

European Academy for Medicine of Ageing

Advanced Postgraduate Course of the EAMA

Training Session VII / 4

Guidelines for abstracts on students' state of the art lectures

Session :VII/4

Reference of the lecture :

Name and address of the author:

Dr. Francesco Colella-Albino- Geriatrician

Centro multidisciplinare di Geriatria Clinica Luganese

6900 Lugano (Switzerland) e-mail : colelf@clinicaluganese.ch

Title of the lecture

ASSESSMENT OF COGNITION

Mental status examination is an essential part of the multidimensional geriatric assessment. The evaluation of cognitive decline is based on diagnostic processes which are conceptually similar to what is done in other domains of clinical medicine. It needs a rational and simple approach based on well-established algorithms and validated diagnostic tools. In my lecture I will describe the diagnostic algorithms we use in Lugano (Switzerland) at the Multidisciplinary Geriatrics Center.

Our first level approach includes: a) detailed clinical history (i.e. history of the present illness, past medical history, social habits, occupational experience, family illness and disorders); b) physical examination with a particular attention to the neurological status; c) mood disorders screening question (“do you feel sad?”); d) MMSE+clock test; e) standardized laboratory tests (CBC, metabolic screening, TSH, B12, folates, serology for B.Burgdorferi, syphilis and HIV if indicated). If the suspicion of a cognitive decline is confirmed and its cause is not evident, we pass to the second level: a) brain scan or MRI (according to the situation of the patient); b) full neuropsychological assessment (CERAD, FAB, etc...). The results of the above-mentioned workup are then integrated and interpreted on the basis of the DSM-IV diagnostic criteria for dementia.

Short bibliography :

- 1) Knopman DS, De Kosky ST, Cummings JL, et al. **Practice parameter: diagnosis of dementia (an evidence based review). Report of the quality Standard Subcommittee of the American academy of Neurology. Neurology 2001; 56: 1143-53**
- 2) Karlawish, JH, Clark, CM. **Diagnostic evaluation of elderly patients with mild memory problems. Ann Intern Med 2003;138 :411.**
- 3) Alan M. Adelman M.D. M.S. Penn. **Initial evaluation of the patient with suspected Dementia. A peer reviewed Journal of the American Academy of Family Physician. May 1,2005**
- 4) J.E. Galvin, C.M. Roe, and J.C. Morris. **Evaluation of Cognitive impairment in older Adults: Combining Brief Informant and Performance Measures. Arch Neurol, May 1, 2007; 64(5): 718-724.**
- 5) David S. Gelmadmacher, MD. **Clinics in geriatric Medicine. Alzheimer Disease and Dementia. February 2004 Volume 20 number 1**