Administering the MoCA: What Does it Mean and Why is it Important?

Presented by
Barbara McEwen, BSN, PHN
Geriatric Care Team RN
Riverside University Medical Center

Objectives

1. Administering the MoCA in the field
2. Correlate MoCA sections to cognitive abilities
3. Be aware of factors impacting results
4. Observe/document collateral information
5. Describe reversible causes of dementia
6. Discuss common types of dementia
7. Recommend next steps based on score

The MoCA

Riverside University HEALTH SYSTEM

Montreal Cognitive Assessment (MoCA)

- Developed in 1996 by Ziad Nasreddine
- 3 versions of full MoCA, Blind/telephone, Hearing impaired, Illiterate/<5 years of education
- Available in almost 100 languages (multiple versions)
- Validated in 2005 to identify mild cognitive impairment with 90% accuracy
- Tests 8 cognitive domains:
  - Visuospatial/executive, naming, memory, attention, language, abstraction, delayed recall, and orientation
- Test consists of 30 points
- Normal score = 26 or above
- **Screening only-not for diagnosis**

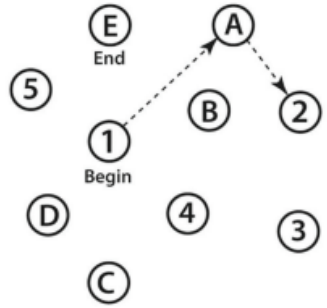
Riverside University HEALTH SYSTEM

MONTREAL COGNITIVE ASSESSMENT (MOCA®)

Version 8.1 English

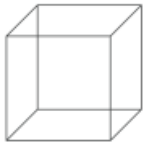
Name:
Education: Date of birth:
Sex: DATE:

VISUOSPATIAL/EXECUTIVE



[ ] [ ]

Copy cube

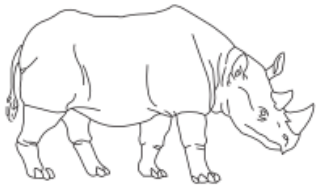


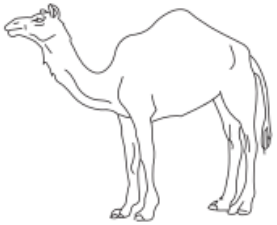
Draw CLOCK (Ten past eleven)
(3 points)

[ ] Contour [ ] Numbers [ ] Hands

POINTS __/5

NAMING





[ ] [ ] [ ]

__/3

MEMORY

Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.

	FACE	VELVET	CHURCH	DAISY	RED
1ST TRIAL					
2ND TRIAL					

NO POINTS

ATTENTION

Read list of digits (1 digit/ sec.).

Subject has to repeat them in the forward order. [ ] 2 1 8 5 4

Subject has to repeat them in the backward order. [ ] 7 4 2

__/2

Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors

[ ] F B A C M N A A J K L B A F A K D E A A A J A M O F A A B

__/1

Serial 7 subtraction starting at 100. [ ] 93 [ ] 86 [ ] 79 [ ] 72 [ ] 65

4 or 5 correct subtractions: **3 pts**, 2 or 3 correct: **2 pts**, 1 correct: **1 pt**, 0 correct: **0**

__/3

LANGUAGE

Repeat: I only know that John is the one to help today. [ ]

The cat always hid under the couch when dogs were in the room. [ ]

__/2

Fluency: Name maximum number of words in one minute that begin with the letter F. [ ] _____ (N ≥ 11 words)

__/1

ABSTRACTION

Similarity between e.g. orange - banana = fruit [ ] train - bicycle [ ] watch - ruler

__/2

DELAYED RECALL

Memory Index Score (MIS)

(MIS)	Has to recall words WITH NO CUE	FACE	VELVET	CHURCH	DAISY	RED	Points for UNCUED recall only
X3		[ ]	[ ]	[ ]	[ ]	[ ]	
X2	Category cue						MIS = ____ /15
X1	Multiple choice cue						

__/5

ORIENTATION

[ ] Date [ ] Month [ ] Year [ ] Day [ ] Place [ ] City

__/6

www.mocatest.org

Administered by: _____

Training and Certification are required to ensure accuracy

MIS: /15
(Normal ≥ 26/30)
Add 1 point if ≤ 12 yr edu

TOTAL __/30

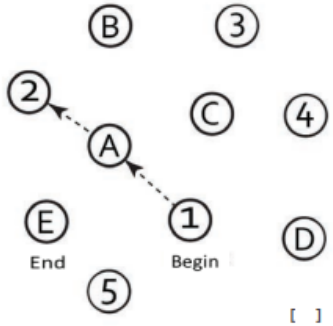
Riverside University HEALTH SYSTEM

MoCA COGNITIVE ASSESSMENT

Version 8.2 English

Name:
Education:
Sex:
Date of birth:
DATE:

VISUOSPATIAL / EXECUTIVE



[ ]

Copy chair

[ ]

Draw CLOCK (Ten past nine)
(3 points)

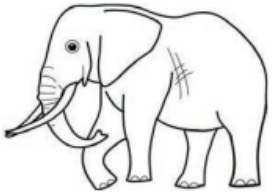
[ ] Contour [ ] Numbers [ ] Hands

POINTS

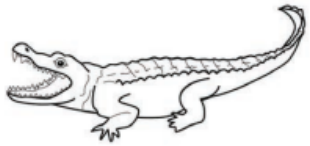
__/5

NAMING

[ ]



[ ]



[ ]

__/3

MEMORY

Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.

