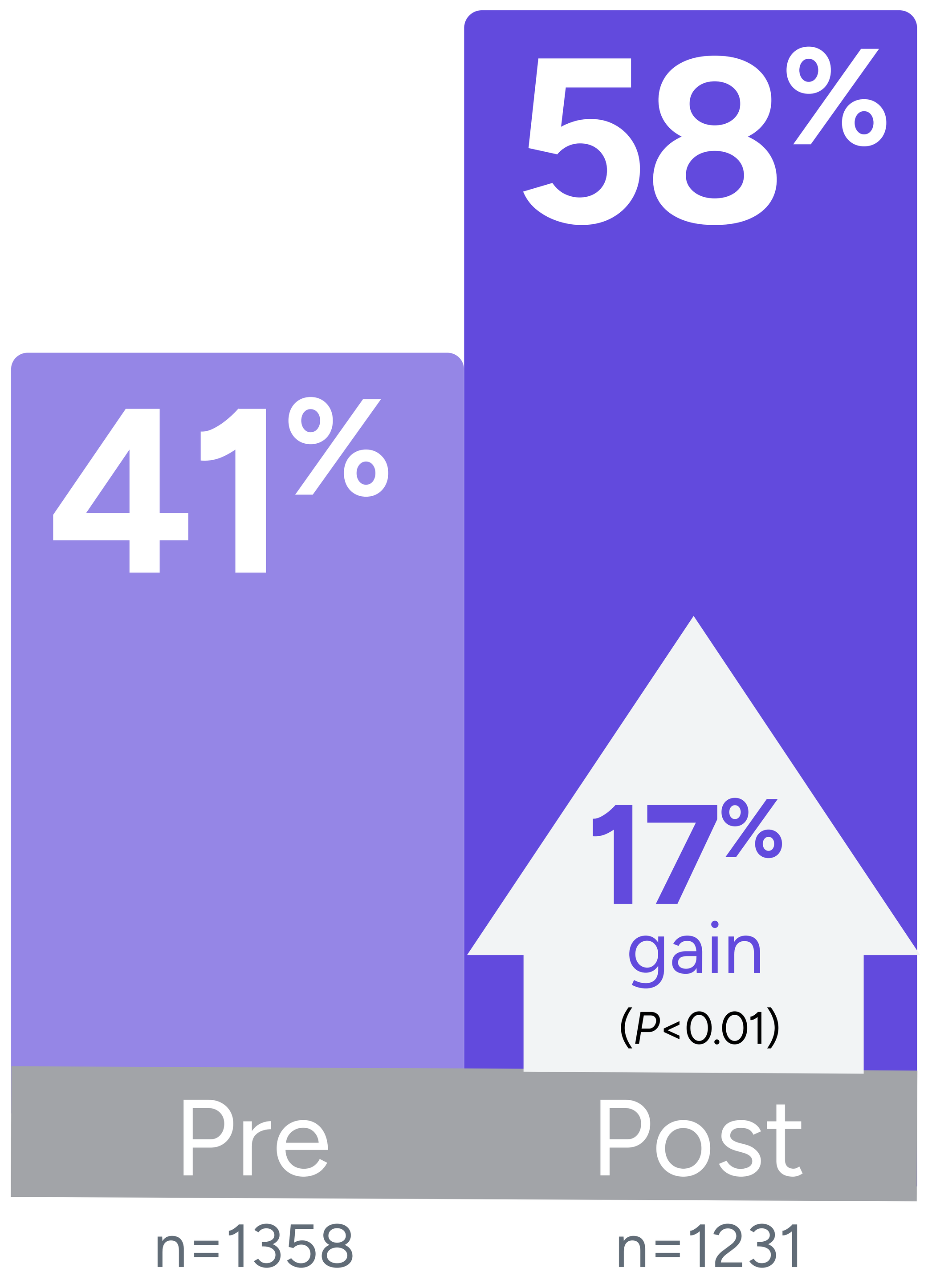


Must produce disability beyond that due to cognitive impairment

% Correct

Knowledge of pathophysiology

AADAD is hypothesized to result from an imbalance in which of the following?



