

The Comparison on the Quality of Life in Patients with Alzheimer's Disease: Before And After The Treatment Of Rivastigmine And Galantamine In Thailand 2017

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ABSTRACT: Research on the subject of “The comparison on the quality of life in patients with Alzheimer’s disease: before and after the treatment of Rivastigmine and Galantamine in Thailand 2017.” The research objectives were as follows. 1. To conduct the comparison study on quality of life in patients with Alzheimer’s disease: before and after the treatment of Rivastigmine and Galantamine in Thailand 2017. 2) To study the quality of life in patients with Alzheimer’s disease before and after the treatment of Rivastigmine and Galantamine in Thailand 2017 3) To study on quality of life development in patients with Alzheimer’s disease after the treatment of Rivastigmine and Galantamine in Thailand 2017.

This study adopted the Qualitative research method. The key informants of this research were the care-takers for patients with Alzheimer’s disease in the public hospital in Bangkok and Chonburi. The in-depth interview was used by the researcher decided to use 30 key informants in which divided into 15 patients with Alzheimer’s disease who were treated by Rivastigmine and another 15 patients with Alzheimer’s disease who were treated by Galantamine.

Overall, the research found that Rivastigmine treatment can enhance the condition of sleep, emotional wellbeing, attention, memory, lower depression or emotional depression in which might be better than the result from Galantamine treatment. However, Rivastigmine normally found with Nausea, vomiting, frequent defecation or patch pulling off by the patient. While Galantamine treatment found without any side effect. Thus, taking both drugs helped developing better quality of life in patients on their physical, social, psychological processing, sleeping as well as extending their life time up to 14 years at most.

The patients with Alzheimer’s disease usually found to have malfunction in memory, language, skills, feelings, attention, interpretation skills, awareness on appropriateness and person, problem solving and ability to form stress in which led to more difficult in the daily life of patients. Receiving both Rivastigmine and Galantamine would help the patients to have better living such as the slower of memory loss, improving the functions and knowledge and understanding that would help those suffering from sleepless to sleep faster and please with their better quality of life from sleeping and increasing the sleeping potential. Together, there shall be the activities to use the intellectual skill such as reading, play chess, and play music. According to Chutima Thongwachira (Abstract:2010) who studied on the result of medical treatment by using music and environmental arranging toward the nervous behavior of elderly with Dementia, it was found that this semi experimental research aimed to study on the result of medical treatment with music and environmental arranging toward the nervous behavior of elderly with Dementia. This study adopted two concepts of music therapy by Gardner (1997) and environmental arranging toward the nervous behavior of elderly with Dementia of Hall (1988). It was found that the nervous behaviors had reduced since joining into the therapy, social engagement, together with exercising and have all groups of nutrients diet, the therapy and care taking of patients. Especially the roles of care takers who usually were the cousin or couple that can help lower the violence of Alzheimer’s disease. Speaking many languages may slower the occurrence of Alzheimer’s disease since it required memorizing, thinking, and reading altogether. Besides, it required to adjust the living environment and way of life to help the patient safer and reduce the burdens of care taker.

Caring on punctual drug taking time was necessary to slower the Alzheimer's disease. Also, close and warm caring would add more happiness and emotional wellbeing to the patients as well as adjusting the living environment to add the lively for them and sometimes bringing them outside would amuse the patients. In addition, having vegetables and fruits, wheat, grains, fish and wine could also reduce the time in Alzheimer condition.

KEYWORDS: *Quality of life, elderly with Alzheimer's disease, Rivastigmine, Galantamine*

I. INTRODUCTION

Under the elders' way of life, though they are affected by quick changes in the population structure, fluctuation in society, environment even or, the advancement of technology, but it still reflect on language, living, food, agricultural occupation, belief, values, and traditional customs. These factors are considered to have influences on the quality and well living of elders, they satisfy on the way of living, so they can live long.

At present, new drugs are used for many types of Alzheimer's disease curing though, the results may not be well enough. However, the patients are found with minor symptoms and found to be recovered as a consequence. (Search from <http://www.bangkokhealth.com/health/article,4 May 2560>)

1. Donepezil is used to cure minor Alzheimer's disease where it affects on the increasing levels of chemical substance so called acetylcholine in the brain. The efficiency of this drug as far as noticed is to recover the forgetting symptom of the patients as well as the mental disorders and thinking. However, it is not the drug for fully treatment of Alzheimer's disease; therefore, in the violence case of patients, it may not give well result. Also, according to another research, it is found that after stop taking the drug, the better symptom turns worse since the balance of chemical substances in the brain and central nervous system could return to the pre-curing condition.

2. Drugs required for ongoing use, it rarely found on short time efficiency like others in the group of anticholinesterase agent such as Galantamine, Rivastigmine, and Tacrine. This drug has the positive aspects, since it has no side effect on the liver and it is not required for blood check to see how liver works. It requires taking one pill per day in the evening or before bedtime to help the group of Alzheimer's disease patients. The main thing is to follow up the curing status by Alzheimer's disease Assessment Scale (ADS cog) which will enhance on the more effectiveness in treatment plan.

3. Galantamine when using at 8–16 mg twice a day, it was found to give moderately good result. It is also categorized in the group of anticholinesterase inhibitors as well. It is in forms of both medicine and pill, taking twice a day in the morning and evening together with food to reduce the side effects on ulcer and intestines. The least amount of drug is 4 mg twice a day continues for at least 4 weeks. It should be careful for the amount of drug in patients with liver and kidney diseases for not more than 16 mg a day.