	HAND	NYLON	PARK	CARROT	YELLOW
1st TRIAL					
2nd TRIAL					

NO POINTS

ATTENTION

Read list of digits (1 digit / sec.).

Subject has to repeat them in the forward order. [ ] 8 1 5 2 4

Subject has to repeat them in the backward order. [ ] 2 4 7

__/2

Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors.

[ ] F B A C M N A A J K L B A F A K D E A A A J A M O F A A B

__/1

Serial 7 subtraction starting at 70. [ ] 63 [ ] 56 [ ] 49 [ ] 42 [ ] 35

4 or 5 correct subtractions: **3 pts,** 2 or 3 correct: **2 pts,** 1 correct: **1 pt,** 0 correct: **0 pt**

__/3

LANGUAGE

Repeat: The robber of the gray car was stopped by the police. [ ]

The student went back to school without his books and pencils. [ ]

__/2

Language Fluency. Name maximum number of words in one minute that begin with the letter S. [ ] _____ (N ≥ 11 words)

__/1

ABSTRACTION

Similarity between e.g. orange - banana = fruit [ ] bed - table [ ] letter - telephone

__/2

DELAYED RECALL

Memory Index Score (MIS)

(MIS)	Has to recall words WITH NO CUE	HAND [ ]	NYLON [ ]	PARK [ ]	CARROT [ ]	YELLOW [ ]	Points for UNCUED recall only
X3							
X2	Category cue						MIS = ____ /15
X1	Multiple choice cue						

__/5

ORIENTATION

[ ] Date [ ] Month [ ] Year [ ] Day [ ] Place [ ] City

__/6

www.mocatest.org

Training and Certification are required to ensure accuracy.

MIS: / 15

(Normal ≥ 26/30)

Add 1 point if ≤ 12 yr education

TOTAL __/30

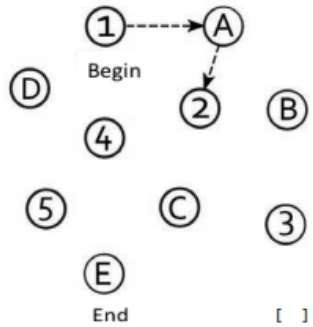
Riverside University HEALTH SYSTEM

MoCA COGNITIVE ASSESSMENT

Version 8.3 English

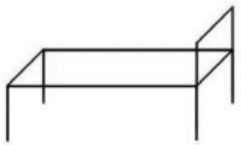
Name:
Education:
Sex:
Date of birth:
DATE:

VISUOSPATIAL / EXECUTIVE



[ ]

Copy bed



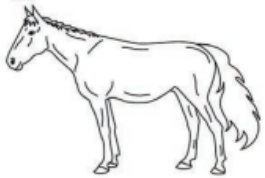
[ ]

Draw CLOCK (Five past ten)
(3 points)

[ ] Contour [ ] Numbers [ ] Hands

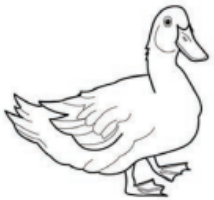
POINTS __/5

NAMING



[ ]

[ ]



[ ]

__/3

MEMORY

Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.

	LEG	COTTON	SCHOOL	TOMATO	WHITE
1st TRIAL					
2nd TRIAL					

NO POINTS

ATTENTION

Read list of digits (1 digit/sec.).

Subject has to repeat them in the forward order. [ ] 2 4 8 1 5

Subject has to repeat them in the backward order. [ ] 4 2 7

__/2

Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors.

[ ] F B A C M N A A J K L B A F A K D E A A A J A M O F A A B

__/1

Serial 7 subtraction starting at 60. [ ] 53 [ ] 46 [ ] 39 [ ] 32 [ ] 25

4 or 5 correct subtractions: **3 pts,** 2 or 3 correct: **2 pts,** 1 correct: **1 pt,** 0 correct: **0 pt**

__/3

LANGUAGE

Repeat: The child walked his dog in the park after midnight. [ ]

The artist finished his painting at the right moment for the exhibition. [ ]

__/2

Language Fluency. Name maximum number of words in one minute that begin with the letter B. [ ] _____ (N ≥ 11 words)

__/1

ABSTRACTION

Similarity between e.g. orange - banana = fruit [ ] hammer - screwdriver [ ] matches - lamp

__/2

DELAYED RECALL

Memory Index Score (MIS)

(MIS)	Has to recall words WITH NO CUE	LEG	COTTON	SCHOOL	TOMATO	WHITE	Points for UNCUED recall only
X3		[ ]	[ ]	[ ]	[ ]	[ ]	
X2	Category cue						MIS = ____/15
X1	Multiple choice cue						

__/5

ORIENTATION

[ ] Date [ ] Month [ ] Year [ ] Day [ ] Place [ ] City

__/6

www.mocatest.org

Training and Certification are required to ensure accuracy.

