1-116 Na Valporate

TIPS Question:

The resident has been on Valporic Acid as a mood stabilizer. Her behaviours have been well controlled and she is compliant. Dr. keeps increasing her dose - d/t ↓ levels. Is it necessary to keep adjusting the does and increasing the sedation effect if the levels remain low?

Response:

Sodium Valporate can be an effective agent to stabilize behaviour and mood. We use rough guide levels for epilepsy but we do not have well-established levels for behaviour/ moods within a dementia syndrome.

The rule of thumb is to titrate the drug for maximum benefit and minimize side effects. However, it is important to consider what you are looking to accomplish, i.e. is it short-term stabilization, longer-term prevention and relapse, and to determine the dose associated with these issues. Certainly if the person has had recurrent destabilization associated with a lower Valporic Acid, a slightly higher level may be warranted.

Colleagues have told me that the DOS is very helpful to get a good overall picture of the behaviour and sedation. This tool will be extremely helpful to you and the physician as often decisions are made by limited observations or only in one point in time. I would suggest the DOS be used to define sedation.

Please note: *TIPS information should be used similar to the way you would use information from a text book! TIPS is not intended to serve as an individual consultation service! P.I.E.C.E.S. participants should use this information in context and always work closely with the family physician involved in the care of the resident or client and with other Partners In Care to find solutions to individual resident/client issues.*