

Topic	Identifying Mild Cognitive Impairment/Dementia in Primary Care		
CPD	Self-Reporting Teaching	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	<ul style="list-style-type: none"> 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. <p>Not all these learning outcomes need to be achieved</p>		

Background

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, 701

Mandatory components include:

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

Background

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

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](#). Take the time to familiarise yourself with the FAQs. There is also a useful 5 min video [here](#).

Please access the MMSE at the IHACPA site [here](#). 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.

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)?

2. 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.
3. 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)*
4. Having facilitated a training session and checked the HealthPathways, briefly describe further suggestions that could improve the way you complete the assessment?

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