MIS: /15
(Normal ≥ 26/30)

Add 1 point if ≤ 12 yr education

TOTAL __/30

Riverside University HEALTH SYSTEM

MONTREAL COGNITIVE ASSESSMENT (MoCA®)

Version 8.1 BLIND English

NAME:
EDUCATION :
Sex :
Date of birth :
DATE :

MEMORY		FACE	VELVET	CHURCH	DAISY	RED	POINTS
Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.	1st TRIAL						NO POINTS
	2nd TRIAL						

ATTENTION		
Read list of digits (1 digit / sec.).	Subject has to repeat in the forward order. [ ] 2 1 8 5 4 Subject has to repeat in the backward order. [ ] 7 4 2	___ /2
Read list of letters. The subject must tap at each letter A. No points if ≥ 2 errors [ ] F B A C M N A A J K L B A F A K D E A A A J A M O F A A B		____ /1
Seria 7 subtraction starting at 100 4 or 5 correct subtractions: **3 pts,** 2 or 3 correct: **2 pts,** 1 correct: **1 pt,** 0 correct: **0 pt**	[ ] 93 [ ] 86 [ ] 79 [ ] 72 [ ] 65	____ /3
LANGUAGE	**I only know that John is the one to help today. [ ]**	____ /2
Repeat:	**The cat always hid under the couch when dogs were in the room [ ]**	
Fluency: Name maximum number of words in one minute that begin with the letter F.	[ ] _____ (N ≥ 11words)	____ /1
ABSTRACTION Similarity between e.g. orange - banana = fruit	**[ ] train - bicycle** **[ ] watch - ruler**	____ /2

DELAYED RECALL		Has to recall words WITH NO CUE	FACE	VELVET	CHURCH	DAISY	RED	
Memory	(MIS) X3		[ ]	[ ]	[ ]	[ ]	[ ]	____ /5
Index	X2	Category cue						NO POINTS
Score	X1	Multiple choice cue						

ORIENTATION	[ ] Date [ ] Month [ ] Year [ ] Day [ ] Place [ ] City	____ /6
	TOTAL	____ /22

www.mocatest.org

Administered by : _____

Add 1 point if ≤ 12 yr edu

MIS: /15 (Normal ≥ 19/22)

Training and Certification are required to ensure accuracy

Riverside University HEALTH SYSTEM

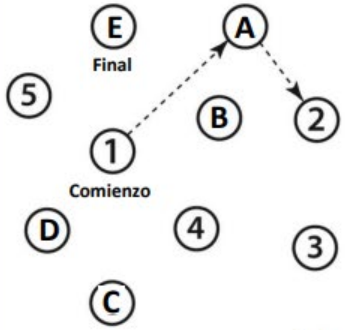
MONTREAL COGNITIVE ASSESSMENT (MOCA®)
(EVALUACIÓN COGNITIVA MONTREAL)

Versión 8.1 Spanis(Spain)

Nombre: Fecha de nacimiento:

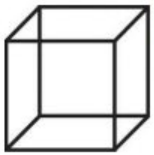
Nivel de estudios: Sexo: FECHA:

VISUOESPACIAL / EJECUTIVA



[ ]

Copiar el cubo



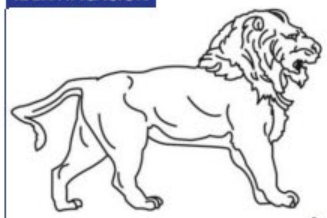
[ ]

Dibujar un RELOJ (Once y diez)
(3 puntos)

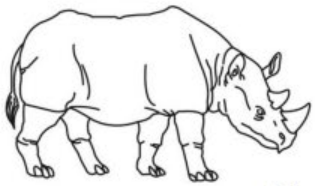
[ ] Contorno [ ] Números [ ] Agujas

PUNTOS __/5

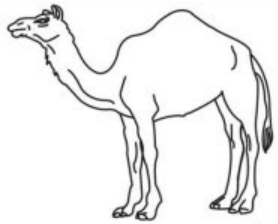
IDENTIFICACIÓN



[ ]



[ ]



[ ]

__/3

MEMORIA

Lea la lista de palabras, el paciente debe repetirlas. Haga dos intentos. Recuérdeselas 5 minutos más tarde.

	ROSTRO	SEDA	TEMPLO	CLAVEL	ROJO
1er INTENTO					
2e INTENTO					

NINGÚN PUNTO

ATENCIÓN

Lea la serie de números (1 número/seg.) El paciente debe repetirlos en el mismo orden. [ ] 2 1 8 5 4

El paciente debe repetirlos en orden inverso. [ ] 7 4 2

__/2

Lea la serie de letras. El paciente debe dar un golpecito con la mano cada vez que se diga la letra A. No se asignan puntos si ≥ 2 errores.

