



# Demystifying Dementia

## Session 2: Management of Dementia in General Practice

*2 August 23*

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HPM Clinical Editor*

# What is HealthPathways?

Melbourne HealthPathways

Melbourne

- Older Adult's Health
  - Carer Stress and Wellbeing
  - Delirium
- Cognitive Impairment and Dementia
  - 5 Minute Neurological Exam for Patients with Possible Dementia
  - Behavioural and Psychological Symptoms of Dementia (BPSD)
  - Medications for Dementia
- Depression in Older Adults
  - Antidepressants for Older Adults
- Elder Abuse and Neglect
- Falls Prevention, Assessment, and Management
  - Balance and Strength Tests
- Frailty in Older Adults
- Health Assessment for Older Adults (≥ 75 Years)
- Medication Management and Polypharmacy in Older Adults
- Older Adult's Weight and Nutrition
- Older Adults with Behavioural Disorders
- RACF Related Care
- Unexpected Deterioration in an Older Adult
- Older Adult's Referrals

Melbourne  
**HEALTHPATHWAYS**

**Health Alert**  
Victoria DHHS – Coronavirus COVID-19 Daily Update

**Latest News**  
12 July  
health.vic  
Health alerts and advisories

10 July  
**Ayurvedic medicines possibly containing Scheduled Poisons and heavy metals**  
The Department of Health advises that some Ayurvedic medicines for sale in Victoria contain dangerous ingredients, including lead. Screen anyone taking unapproved medicines with potential symptoms of lead poisoning for lead toxicity. [Read more...](#)

23 June  
**Current disruption to medication supply**

**Pathway Updates**  
Updated – 13 July  
Pain Medications in Palliative Care  
Updated – 13 July  
Medications in COVID-19  
Updated – 12 July  
Navigating Services for Older Adults  
Updated – 12 July  
Mycoplasma Genitalium  
Updated – 7 July  
Candidiasis (Genital)  
[VIEW MORE UPDATES...](#)

- ABOUT HEALTHPATHWAYS
- BETTER HEALTH CHANNEL
- RACGP RED BOOK
- USEFUL WEBSITES & RESOURCES
- MBS ONLINE
- NPS MEDICINEWISE
- PBS
- NHSD

[SEND FEEDBACK](#)

Click 'Send Feedback' to add comments and questions about this pathway.

[SEND FEEDBACK](#)

# Accessing HealthPathways: Go to [melbourne.healthpathways.org.au](https://melbourne.healthpathways.org.au)



## Welcome

Sign in to HealthPathways

Username

Password

[Forgot password?](#)

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Remember me

Sign In

## New to HealthPathways?

If you are a health professional and would like to have access to this HealthPathways website, please request access from the local HealthPathways team.

[Register now.](#)

Get localised health information, at the point of care

[What is HealthPathways?](#) ▾

[Terms and Conditions](#)

[General Inquiries](#) ▾

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An Australian Government Initiative

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NORTH WESTERN MELBOURNE  
An Australian Government Initiative



Register via QR code



[info@healthpathwaysmelbourne.org.au](mailto:info@healthpathwaysmelbourne.org.au)

