



Cognitive Care in Primary Care

A Physicians Guide

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Documentation

“The patient underwent *Cognivue* testing prompted by the expressed concerns of the (*patient, caregiver, or practitioner*) leading to a total score of _____.

This is consistent with the patient being (*impaired, indeterminate, or unimpaired*). The patient was advised and care planning was informed by these findings.”

Geriatric Depression Scale

- YES **NO** 1. Are you basically satisfied with your life?
- YES** NO 2. Have you dropped many of your activities and interests?
- YES** NO 3. Do you feel that your life is empty?
- YES** NO 4. Do you often get bored?
- YES **NO** 5. Are you in good spirits most of the time?
- YES** NO 6. Are you afraid that something bad will happen to you?
- YES **NO** 7. Do you feel happy most of the time?
- YES** NO 8. Do you often feel helpless?
- YES** NO 9. Do you prefer to stay home rather than try new things?
- YES** NO 10. Do you feel you have more memory problems than most?
- YES **NO** 11. Do you think it's wonderful to be alive now?
- YES** NO 12. Do you feel pretty worthless the way you are now?
- YES **NO** 13. Do you feel full of energy?
- YES** NO 14. Do you feel that your situation is hopeless?
- YES** NO 15. Do you think most people are better off than you are?

Sum all bolded answers (worth one point) for a total score: _____

0-5 Normal

5+ Suggestive of Depression

(Adapted from Yesavage, 1982)

Disclaimer

This guide is intended for informational purposes only.

The sequence of clinical considerations described in this document illustrate a general approach to cognitive assessment.

It is not a substitute for medical advice.

Medicines with Cognitive Side-Effects

- Anesthetics
- Antibiotics
- Anticholinergics
- Anticonvulsants
- Antidepressants
- Antiparkinsonians
- Antipsychotics
- Antihypertensives
- Chemotherapeutics
- Cortical steroids
- H2 Antagonists
- Hypoglycemic Agents
- Lithium
- Narcotics
- Sedative-Hypnotics
- Urinary Antispasmodics
- *Withdrawal

(Adapted from Definition of Drug-Induced Cognitive Impairment in the Elderly. Medscape, 2000)