[ ] F B A C M N A A J K L B A F A K D E A A A J A M O F A A B

__/1

Restar de 7 en 7 empezando desde 100. [ ] 93 [ ] 86 [ ] 79 [ ] 72 [ ] 65

4 o 5 restas correctas: **3 puntos**, 2 o 3 restas correctas: **2 puntos**, 1 resta correcta: **1 punto**, 0 restas correctas: **0 puntos**

__/3

LENGUAJE

Repetir: Solo sé que le toca a Juan ayudar hoy. [ ]

El gato siempre se esconde debajo del sofá cuando hay perros en la habitación. [ ]

__/2

Fluidez del lenguaje. Decir el mayor número posible de palabras que comiencen por la letra "F" en 1 minuto. [ ] ____ (N ≥ 11 palabras)

__/1

ABSTRACCIÓN

Semejanza entre p. ej. plátano-naranja = fruta [ ] tren-bicicleta [ ] reloj-regla

__/2

RECUERDO DIFERIDO

Puntuación de la escala de memoria (MIS)

(MIS)	Debe recordar las palabras SIN DARLE PISTAS	ROSTRO	SEDA	TEMPLO	CLAVEL	ROJO
X3		[ ]	[ ]	[ ]	[ ]	[ ]
X2	Pista de categoría					
X1	Pista de elección múltiple					

Puntos por recuerdos SIN PISTAS únicamente

MIS = ____ / 15

__/5

ORIENTACIÓN

[ ] Fecha [ ] Mes [ ] Año [ ] Día de la semana [ ] Lugar [ ] Localidad

__/6

 www.mocatest.org

Administrado por: _____

Se requiere formación y certificado para garantizar la exactitud.

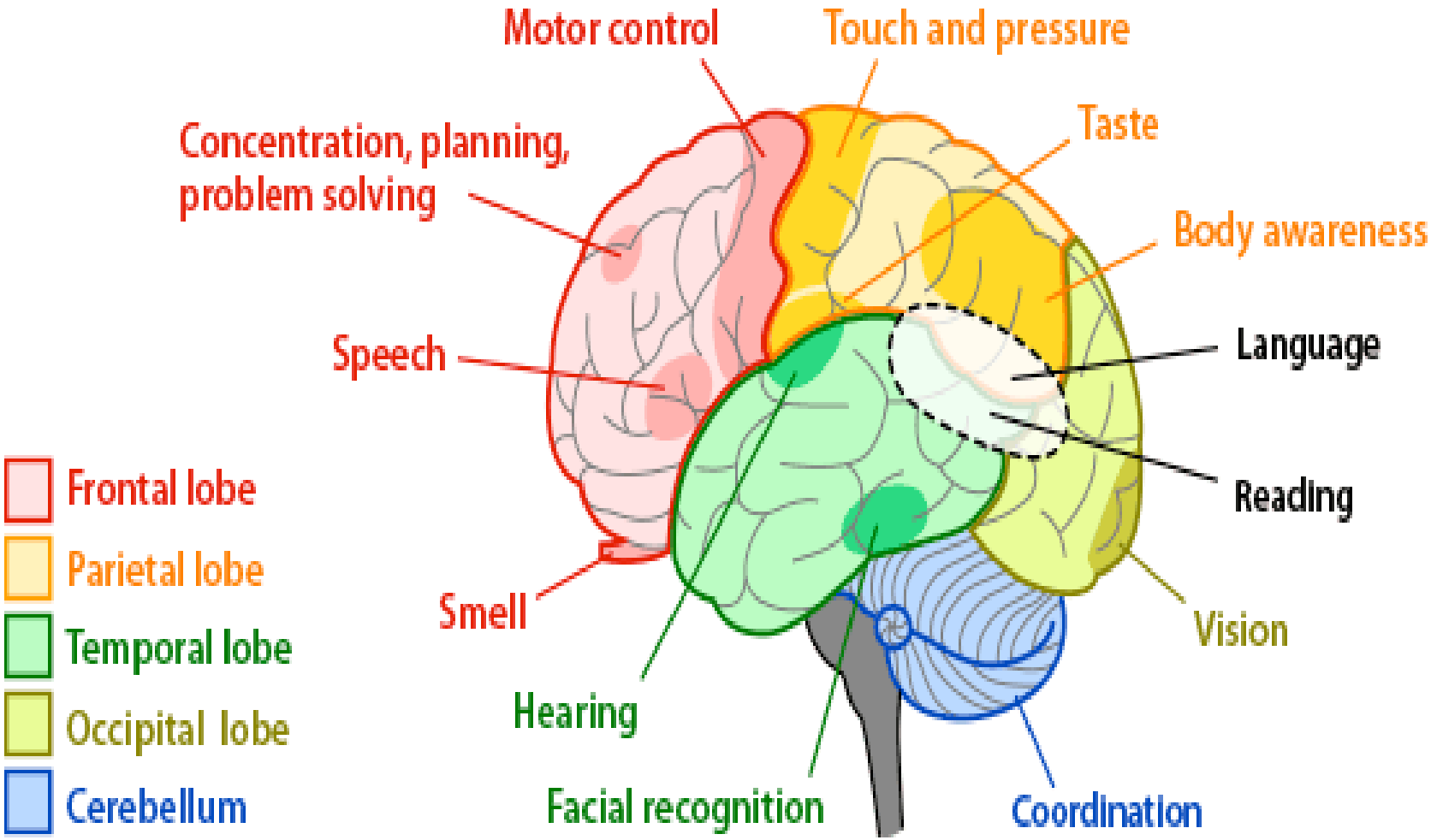
MIS: /15

(Normal ≥ 26/30)