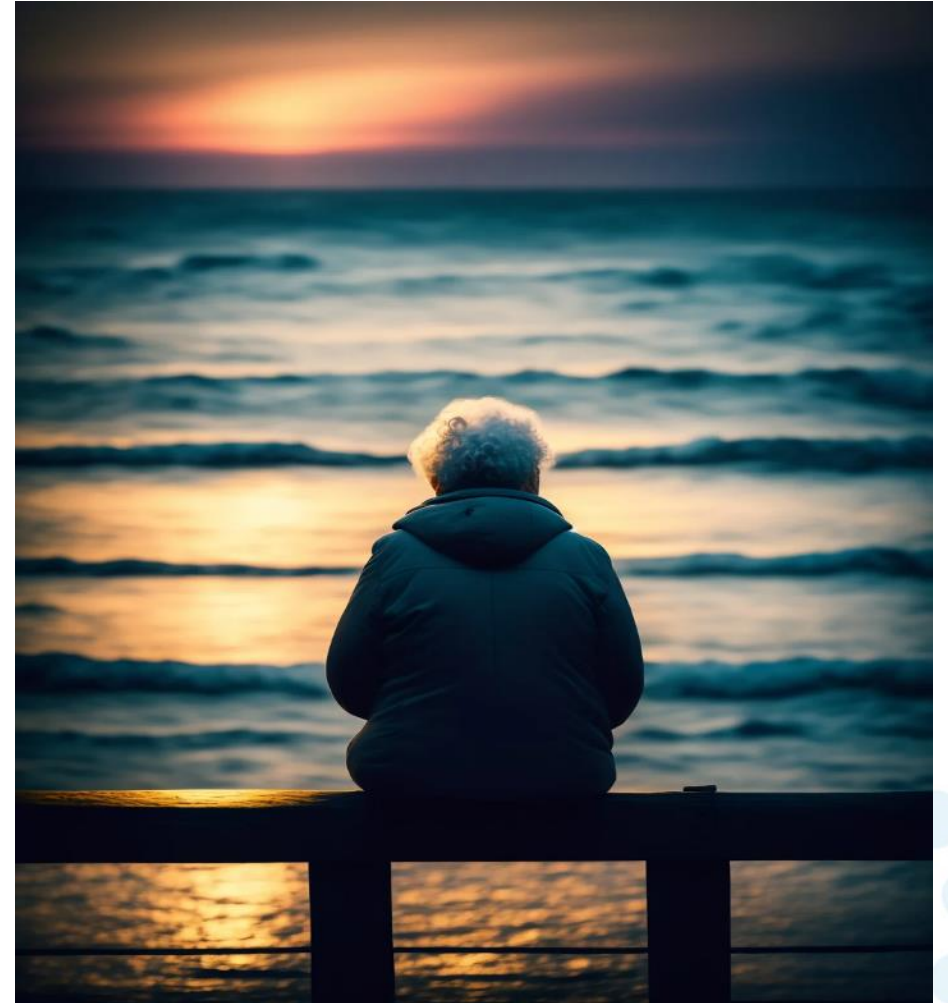
# Case 1: Anna

Anna is 75

- She lives alone
- Attends with daughter, Sophie, for her flu vax
- PMH-Hypertension, OA knee
- Meds-Perindopril, Panadol osteo

How can HealthPathways help ?

- In the initial management
- Ongoing management
- Referral options
- Resources



# Cognitive Impairment and Dementia- Management

The screenshot shows the Melbourne HealthPathways website interface. At the top, there is a search bar labeled 'Search HealthPathways' and a navigation breadcrumb: 'Home / Older Adult's Health / Cognitive Impairment and Dementia'. The left sidebar contains a menu with categories like 'Melbourne', 'Avoiding Hospital Admission', 'Allied Health and Community Nursing', 'Child Health', 'Investigations', 'Legal and Ethical', 'Lifestyle and Preventive Care', 'Medical', 'Mental Health', 'Older Adult's Health', 'Carer Stress and Wellbeing', 'Delirium', 'Cognitive Impairment and Dementia', '5 Minute Neurological Exam for Patients with Possible Dementia', 'Behavioural and Psychological Symptoms of Dementia (BPSD)', 'Medications for Dementia', 'Depression in Older Adults', 'Elder Abuse and Neglect', 'Falls Prevention, Assessment, and Management', 'Frailty in Older Adults', and 'Health Assessment for Older Adults (≥ 75 Years)'. The main content area is titled 'Cognitive Impairment and Dementia' and includes a 'See also' section with links to 'Carer Stress' and 'Medications for Dementia'. Below this is a 'Background' section with a link 'About cognitive impairment and dementia'. The 'Assessment' section features a 'Practice point' box stating: 'Cognitive screening tests are not diagnostic. Cognitive screening tests are not diagnostic. They give an indication of a person's cognitive functioning at a point in time. Diagnosis of dementia requires a thorough history, focused examination, and investigations.' This is followed by a list of three assessment steps: 1. Consider dementia prevention, 2. Focus on making a timely diagnosis, and 3. Take a history from the patient and from family, carers, or close friends (80% of diagnosis is based on history provided by patient and/or informant). Step 3 includes sub-points: 'Take particular note of the onset, fluctuations, and time frame of symptoms.' and 'Ask about: family history, especially in younger onset cases. history of significant brain injury, stroke, or seizures.' A 'SEND FEEDBACK' button is located in the bottom right corner.

Melbourne

Search HealthPathways

Home / Older Adult's Health / Cognitive Impairment and Dementia

## Cognitive Impairment and Dementia

See also:

- Carer Stress
- Medications for Dementia

### Background

[About cognitive impairment and dementia](#)

### Assessment

**Practice point**

**Cognitive screening tests are not diagnostic**

Cognitive screening tests are not diagnostic. They give an indication of a person's cognitive functioning at a point in time. Diagnosis of dementia requires a thorough history, focused examination, and investigations.

1. Consider [dementia prevention](#).
2. Focus on making a [timely diagnosis](#).
3. Take a [history](#) from the patient and from family, carers, or close friends (80% of diagnosis is based on history provided by patient and/or informant):
  - Take particular note of the onset, fluctuations, and time frame of symptoms.
  - Ask about:
    - family history, especially in younger onset cases.
    - history of significant brain injury, stroke, or seizures.

