

## **PS1.297**

### **When memory is a family problem - the role of the family physician**

*Ana Viegas(1), S Santos(2), S Nabais(3), M Cleto(2), C Ramos(2), C Oliveira(2)*

*(1) USF Conde de Oeiras, ACES Lisboa Ocidental e Oeiras, Oeiras, Portugal*

*(2) USF S. Julião, ACES Lisboa Ocidental e Oeiras, Oeiras, Portugal*

*(3) USF Conde de Oeiras, ACES Lisboa Ocidental e Oeiras, Oeiras, Portugal*

*Corresponding author: Dr Ana Viegas, ACES Lisboa Ocidental E Oeiras, USF Conde de Oeiras, Oeiras, Portugal. E-mail: anaiviegas@gmail.com*

**Background and Aim:** Dementia and cognitive impairment are growing health problems given the life expectancy increase in Europe. The Family Physician (FP) in Portugal not only participates in the management of patients with dementia but also provides support to the patient and the family, focusing on the care provider.

**Method:** The purpose of this case report is to highlight the role of the FP in the care of patients with dementia/cognitive impairment and their families.

**Results/Case Description:** We present a case report of a nuclear family composed of an 81 year-old man (Mr. B) and a 84 year-old woman (Mrs. A). Mr. B has Alzheimer's disease since 2013 and is regularly followed up and medicated by a neurologist. Mrs. A came to the health clinic to request the renewal of her husband's medication. She seemed confused, exhausted and did not know the name or type of her husband's chronic medication. The clinical record showed multiple prescriptions by different physicians and she admitted having lost most of them. Therefore, we reviewed and updated the medication list and contacted all the physicians involved. Mrs. A returned to the health unit a few months later where she presented with significant memory impairments and was referred to a neurologist and to the Portuguese Association of Alzheimer's Disease. We also recruited the help of the couple's sons.

**Conclusion:** Dementia is a challenging chronic disease that significantly impacts the patients and their families. The role of the FP includes the diagnosis, the care and support of the patients and their families, especially the main care provider, and the coordination of the multidisciplinary team involved. It is also of the utmost importance to use all the available resources in the community to enable the best care and improve our patient's quality of life.