Añadir 1 punto si tiene ≤ 12 años de estudios

TOTAL __/30

Riverside University HEALTH SYSTEM



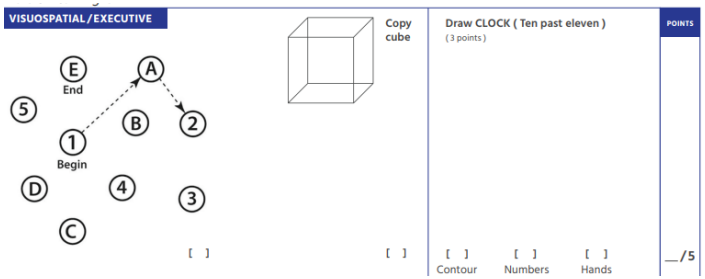
Riverside University HEALTH SYSTEM

Tips for Administering

- Can use translators if needed
- Can repeat instructions to subject ONCE
- Cannot coax or give hints
- Try to eliminate distractions
- Try to build rapport 1st

Riverside University HEALTH SYSTEM

VisuoSpatial, Executive



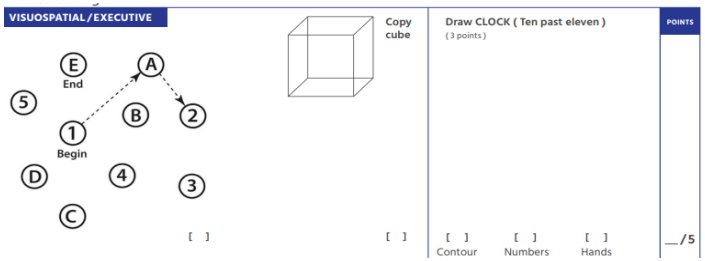
Alternate Trail Making

- Number to a letter in ascending order.
- Possible 1 point
- One line in correct order
- No point: not in order, crossed lines, line from begin to end
- Language difficulties can interfere with task comprehension

Flexibility and Concrete Thought Processes

Riverside University HEALTH SYSTEM

VisuoSpatial, Executive



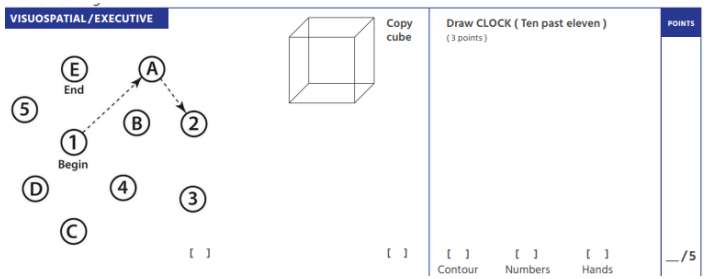
The Cube

- Copy drawing
- Possible 1 point
- Needs to look 3 dimensional, rectangular prism is okay. All lines parallel and with no/little space where lines meet.
- No point: added/missing lines

Visual-Spatial Functions, Planning

Riverside University HEALTH SYSTEM

VisuoSpatial, Executive



The Clock

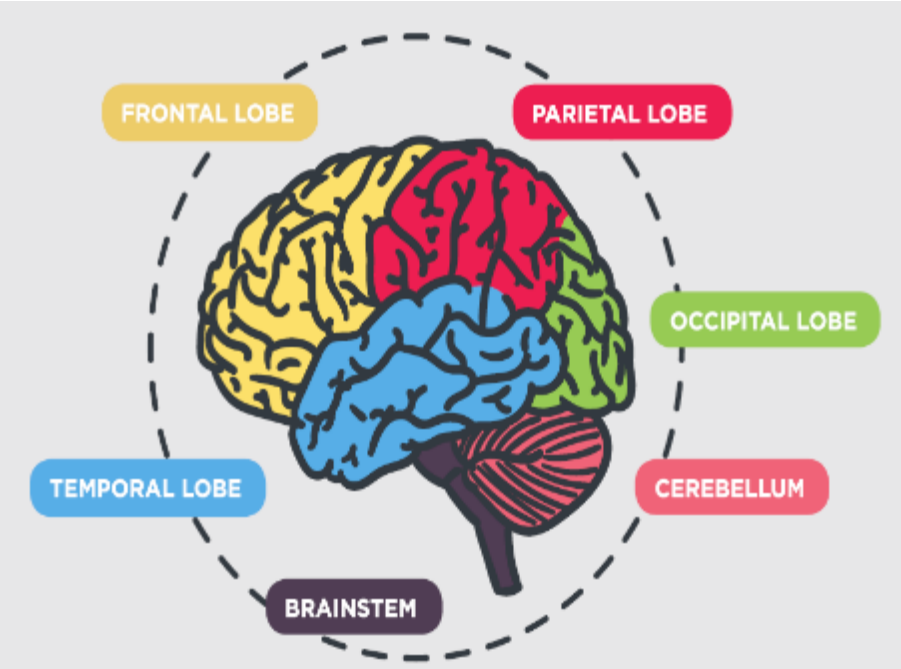
- Draw clock with numbers, set time to 10 past 11
- Possible 3 points
- Circle or square is okay, only allow minor distortion
- Numbers upright, all written: inside or outside okay
- Hands different lengths, junction close to center
- No points: if not in allotted space

