

Recognising and Diagnosing Dementia in Primary Health Care

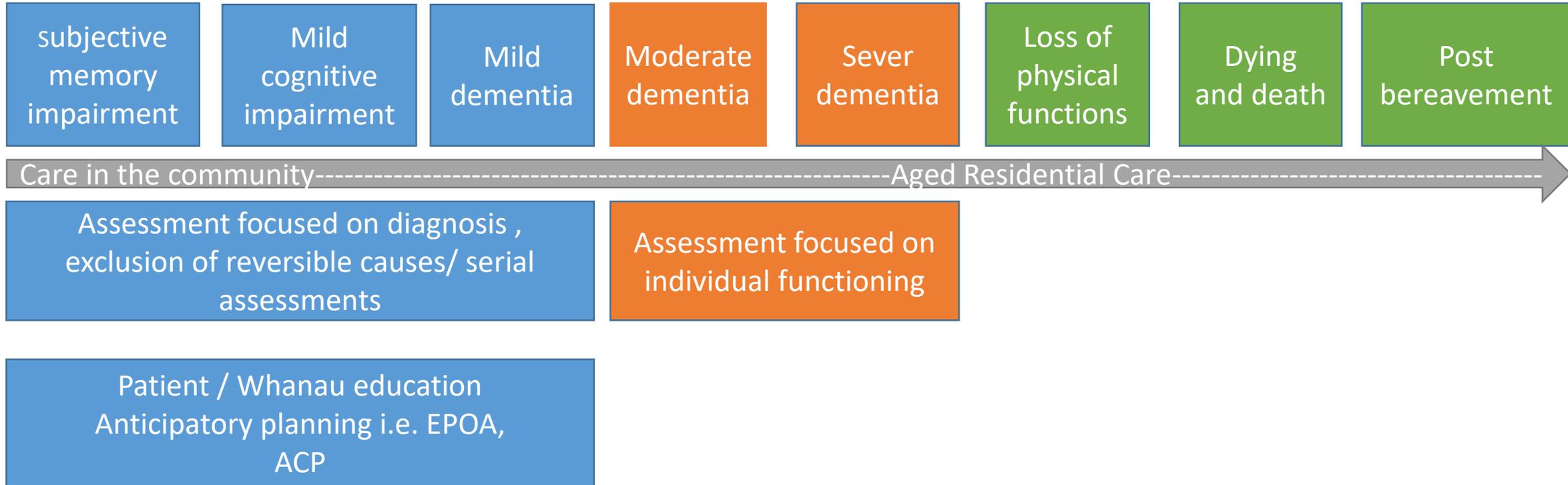


Topics Covered

- Why early diagnosis?
- Patient and Informant history
- Work up
 - Cognitive screening/assessment
 - Physical
 - Differential diagnosis
- Identification of risks
- Delivering the diagnosis
 - Initial support
- Referral to secondary services
- Self care



Dementia and care goals



How do we capture cognitive impairment early ?

File Edit Patient Module Report Tools Utilities Setup ManageMyHealth ConnectedCare CBIT CAT Window Help Support Chat

TEST Grandmother (37132.1) A3 - R + ACE123
100 Heads Road, Gonville 01 Jan 1940 77 yrs Female Maori - NZ

Patient Dashboard V4 WRHN (Procon Limited)

Web

Clinical Information	
Medical Warnings	No allergies or warnings recorded.
Body Measurements	Record weight, height
Screening and Monitoring	
Alcohol Consumption	Not recorded
Blood Pressure	Not recorded
Falls Risk Assessment	Complete falls risk assessment
Smoking Status	Never Smoked 01/05/2015
Clinical Management	
Children/Siblings	All children up to date or declined
CKD Management	No kidney results available - order appropriate tests
Flu Vaccination	Recommended (age)
Tetanus	65 year Tetanus not given
Diabetes Annual Review	No annual diabetes check recorded
Diabetes Mgmt	hbA1c , LDL , Urine ACR , eGFR , Serum Creatinine , Retinal Screening , Foot Risk , Lifestyle Advice
Advance Care Plan	In Progress 27/07/2017
Contracted Services	Error accessing Contract Reporting database (no Internet access?).

© Procon Limited Version 4.44.0 - 28 July 2017 [New version 28/07/2017](#)

- What might make you suspect cognitive impairment?
- What are the barriers, why might we miss identifying cognitive impairment?

How do we capture cognitive impairment early?

Mental Health / Behavioural, developmental and other / Dementia

Cognitive Impairment Assessment Dementia Suspected

This care map has been locally developed for use in Whanganui District

Key

- More information
- Referral
- National info
- Local info
- Notes
- Primary care
- Secondary care
- Red flag
- Self-care
- Information

Care Map Information | Information resources for patients and carers | Information resources for clinicians | Updates to this care map | Hauora Maori | Pasifika

```

graph TD
    DS[Dementia Suspected] --> CPS[Clinical Presentation (Symptoms)]
    DS --> H[History]
    DS --> PE[Physical Examination]
    DS --> ICS[Initial Cognitive Screening]
    DS --> I[Investigation]
    CPS --> CA[Cognitive Assessment]
    H --> CA
    PE --> CA
    ICS --> CA
    I --> CA
    CA --> DD[Diagnosis Decision]
    DD --> DD
    DD --> MCI[Mild Cognitive Impairment with Objective Evidence]
    DD --> NCA[Normal Cognitive Ageing]
    DD --> DC[Dementia]
    DC --> DC
    DC --> DC_C[Dementia with Complications]
    DC --> DC_NC[Dementia without Complications]
    DC_C --> RSO[Referral to Specialist Health of Older People (Dementia Service)]
    DC_NC --> DM[Go to Dementia - Management]
    MCI --> MCI
    MCI --> MCI_M[Management of Mild Cognitive Impairment]
    NCA --> RLA[Reassurance and Lifestyle Advice]
    NCA --> SESIS[Social Engagement and Intellectual Stimulation]
    MCI_M --> EAP[Enduring Power of Attorney / Advance Care Planning]
    SESIS --> EAP
    EAP --> ACP[Go to Advance Care Planning]
  
```

How do we capture cognitive impairment early?

