


Cognition in Primary Care

An efficient, concise, and practical toolkit.
Identify and manage dementia in primary care

Dementia: Hard now 30% of pts > age 80
...True shock is on the way...



Numbers will increase 40% in next 10 years
Will **double** in the next 20 years ...

Alzheimer's Dementia 2021;17:327-406

Efficient model to evaluate + manage cognitive impairment



Education Series

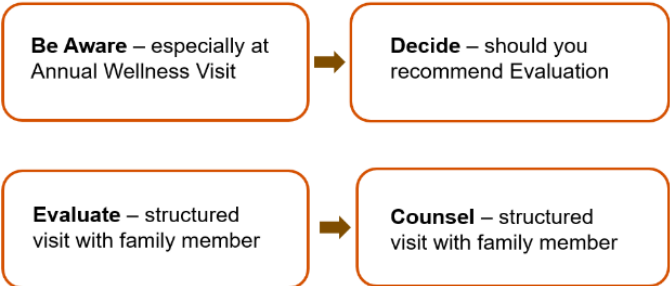
3-part free Zoom series. Practical, efficient, quality.

- Make a diagnosis of cognitive impairment
- Set a plan for a newly diagnosed patient
- Manage dementia



In Clinic Workflow

Putting the training into practice. Pilots complete, successful, ready to expand.



- Offered to 68 PCPs in the Fall of 2021
- Evaluations highly positive:
 - Relevant to Practice = 100% (93% “very much so”)
 - Quality Communication = 100% (93% “excellent”)
 - Expect to Use Info = 99% (94% “strongly agree”)

Decide: Warning Signs

- A one-pager, with 3 questions that MA can give, or PCP can give

Worrisome Signs vs. Normal Aging

- In folders in every exam room (labeled "Memory Questions")
- Or: in Epic (SmartSet **Cognition**)
- Or: Epic `.dotphrase` three questions `.cognitionquickquestions`

Cognition in Primary Care Version: 6/2020

Follow-up Questions About Cognitive Concerns

1. Have you noticed that you forget things that just happened more often?
For example: Repeating the same question or the same story 30 minutes later.
 YES NO UNSURE
2. Have you noticed it's more difficult to finish a complex task that used to be easy for you?
For example: Cooking a complex recipe, organizing your documents, or putting up outdoor holiday lights.
 YES NO UNSURE
3. Have you noticed being unsure where you are in a place you've been to many times?
For example: Becoming disoriented on a usual route or in a building you know well.
 YES NO UNSURE

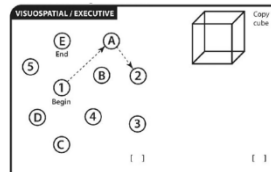
Cognitive Checklist

- Harmful med assessment
- EtOH amount rare
- Depression considered
- Sleep apnea considered
- Hearing loss considered

MoCA Test

Montreal Cog Assessment

- Reusable copies of user-friendly instructions
- Kept at easy to find folder at each MA Station.



Website

Cognition-PrimaryCare.org

- Access handout summary materials for free.
- Links to high quality regional support resources.



Contact: Barak Gaster, MD
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To learn more...

Your name : _____

Your email: _____

Where you work: _____

Fill out and hand today to Monica Zigman Suchland
(speaking at end of today's meeting) or send email to:

Barak Gaster, MD (barakg@uw.edu)