

Project REMIND

Recognizing Early Memory Impairment Needs Assessment for Dementia

Dr. Laura Iglesias MD¹; Dr. Lindsay Bubar DNP, APRN, FNP-BC¹; Melissa Purcell MSN, RN¹; Amy Glynn MBA, MPP²
¹Commonwealth Care Alliance (CCA), Clinical; ²Commonwealth Care Alliance (CCA), Quality

Background

- ◇ Dementia affects over 10% of the U.S. pop (20% of CCA seniors with complex needs)
- ◇ Unrecognized dementia can lead to poor medication management, inappropriate and costly hospital use, unidentifiable elder abuse, and overall poorer outcomes
- ◇ Diagnosis of disease primarily occurs as result of provider suspicion of symptoms or caregiver concerns, not as result of formal routine screening
- ◇ Early detection can improve clinical outcomes and reduce medical expenses

Aim

To identify and provide early intervention for patients with undiagnosed cognitive impairment using the mini-cog screening tool.

Drivers

Lack of knowledge around healthy aging and available resources

Stigma, language barriers

No routine formal screening

Inadequate access to support services

Solutions

Culturally sensitive training and education

Early detection through mini-cog screening tool

Interprofessional care team approach



Results

Increased Early Detection

- 70 Mini-Cogs performed, 2/3rds of patients screened positive for cognitive impairment
- Of those who screened positive, 80% screened positive on additional cognitive assessment and were discussed at interprofessional meetings for clinical work-up

Increased Patient/Caregiver Satisfaction

- "There was one member that self referred. She had noticed herself becoming more forgetful...and she was relieved to have something tangible to follow up on"
- "I am excited to see the extra care associated with the growing population and I would imagine the support is felt by all staff and caregivers and MD's too"

Increased Provider Satisfaction

- Over 80% of providers found the Mini-Cog effective at detecting cognitive impairments
- 2/3rd of providers found the interprofessional team meetings helpful
- Over 50% of providers feel more valued since the start of this project

Design

More support for **patients and care-givers**

1. Annual mini-cog screening (in patient's primary language)
2. Positive screen prompts referral to behavioral health specialist
3. Expanded cognitive assessment completed with each patient discussed at interdisciplinary team meeting

More support for **providers**

1. Staff trained on cognitive impairment and dementia
2. Behavioral health specialists trained on mini-cog screening tool, cognitive assessments
3. Structured interdisciplinary team meetings with geriatrician, behavioral health providers, care partners

Lessons Learned

Routine, formal screenings are important for early detection of cognitive impairments among older adults, especially among those with complex care needs.