Executive control and emotional drive

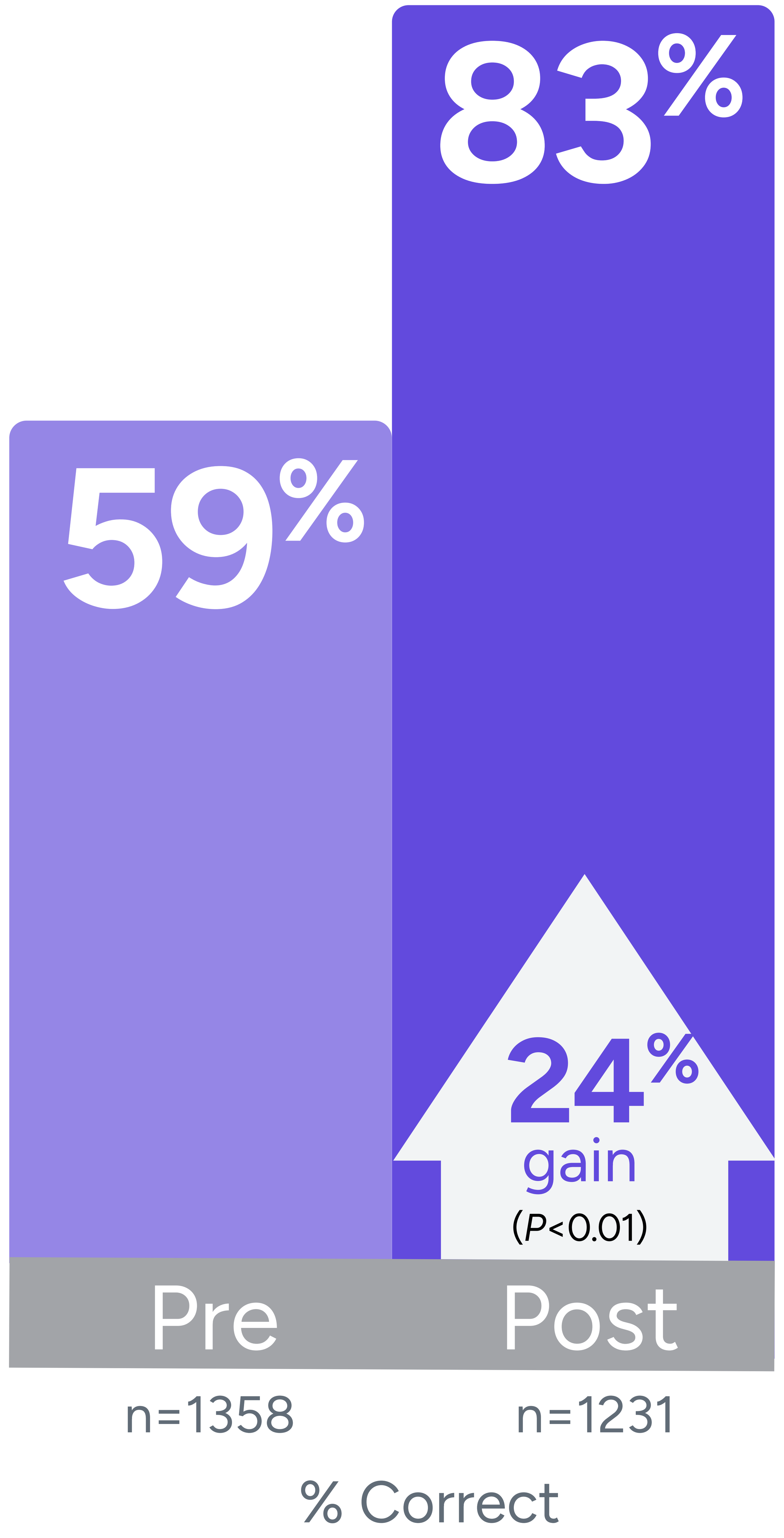
% Correct

RESULTS

SPECIFIC LEARNING GAINS (ALL LEARNERS):