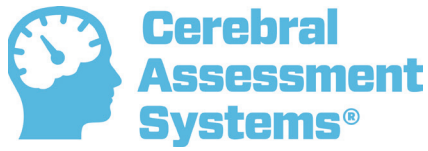
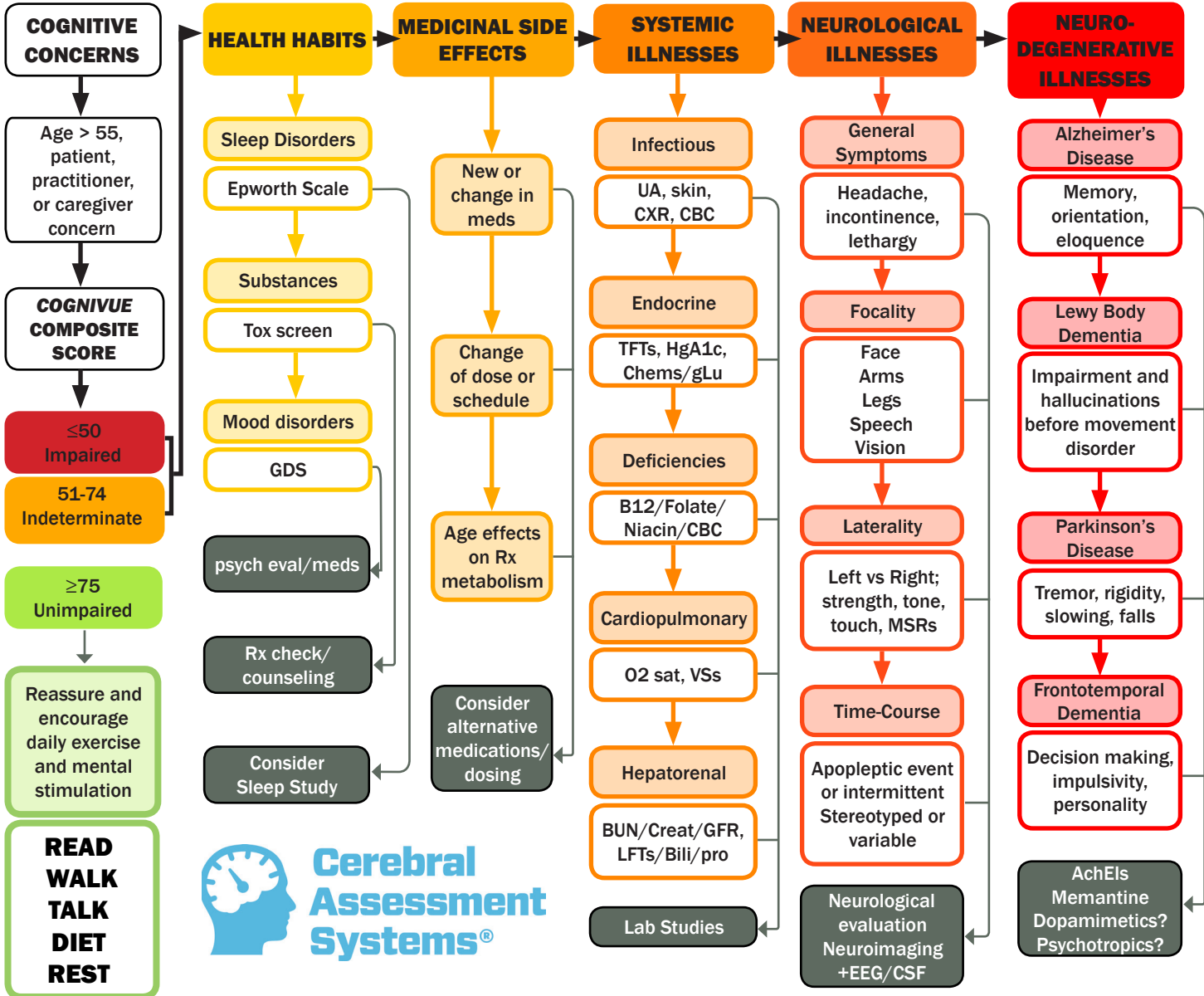
Epworth Sleepiness Scale

Situation	Chance of Dozing			
	NEVER	1	2	OFTEN
Sitting and reading				
Watching TV				
Sitting inactive in a public place				
As a passenger in a car for an hour				
Laying down to rest in the afternoon				
Sitting and talking to someone				
Sitting quietly after a lunch without alcohol				
In a car, while stopped for a few minutes in traffic				

Score: _____

9+ Seek evaluation

(Adapted from Murray, 1991)



**READ
WALK
TALK
DIET
REST**

**≤50
Impaired**

**51-74
Indeterminate**

**≥75
Unimpaired**

Age > 55, patient, practitioner, or caregiver concern

COGNITIVE COMPOSITE SCORE

COGNITIVE CONCERNS

HEALTH HABITS

MEDICINAL SIDE EFFECTS

SYSTEMIC ILLNESSES

NEUROLOGICAL ILLNESSES

NEURO-DEGENERATIVE ILLNESSES

Sleep Disorders

Epworth Scale

Substances

Tox screen

Mood disorders

GDS

psych eval/meds

Rx check/counseling

Consider Sleep Study

New or change in meds

Change of dose or schedule

Age effects on Rx metabolism

Consider alternative medications/dosing

Infectious

UA, skin, CXR, CBC

Endocrine

TFTs, HgA1c, Chems/gLu

Deficiencies

B12/Folate/Niacin/CBC

Cardiopulmonary

O2 sat, VSs

Hepatorenal

BUN/Creat/GFR, LFTs/Bili/pro

Lab Studies

General Symptoms

Headache, incontinence, lethargy

Focality

Face Arms Legs Speech Vision

Laterality

Left vs Right; strength, tone, touch, MSRs

Time-Course

Apopleptic event or intermittent Stereotyped or variable

Neurological evaluation Neuroimaging +EEG/CSF

Alzheimer's Disease

Memory, orientation, eloquence

Lewy Body Dementia

Impairment and hallucinations before movement disorder

Parkinson's Disease

Tremor, rigidity, slowing, falls

Frontotemporal Dementia

Decision making, impulsivity, personality

AchEIs Memantine Dopamimetics? Psychotropics?