Planning, language number skills

Riverside University HEALTH SYSTEM

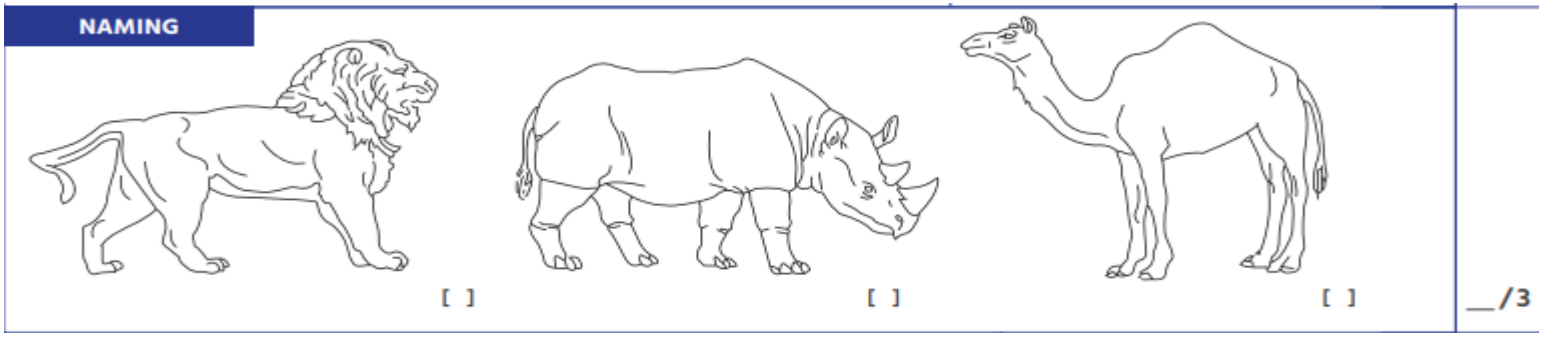
VisuoSpatial, Executive Section

- Frontal lobe, frontal sub-cortical circuits, right parietal lobe
- Alzheimer's, vascular, Lewy Body dementia's
- Cube: all of above + frontotemporal dementia



Riverside University HEALTH SYSTEM

Naming



- Name 3 animals
- Possible 3 points

- **Language, perceptual-visual capacities**
- Left Sylvan Valley-language area
- Alzheimer's, Lewy Body

Riverside University HEALTH SYSTEM

Memory

MEMORY Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.		FACE	VELVET	CHURCH	DAISY	RED	
	1ST TRIAL						NO POINTS
	2ND TRIAL						

- Read words at a rate of 1 second each
- Read 2 times even if all correct on 1st try
- No points possible
- Can recall words in any order
- Do not correct if incorrect word is said

Riverside University HEALTH SYSTEM

Attention

ATTENTION	Read list of digits (1 digit/ sec.).	Subject has to repeat them in the forward order. [ ] 2 1 8 5 4 Subject has to repeat them in the backward order. [ ] 7 4 2	__/2
Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors		[ ] F B A C M N A A J K L B A F A K D E A A A J A M O F A A B	__/1
Serial 7 subtraction starting at 100.	[ ] 93	[ ] 86 [ ] 79 [ ] 72 [ ] 65 4 or 5 correct subtractions: **3 pts**, 2 or 3 correct: **2 pts**, 1 correct: **1 pt**, 0 correct: **0**	__/3

Digit Span

- Repeating series of numbers in order
- Repeating series of numbers backwards
- Possible 2 points
- Read at rate of 1 number per second

- **Attention and Recent Memory**

Riverside University HEALTH SYSTEM

Attention

ATTENTION	Read list of digits (1 digit/ sec.).	Subject has to repeat them in the forward order. [ ] 2 1 8 5 4 Subject has to repeat them in the backward order. [ ] 7 4 2	__/2
Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors		[ ] F B A C M N A A J K L B A F A K D E A A A J A M O F A A B	__/1
Serial 7 subtraction starting at 100.	[ ] 93 [ ] 86 [ ] 79 [ ] 72 [ ] 65 4 or 5 correct subtractions: **3 pts**, 2 or 3 correct: **2 pts**, 1 correct: **1 pt**, 0 correct: **0**		__/3

The Letter A

- Tap each time letter A is heard
- 1 point possible
- Read at a rate of 1 letter per second
- Allowed 1 error
- Incorrect if tap on wrong letter even if they say they made a mistake

- **Concentration**

Riverside University HEALTH SYSTEM

Attention

ATTENTION	Read list of digits (1 digit/ sec.).	Subject has to repeat them in the forward order. [ ] 2 1 8 5 4 Subject has to repeat them in the backward order. [ ] 7 4 2	__/2
Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors		[ ] F B A C M N A A J K L B A F A K D E A A A J A M O F A A B	__/1
Serial 7 subtraction starting at 100.	[ ] 93 [ ] 86 [ ] 79 [ ] 72 [ ] 65 4 or 5 correct subtractions: **3 pts**, 2 or 3 correct: **2 pts**, 1 correct: **1 pt**, 0 correct: **0**		__/3