4. Rivastigmine is another type of drug used for Alzheimer's disease treatment. From the study, it is found that at the high dose of 6-12 mg daily, it seems giving better result than 1-4 mg per day. Taking twice a day and it should not take together with food since the drug absorption will be reduced and often lead to dizzy and vomit. This drug is normally slightly increasing dose according to the main follow up of treatment results.

5. Tacrine is drug in the group of cholinergic neurotransmitter replacement as well. The current trend shows that using this drug in higher dose up to 120–160 mg per day while some studies use it with lecithin (phosphatidylcholine) and found some better treatment result but without the statistical significance. It still requires for additional information in some part. This drug has strong side effects on ulcer thus, it should be taken for an hour before the meal and it also affects on liver too. This requires for weekly blood check, if found with more liver enzymes, it might be stopped or change to other drugs.

Quality of life is the key goal in the global countries developments such as Bhutan who established to use Gross National Happiness as the index to measure on the national prosperity rather than using the Gross Domestic Products. While in Thailand, there is an attempt to use the Gross National Happiness as well; as can be seen from the statement by Gen. Surayuth Julanon during he was the Prime Minister in B.E.2549 that the country will be developed from the consideration on the Gross National Happiness.

For the definition of the word "Quality of life", there is no certain definition but WHO provides the definition to the word "Quality of life" as "the view and thoughts of individual toward their own life condition under the cultural context and value system that he/she lives in and it has relationship with the goal, expectation, standard and their own interesting" (WHOQOL Group, 1994). For example, an individual may pay attention to work and finding money as the index for his/her way of living. Another may rather pay attention to healthcare and living environment while another care for health and environment. The elders may pay more attention in family things and faith on religion rather than the younger ages. People from different societies will pay important on anything such as the westerner may pay attention to success in big tasks, but the eastern people see the crucial of living. However, the eastern people may pay attention on staying with family rather than success in works. Moreover, Thai society, Thai people show highly respect on the king as can be seen in the royal

celebration that Thai people have higher gross of happiness. From the above mentioned examples, it reflects that quality of life for each is up to the goal, expectation and their own interesting in which could be different from each society due to the beliefs and social cultures. This is in accordance with the definition given by WHO. Besides the definition from WHO, there are more other definitions such as life satisfaction or happiness (Campbell A, Converse P, Rogers WL, 1976) (Pantipa Saktong, 2554: 1-2).

Health is one crucial thing for the good quality of life therefore, health-related quality of life measurement is necessary. Besides, health-related quality of life is also the health outcome with highly significance above the clinical or laboratory results and survival. The assessment on life quality related to health is to assess on the results of disease and treatment whether how does it affect on the life of patient in their own perspective (Bungay KM, Boyer JG, Steinwald AB, Ware JE, 1996). This consists of several aspects of health dimension or domain such as body health, mental health, social health, overall life satisfaction and general health. Besides the mentioned dimensions, there are other more dimensions such as the ability of analytical thinking and memorizing, way of living and doing for living, sexual relationship, sleeping, pain and the symptoms of any diseases.

II. RESEARCH METHODOLOGY

Key Informant

The key informant of this study is the public hospitals in Bangkok and Chonburi and the Alzheimer's patients. An in-depth interview 1:1 is applied by the researcher by setting to use 30 of key informants divided into 15 Alzheimer patients' caretakers who use Rivastigmine and another 15 Alzheimer patients' caretakers who use Galantamine.

- The study is conducted in Bangkok districts and Chonburi province.

III. RESEARCH CONCLUSION, AND SUGGESTIONS

Conclusion

Alzheimer's disease patients normally face with the deficit in memory, language, skills, feeling, attention, interpretation skill, reason, person, solution and ability to responsible on any functions as well as stress. These all make troubles in their daily living. Receiving both Rivastigmine and Galantamine will make the better living for them and slower the loss of memory, improving work on knowledge and understanding, helping those with trouble from sleepless to quicker sleep and amusing with the better living quality since it would enhance the sleeping potential. Together, there shall be the activities to exercise the intellectual skills such as reading book, playing chess, or music. According to Chutima Tongwachara (Abstract: 2553) had studied on the results of music treatment together with the environmental management toward the nervous behaviors of elders with Alzheimer's. It was found that this semi-experimental research aimed to study on the music treatment together with environmental management on the nervous behaviors of the elders with Alzheimer's symptom using the two concepts.

First, the music treatment concept by Gardner (1997) and second, environmental management for elders with Alzheimer's symptom by Hall (1988). They found that the nervous behaviors began to reduce since joining in the treatment with more social interaction, exercise, and having all required food groups. Treatment and care specifically from the role of caretakers in which normally are the spouse or cousin may help ease the violence of Alzheimer's disease. The speaking of multi languages would also help slower the occurrence of Alzheimer's symptom, since it requires memorizing, thinking and reading altogether. Moreover, it is suggested to compare the living environment and way of living to be safer for the patients and reduce the burden of caretaker.

IV. RESULTS DISCUSSION

Policy suggestions

Caring on punctual drug meals are necessary to slower the occurrence of Alzheimer's disease together with close and warm caring will increase the happiness and good emotional condition for the patients. Plus, rearranging the living place to be lively or bringing them to travel to make them feel amusing from time to time, having vegetables and fruits, wheat, cereal, fish and wine would help reducing the period of Alzheimer's disease. Future research suggestions

It is suggested to study on other drugs consuming related to joint bone and blood pressure among the elder groups to develop for their better living. Together, it is suggested to study on the activities or to take others instead of drugs as a future choice.

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