Awareness of mechanism of action of new therapies

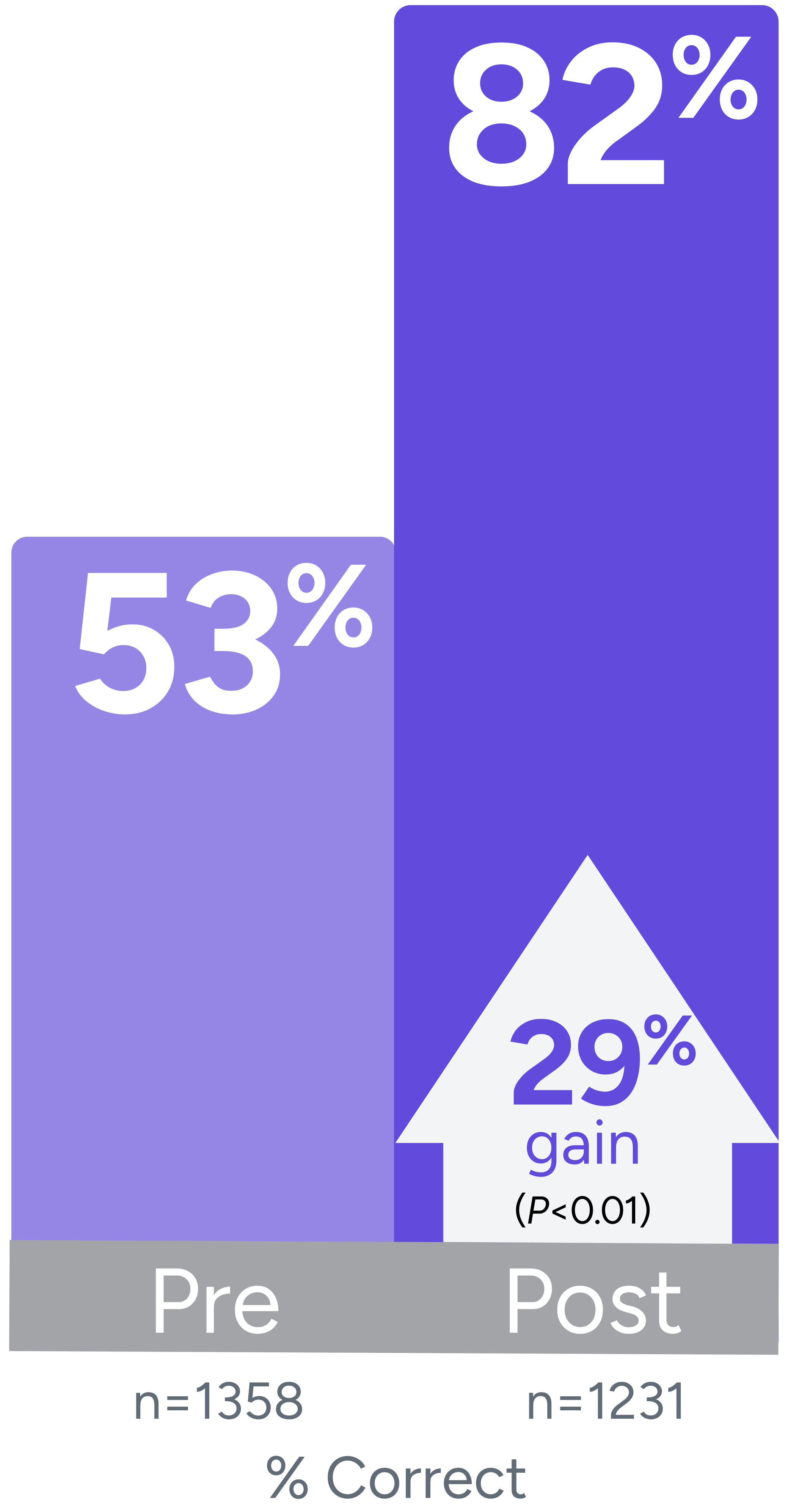
The mechanism of action of brexpiprazole in AADAD is thought to involve which of the following?



Partial agonism and antagonism at dopamine and serotonin receptors to balance neurotransmitter activity

Knowledge of how to effectively apply newly approved therapies in clinical practice

Based on data from clinical trials, what is the minimum recommended target dosage of brexpiprazole in patients with AADAD?