Serial 7 Subtraction

- Subtract 7 from 100 & keep subtracting by 7
- Possible 3 points
- Each subtraction number is graded independently
- Cannot use pen and paper or count on fingers

- **Concentration and Calculation Abilities**

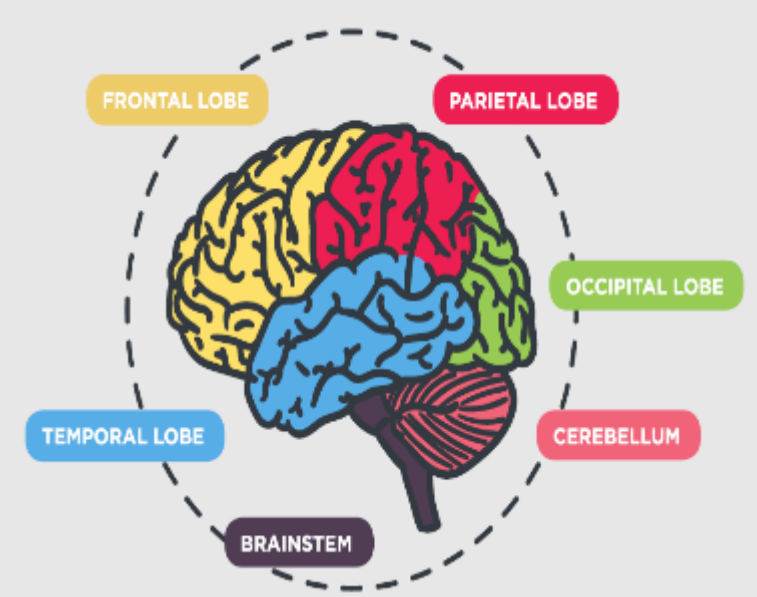
Riverside University HEALTH SYSTEM

Attention Section

- Digit Span: Sylvan Valley
- Delirium, Structural lesion

- Letter A: frontal lobe, frontal subcortical circuitry
- Alzheimer's, Lewy Body, Vascular dementia's

- Serial 7: concentration: frontal lobe, frontal subcortical circuitry calculation- left parietal lobe
- Alzheimer's, Lewy Body, Vascular dementia's, depression



Riverside University HEALTH SYSTEM

Language

LANGUAGE	Repeat: I only know that John is the one to help today. [ ] The cat always hid under the couch when dogs were in the room. [ ]	__/2

Repetition

- Repeating sentences
- Possible 2 points
- Must be repeated exactly.
- No point for omissions, additions, substitutions, or grammar errors

- **Language (specifically to conjure an abstract concept)**
- **Sylvan Valley**
- **Alzheimer's, structural lesions**

Riverside University HEALTH SYSTEM

Language

LANGUAGE	Repeat: I only know that John is the one to help today. [ ] The cat always hid under the couch when dogs were in the room. [ ]	__/2

- **Verbal Fluency**

– # of words in 1 minute start with letter F

– Possible 1 point

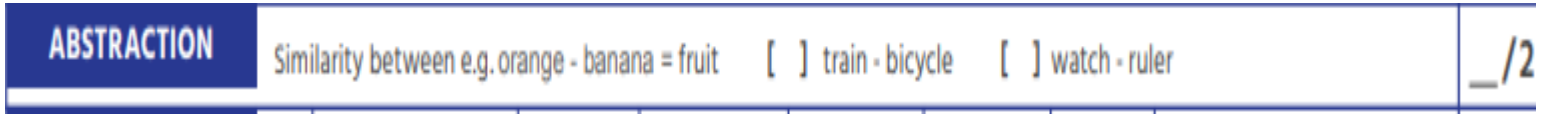
– 11 or more words

– Numbers, proper nouns, different forms of verb not allowed

- **Language (specifically to conjure an abstract concept)**
- Frontal lobe and frontal sub-cortical circuits
- Alzheimer's, Lewy Body, vascular, frontotemporal dementia's, depression

Riverside University HEALTH SYSTEM

Abstraction



- What pair of words have in common
- Possible 2 points
- Can prompt 1 time if incorrect answer

- **Abstract thinking**
- Frontal lobe, frontal sub-cortical circuits
- Alzheimer's, Lewy Body, vascular, frontotemporal dementia's

Riverside University HEALTH SYSTEM

Delayed Recall

DELAYED RECALL	(MIS)	Has to recall words WITH NO CUE	FACE [ ]	VELVET [ ]	CHURCH [ ]	DAISY [ ]	RED [ ]	Points for UNCUED recall only	__/5
Memory Index Score (MIS)	X3								
	X2	Category cue						MIS = ____/15	
	X1	Multiple choice cue							

- Recall words that were read earlier
- Possible 5 points
- If not recalled: category cue, multiple choice
- Memory index score (MIS)–possible 15 points

- **Retrieval memory (improves with cues) Encoding memory (does not improve)**
- Left Papez circuits, frontal lobe, frontal subcortical circuits
- Retrieval deficit: Alzheimer's, Lewy Body, vascular dementia's, depression
- Encoding deficit: Alzheimer's, Korsakoff's Syndrome

Riverside University HEALTH SYSTEM

Orientation

ORIENTATION	[ ] Date	[ ] Month	[ ] Year	[ ] Day	[ ] Place	[ ] City	__/6

- Today's date
- Where they are and city
- Possible 6 points

- **Recent memory**

- Papez circuit
- Alzheimer's, Lewy body

Riverside University HEALTH SYSTEM

Additional Information

- Add 1 point if 12 years or less education

- MoCA Score: 26 or above = normal
- Blind MoCA score of 19 and above = normal

- The MoCA website states ranges may be used to grade severity:
  - 18-25 = mild cognitive impairment,
  - 10-17= moderate cognitive impairment and
  - less than 10= severe cognitive impairment.