[SEND FEEDBACK](#)

# The Dementia Consumer Resource

The Dementia Consumer Resource provides information on "what to expect" in one's dementia journey:

- Visiting your doctor
- Questions to ask your doctor
- Initial management options
- Tests and referral to specialists
- Ongoing management and support networks
- Support services available such as Dementia Australia, Carer Gateway, My Aged Care, and the NDIS.

**Dementia**  
Resources and support to help you live well

**Finding out about dementia**  
Finding out that you or a family member may have dementia can be overwhelming. You might have a lot of questions. There is a lot to learn but help is available. Your local doctor (GP) can help you understand what may happen next, and how to find the information and help that you, your family, or friends may need. This information sheet outlines where to find the services and supports you may need now and in the future.

**Call a national help line**  
The National Dementia Helpline provides information and advice, emotional support and guidance, and will connect you to support services and programs.  
**1800 100 800** free call  
24 hours a day, 7 days a week.

**Find services using the local Dementia Directory**  
You can now find a range of local services in the dementia directory, such as:  
• Information and resources  
• Support groups  
• Respite services  
• Cognitive, Dementia and Memory Services (CDMS)  
• Health professionals (such as dietitians, exercise physiologists, speech pathologists, occupational therapists, counsellors)

**Dementia Support Australia**  
The Dementia Behaviour Management Advisory Service is a national advisory service for families and carers of people with dementia. The service provides confidential advice, assessment, intervention, education and specialised support.  
**1800 699 799** free call  
24 hours a day, 7 days a week.

**Visit: [dementia.org.au/directory](http://dementia.org.au/directory)**  
The directory includes services not listed in My Aged Care or Dementia Australia services lists.

Do you need help to access the links in this information sheet?  
Call 1800 100 800 or ask your local doctor (GP).

This collaborative project is funded by the Australian Government to support better outcomes for older Australians. Our funding helps fund this Dementia Consumer Resource and other services from the Department of Health and Human Services and in consultation with people living with dementia, carers and health professionals.

**phn**  
Partnership for Health and Wellbeing  
Australians

**What to expect**

**1. Visiting your doctor**  
Your local doctor (GP) will ask you questions about the changes you or others may have noticed, your lifestyle, family history and other medical history. They may do a physical assessment and ask you to complete some tests that assess your memory and thinking. The assessment may take place over multiple appointments. After the assessment, they may refer you to see a number of other health professionals for more tests.  
If you can, take another person with you to your appointments. They can support you and help you remember important information.

**Preparing for your visit**

- Book a long appointment
- Take a list of your medications
- Write down changes you have noticed (forgetting recent events, confusion, changes to your personality) and any concerns you, your family or friends have.
- Ask the doctor to write down the next steps.

**Questions to ask your doctor**

- Is there information I can take away?

**2. Tests and referral to specialists as needed**  
If your local doctor (GP) thinks you might have dementia, they can refer you to a specialist doctor such as a neurologist or geriatrician or a Cognitive, Dementia and Memory Service (CDMS). They will check for other possible causes for the changes you have noticed, and may refer you for more tests such as:  
• Blood urine  
• Scans to check your brain  
• Cognitive and neuropsychological tests to take a deeper look at your memory, attention, thinking and problem solving  
• An assessment by a psychiatrist to check for other conditions and to manage symptoms that can occur alongside dementia.  
You may need multiple appointments with your specialists before you receive a diagnosis.

**Questions to ask your doctor**

- Do I need to fast before any of these tests?
- How much will the specialists cost?
- Can I access financial support for specialists?
- What other specialists will be involved?
- Is there information I can take home with me?

**The dementia journey**

1. Visit your local doctor (GP)  
First changes noticed
2. Tests and referral to specialists as needed
3. Initial management
4. Ongoing management and support networks  
Regular check-ups with your doctor or when changes occur

The resource is available in 2 or 4 page versions depending on the needs of the individual in English, Italian, Greek, Vietnamese or Simplified Chinese [Download here](#)

The [Dementia directory](#) is a directory of local services and support for people living in the Northern, Western and Eastern suburbs of Melbourne with dementia, a



If you are interested in placing a print order for these resources, please email [info@healthpathwaysmelbourne.org.au](mailto:info@healthpathwaysmelbourne.org.au)

# Older Adult's Pathways

## Clinical Pathways

- [Carer Stress and Wellbeing](#)
- [Depression in Older Adults](#)
- [Elder Abuse and Neglect](#)
- [Falls Prevention, Assessment, and Management](#)
- [Frailty in Older Adults](#)
- [Medications for Depression in Older Adults](#)
- [Medication Management and Polypharmacy in Older Adults](#)
- [Older Adult's Weight and Nutrition](#)
- [Older Adults with Behavioural Disorders](#)
- [RACF Related Care](#)
  - [Before Entering a RACF](#)
  - [First 12 months after Admission to a RACF](#)
  - [Transfer of Care- RACF to Acute Services](#)
- [Unexpected Deterioration in an Older Adult](#)