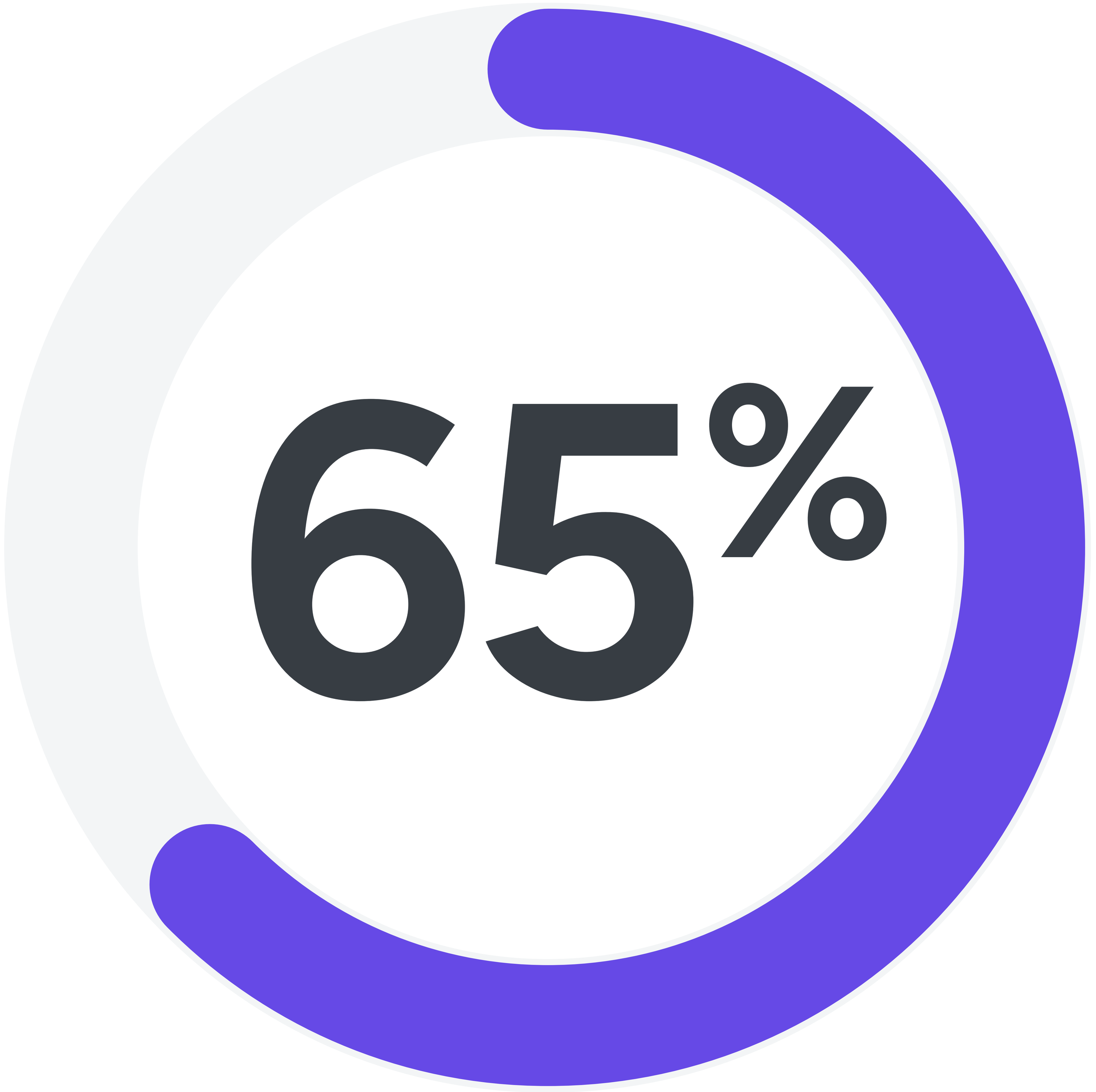
2 mg/day

RESULTS

MULTIDISCIPLINARY CARE (INTENDED LEARNERS):

After the activity,

of **psychiatrists** reported a likelihood of multidisciplinary collaboration.



of **neurologists** reported a likelihood of multidisciplinary collaboration.

CONCLUSION

This initiative advanced clinician readiness to identify and manage AADAD. Sustained educational efforts are needed to translate these gains into consistent, real-world improvements in outcomes for people with AADAD and their caregivers.

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