The screenshot shows a medical software interface for a dementia assessment. The window title is "New Dementia Assessment (Procon Limited)". The patient information at the top includes "TEST Grandmother (37132.1)", "100 Heads Road, Gonville", "A 3 - R +", "01 Jan 1940 77 yrs", "Female", and "Maori - NZ". The main content area is titled "Dementia Pathway - Assessment" and contains a tree view of assessment categories:

- Clinical Presentation (Symptoms)
 - Cognitive
 - Neurological
 - Difficulties with Activities of Daily Life
 - Psychological
 - Behaviour Changes
- History
- Physical Examination
 - Initial Cognitive Screening
- Investigations
 - Differential Diagnosis
- Cognitive Assessment
 - Initial Risk Assessment
 - Diagnosis

At the bottom of the main area, there are three buttons: "Open Map of Medicine", "Patient Resources", and "Save to Inbox". The footer of the window displays "© Procon Limited 2015 Version 1.0.2 October 2015".



Initial consultation

- History
 - Individual
 - Informant - IQCODE
- Physical examination
- Initial cognitive screening
- Investigations



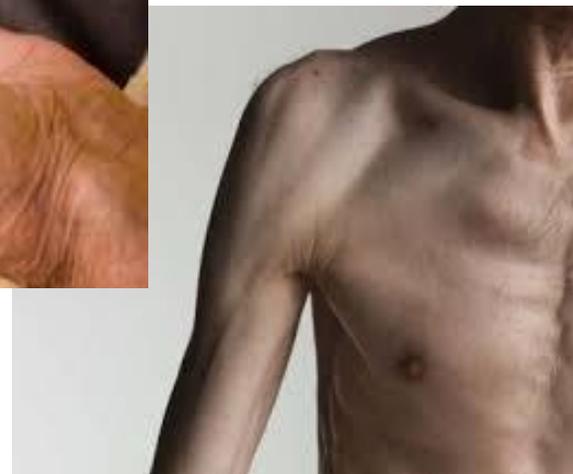
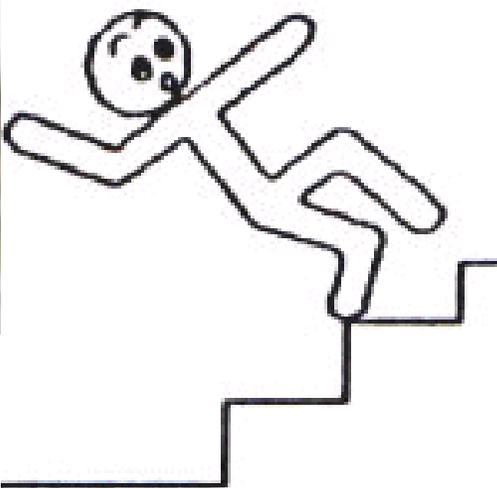
Investigations

- Differentiating delirium, Dementia and Depression
- Blood tests
 - FBC
 - TSH
 - Glucose
 - Electrolytes
 - Creatine
 - Calcium
 - B12
 - Folate
 - Liver function tests
 - HbA1c
 - CRP
 - Consider if appropriate HIV, syphilis aetiology
- Urine
 - MSU
- Neurological exam
- CT head
 - Check local guidelines
- Consider CXR ECG

Cognitive assessment

- Cognitive screen:
 - 6CIT
 - GPcog
- Cognitive assessment:
 - MOCA
 - RUDAS
 - ACE R

Risk assessment



Giving a diagnosis

- Consider an extended consult, bringing family/whanau
- More than normal ageing
- Discuss how diagnostic results have lead to diagnosis
- Naming the condition allows access to information services and any support that is available.
- Refer to local Alzheimer's society
- As required referrals to Needs Assessment team
- EPOA
- Advanced Care planning/advanced directives

Referral to specialist service

- BPSD – occurs in 50 to 80% of dementia
- Rapidly deteriorating individual
- Young age onset
- Atypical presentation
- Language or translation difficulties
- Past significant head injury
- Chronic neurological disorders
- Intellectual disability
- Specific defects, ie speech only

It takes a village



Summary

- Early diagnosis
- Consider staging workup
 - History
 - Timeframe
 - Individual and Informant
 - Change in functioning
 - Cognitive screen
 - Diagnostic testing
 - Bloods
 - CT
 - MSU
 - Neuro exam
 - Cognitive assessment
- Differential diagnosis
- Giving a diagnosis
- Risk assessment
- Referral to secondary care
- It takes a village!

References

- Goodfellow unit - Dementia
<https://www.goodfellowunit.org/courses/dementia?course=introduction>
- Map of Medicine Whanganui
 - Cognitive impairment assessment dementia suspected
- New Zealand Framework for Dementia Care
<http://www.health.govt.nz/publication/new-zealand-framework-dementia-care>