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| **Topic** | Identifying Mild Cognitive Impairment/Dementia in Primary Care  |
| **CPD** | Self-ReportingTeaching | **Hours** | EA 4 hours (3 hours webinar & 1-hour self-directed learning)  |
| **Date** | To be completed March/April 2023 |
| **Aim** | To assist General Practitioners to evaluate the use of cognitive assessment tools in practice |
| **Learning Outcomes** | * Evaluate own clinical practice of using cognitive assessment tools.
* Integrate a new type of cognitive assessment tool (GPCOG/Rudas) into your over 75 assessment
* Demonstrate to other team members (practice nurse/GP registrar) how this is performed, with particular focus on reviewing performance in the over 75 Health Assessment.

Not all these learning outcomes need to be achieved  |

| **Background** |
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| Currently most general practices will have a format for health assessment of the over 75yr old.“A health assessment of an older person is an in-depth assessment of a patient aged 75 years and over. It provides a structured way of identifying health issues and conditions that are potentially preventable or amenable to interventions in order to improve health and/or quality of life.”This annual assessment can be completed by the GP or by the GP with support and contribution from the practice nurse/nurse practitioner. Item numbers include 707, 705, 703, 701Mandatory components include:

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| The health assessment must include:* information collection, including taking a patient history and undertaking or arranging examinations and investigations as required;
* making an overall assessment of the patient;
* recommending appropriate interventions;
* providing advice and information to the patient;
* keeping a record of the health assessment, and offering the patient a written report about the health assessment, with recommendations about matters covered by the health assessment; and
* offering the patient’s carer (if any, and if the medical practitioner considers it appropriate and the patient agrees) a copy of the report or extracts of the report relevant to the carer.

Specific components of the health assessment for older people include:* measurement of the patient’s blood pressure, pulse rate and rhythm;
* an assessment of the patient’s medication;
* an assessment of the patient’s continence;
* an assessment of the patient’s immunisation status for influenza, tetanus and pneumococcus;
* an assessment of the patient’s physical function, including the patient’s activities of daily living, and whether or not the patient has had a fall in the last 3 months;
* an assessment of the patient’s psychological function, including the patient’s cognition and mood; and
* an assessment of the patient’s social function, including the availability and adequacy of paid and unpaid help, and whether the patient is responsible for caring for another person.

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/mbsprimarycare_mbsitem_75andolder> |

Although there is no specific recommendation on which cognitive assessment or screening tool, to use an objective assessment can be helpful, and if appropriately discussed, may be a way of beginning a conversation about cognition, which has potential to reduce stigma. Cognitive assessment tools should be tailored to the person in front of you and it is important to avoid a one size fits all approach.**Remember a cognitive screening tool is not a diagnostic test** |

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| **Before completing the RP Activities** |
| Before completing the activities below, you will have attended a Dementia Training Australia Demystifying Dementia sessions via webinar. Please access the GPCOG site [**here**](https://gpcog.com.au/)**.** Take the time to familiarise yourself with the FAQs. There is also a useful 5 min video [**here**](https://www.youtube.com/watch?v=If7nv2_B89M)**.**Please access the MMSE at the IHACPA site [**here**](https://www.ihacpa.gov.au/health-care/classification/subacute-and-non-acute-care/standardised-mini-mental-state-examination)**.** You can access the guide and tool at the bottom of the page.Reflect on the knowledge gained from your learning prior to engaging in the following activities. |

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| **Instructions** |
| 1. Ask your practice team or whoever is currently performing the cognitive assessment in the over 75 check what tool they are using (if any)?

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1. Sit with a nurse (s) or other GP(s) in practice and show them how to complete the GPCOG, by demonstrating it with a theoretical case.
2. Review your local HealthPathways information on over 75 assessment. You might need to use the search function. You will often find under: *Health Assessment for People Aged 75 Years and Older* or *Older Adult's Health Assessment (≥ 75* years)
3. Having facilitated a training session and checked the HealthPathways, briefly describe further suggestions that could improve the way you complete the assessment?

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If your practice population is from a CALD background, it would be best to substitute the GPCOG for a RUDAS. If you have a first nation’s population or work in an Aboriginal Medical Service, the KICA may be more appropriate |