## Referral Pathways

- [Older Adult's Referrals](#)
  - [Navigating Services for Older Adults](#)
  - [Aged Care Assessment Service \(ACAS\)](#)
  - [Advice and Emergency Services for Older Adults](#)
  - [Falls and Balance Services](#)
  - [Non-acute Geriatric Referral \(> 24 hours\)](#)
  - [Home and Community Support for Older Adults](#)
  - [Older Adult's Mental Health Referrals](#)
- [Resource Pathways](#)
  - [Balance and Strength Tests](#)
  - [Dementia Support and Resources](#)
  - [Deprescribing](#)
  - [Comprehensive Medical Assessment \(CMA\) for RACFs](#)
  - [Health Assessment for Older Adults \(≥ 75 Years\)](#)
  - [Medication Management Reviews](#)

# Older Adult's Related Pathways

- [Accessible Parking Permits](#)
- [Advance Care Planning \(ACP\)](#)
- [Allied Health and Community Nursing](#)
- [Avoiding Hospital Admission - After Hours Services, Residential In-Reach, HITH](#)
- [Certification of Death](#)
- [Community Transport](#)
- [Fitness to Drive and Occupational Therapy Driver Assessment](#)
- [MBS Items – Guide to MBS Items, Chronic Disease Management and Medication Reviews](#)
- [Medicines Information and Resources including:](#)
  - [Deprescribing and Dose Administration Aids](#)
  - [Medication Management Reviews](#)
  - [SafeScript](#)
- [Mental Health and Adult Mental Health Service Referrals including:](#)
  - [Adult Psychological Therapy and Counselling Referral](#)
- [Multi-Purpose Taxi Program \(MPTP\)](#)
- [Palliative Care – suite of pathways](#)
- [Voluntary Assisted Dying \(VAD\)](#)





# Guide to MBS Items

## Guide to MBS Items

This page is a quick reference guide to Medicare Benefits Schedule (MBS). It is not designed to replace the MBS and associated guidance. It remains the responsibility of the registered practitioner to have read the relevant MBS descriptors and explanatory notes and ensure all MBS requirements are met for each item number used.

•Review [eligibility](#) prior to [billing](#).

Incorporating VR [MBS](#) fees at 1 April 2023.

[COVID-19 MBS Items \(Vaccine related and Management Support Items\)](#)

[Telehealth and Telephone Items](#)

[Routine F2F GP Consultations](#)

[After Hours Consultation F2F](#)

[Bulk Billing Incentives](#)

[Emergency Consultation F2F](#)

[Aboriginal and Torres Strait Islander Peoples' Health Assessment and CDM Services including Telehealth Items](#)

[Case Conference](#)

[Attendance services for complex neurodevelopmental disorder or disability including Telehealth Items](#)

[Chronic Disease/Complex Care Needs Management including Telehealth Items](#)

[Chronic Disease Management Monitoring and Support including Telehealth Items](#)

[Diagnostic Procedures](#)

[Eating Disorder Services including Telehealth Items](#)

[Health Assessments](#)

[Annual Veterans' Health Checks](#)

[Heart Health Assessment](#)

[Medication Review](#)

[Mental Health Services including Telehealth Items](#)

[Minor Procedure Items](#)

[Nicotine and Smoking Cessation Counselling including Telehealth](#)

[Procedures – Women's Health](#)

[Pregnancy Support and Obstetric Service including Telehealth Items](#)

[Residential Aged Care Items](#)



# Dementia Pathways Feedback Survey

**You're invited:** in mid-August, HealthPathways will send out a link to a survey requesting feedback 10 of our recently updated pathways. We will be offering a chance to win a \$100 voucher. However, the 'send feedback' button is always available to use and every pathway.

**Dementia Post Survey** Five questions over 10 pathways

Pathways:

- [Cognitive Impairment and Dementia](#)
- [5 Minute Neurological Exam for Patients with Possible Dementia](#)
- [Behavioural and Psychological Symptoms of Dementia \(BPSD\)](#)
- [Medications for Dementia](#)
- [Health Assessment for Older Adults \(≥ 75 Years\)](#)
- [Advice and Emergency Services for Older Adults](#)
- [Aged Care Assessment Service \(ACAS\)](#)
- [Dementia Resources and Support](#)
- [Non-acute Geriatric Referral \(> 24 hours\)](#)
- [Occupational Therapy Driver Assessment](#)





**HealthPathways**  
**Melbourne**

*Building local pathways for better care*

[melbourne.healthpathways.org.au](http://melbourne.healthpathways.org.au)

**Thank  
you.**

