

P11: Clozapine-Induced Thrombocytopenia: Whether or Not to Continue Clozapine Treatment when Platelet Count Falls

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Objectives: To determine if and when to continue clozapine in patients with clozapine-induced thrombocytopenia.

Methods: A case report and literature review of a geriatric patient with Parkinson's disease (PD) psychosis, on longstanding treatment with clozapine with recent development of thrombocytopenia, is presented.

Results: 85-year-old male with a history of PD complicated with sialorrhea, constipation, levodopa-induced dyskinesia, rapid eye movement sleep behavior disorder, neurocognitive impairment, and PD psychosis who follows up with the Emory Brain Health Center. Medications include carbidopa-levodopa, clozapine, donepezil, and rasagiline. He reports distressing delusional jealousy and egodystonic visual hallucinations. He has tried multiple antipsychotics with insufficient response. He has been on clozapine for nearly 10 years with moderate efficacy. His current dose is 62.5mg daily. Absolute neutrophil counts have been normal, but he developed thrombocytopenia. Though he had normal platelets at baseline, his platelets fell to 134,000/ μ L and have gradually decreased within a year, most recently to 82,000/ μ L. He has been asymptomatic without easy bleeding or bruising. His clozapine dose has remained the same with ongoing laboratory monitoring. He follows with his primary care doctor and was referred to hematology.

Conclusions: The literature on clozapine-induced thrombocytopenia is limited. Incidence is variable and ranges from 0.083%-8.2% in larger samples. Most cases occur within the first 18 weeks of clozapine initiation. It is generally transient and self-resolving, usually lasting under 13 weeks, though a case report noted it to last up to 40 months. It is imperative to have hematologic baselines. The manufacturer recommends discontinuing the drug when platelet counts fall below 100,000/ μ L, resuming therapy when they return to normal, and permanently discontinuing if this reoccurs. UK guidelines recommend that if platelet counts fall below 50,000/ μ L, clozapine should be discontinued, with monitoring frequency increased. Therapy can be resumed once platelet counts normalize and if asymptomatic. Special caution must be taken in geriatric patients who are prone to fall and balance-related injuries.

P12: Buddhist temples are promising social resources in secular community-based integrated care (3): The Effects of Buddhist Sutra chanting on swallowing function and mental health.

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Objectives: Swallowing dysfunction is a significant health concern among older individuals, prompting widespread efforts to prevent it. While articulation training using repeated syllables is a common approach, maintaining motivation and habituating to the practice can be challenging, particularly for those facing mental hurdles.

In contrast, the ancient practice of sutra chanting, which has been embraced for centuries, holds potential for improving well-being by offering mental tranquility through the recitation of meaningful Buddhist words, including non-daily vocabulary. While the health benefits of these vocalization techniques remain understudied, they are believed to have positive effects from a geriatric medicine standpoint.

Methods: Our intervention program consisted of 60-minute sessions held at a temple per week for 7 weeks, including homework tasks. Sessions involved group Discussions, preparatory exercises, multiple recitations of the Heart Sutra with loud voices, and talks by a Buddhist priest. This one-arm intervention study targeted older community residents. Pre- and post- assessments, including mental health questionnaires and measurements of swallowing and oral function, were conducted. Paired t-tests were used to compare the data. Post-intervention interviews were conducted by a psychologist and a priest. This study was approved by the Ethics Committee of Taisho University.

Results: Eighteen participants, with an average age of 76.1 ± 8.2 years (8 males, 10 females), showed significant improvements in maximum phonation time, hyoid bone displacement during swallowing, tongue pressure, and mental health. Interview narratives revealed improvements in mental well-being attributed to sutra chanting, including the alleviation of death anxiety and attainment of mindfulness.

Conclusions: The study suggests that the sutra-chanting program, consisting of immersive temple experiences, exposure to Buddhist priest talks, and training in breathing techniques and vocalization through sutra chanting, may contribute to improved mental and physical health.

P13: Validation of a Catalogue of Videos with a Positive Emotional Impact to Support Communication, Empathy and Involvement with the Healthy Elderly People

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Overview: In Canada, 30 % of seniors experience social isolation, which is associated with cognitive decline. Studies suggest that co-viewing videos with positive emotional content promotes communication and social engagement (Ansaldo et al., 2021). Seniors spend approximately 4 hours per day watching television. It is important to explore the impact of this fact on communication and global behavior in seniors and their proxies.

Objectives: To identify the emotions experienced by dyads, and the parameters modulating them, as well as communication.

Methods: 19 dyads of elderly individuals watched 20 videos with positive emotional content. During co-viewing, facial expressions, heartbeat and respiratory rates were measured. After each video, participants completed a questionnaire measuring emotions (PANAS), and a semi- structured interview. Quantitative and qualitative analyses were conducted.

Results: Significant results in favor of positive emotional valence for each video were observed following quantitative analyses (t-test) of the PANAS; participants primarily felt enthusiastic, interested, and inspired. Analyses of semi-structured interviews confirm that dyads experienced positive emotions particularly with nature, animals, and children related videos. Most of the dyads perceived co-viewing as a means to promote communication and evoke memories. Machine learning supported analysis show a correlation between screen content type, and participants' engagement as reflected by pupil dilation, and respiratory rate stabilization.