  However, research for these severity ranges has not been established yet.

Riverside University HEALTH SYSTEM

Factors That Can Impact Results

- Distractions
- Stress
- Fatigue
- Time of Day
- Education level
- Emotional state
- Untreated mental illness
- Substance use
- Medications- polypharmacy; certain medications
- Some medical conditions

Riverside University HEALTH SYSTEM

Refusals/Collateral Information

Riverside University HEALTH SYSTEM

Other observations

- Repeats self/stories, asks same questions
- Unable to provide specific details/only speaks in generalities
- Has difficulty finding the “right” words
- Uses humor or gets agitated
- Loses focus/easily distracted
- Unkempt, poor hygiene
- Unusually thin/clothes do not fit well
- Stacks of unopened mail sitting around home
- Home unclean, cluttered
- Lost glasses, hearing aids, ID, insurance cards
- Lack of on-going healthcare
- Medication non-adherence
- Difficulty problem-solving/planning

Riverside University HEALTH SYSTEM

Reversible Causes of Dementia

Riverside University HEALTH SYSTEM

Reversible Causes of Dementia

- Urinary Tract Infection
- Vitamin B Deficiency, Folate Deficiency
- Pseudo-dementia (Depression)
- Endocrine Disorders
- Normal Pressure Hydrocephalus
- Organic Chronic Diseases
- Medications-Polypharmacy
- Illicit Drugs

Riverside University HEALTH SYSTEM

Common Types of Dementias

Riverside University HEALTH SYSTEM

Alzheimer's

- 60-80%
- Usually begins with memory problems
  - Difficulty planning and doing familiar tasks
  - Maybe confused about time, location
  - Losing things/unable to backtrack
  - Poor judgement
  - Mood/personality changes

Riverside University HEALTH SYSTEM

Vascular Dementia

- 10-20%
- Usually from stroke or “mini-strokes”
- Usually begins with poor judgement, planning, organizing, making decisions
  - Confused/agitated
  - Difficulty with speech
  - Personality/mood changes
  - Memory problems disrupting daily life
  - Difficulty recognizing familiar sights/sounds
  - Gait problems/falls

Riverside University HEALTH SYSTEM

Frontotemporal Dementia

- Cell damage to areas of brain that control planning, judgment, emotions, speech, and movement
  - Personality/behavioral changes
  - Lack of inhibition
  - Difficulty finding right words
  - Movement problems

Riverside University HEALTH SYSTEM

Lewy Body Dementia

- Causes decline in thinking, reasoning, & independent function
  - Difficulty thinking clearly, making decisions, or paying attention
  - Memory problems
  - Visual hallucinations
  - Unusual daytime sleepiness
  - Physically acting out dreams
  - Difficulty with movement

Riverside University HEALTH SYSTEM

Korsakoff Syndrome

- Caused by severe vitamin B-1 deficiency
  - Difficulty learning new information
  - Difficulty remembering recent events/long-term memory gaps
  - Memory difficulties maybe severe but other thinking/social skills are unaffected
  - Possible hallucinations
  - May confabulate or make up info if they don't remember.

Riverside University HEALTH SYSTEM

Normal Pressure Hydrocephalus (NPH)

- Caused by fluid build-up in brain
  - Difficulty walking
  - Urinary incontinence
  - Difficulty with thinking/concentrating
  - Personality/behavioral changes

Riverside University HEALTH SYSTEM

Mixed Dementia

- Combination of different types of dementia
- Most common: Alzheimer's and Vascular

Riverside University HEALTH SYSTEM

Early Intervention

Riverside University HEALTH SYSTEM

Benefits of Early Intervention

- Symptom control
- Slow progression of disease
- More time to plan for the future
- Rule out and treat reversible dementias

Riverside University HEALTH SYSTEM

Symptom Control and/or Slow Progression

- Medications
  - Memory loss
  - Confusion

- Lifestyle changes
  - Smoking cessation
  - Exercise
  - Controlling blood pressure
  - Staying mentally and socially active

Riverside University HEALTH SYSTEM

More Time to Plan for the Future

- Access resources & support

- Express wishes about:
  - Financial
  - Legal
  - End-of life

Riverside University HEALTH SYSTEM

Next Steps

See their doctor

Score of less than 26/30 on standard MoCA

Or

Score of less than 19/22 on blind MoCA

Why is this important?

Riverside University HEALTH SYSTEM

Take Home Points

- The MoCA is an accurate screening tool for determining cognitive impairment
- Be aware of factors that can affect results
- Look at collateral info/look at the big picture
- Early intervention is important!
- Refer to doctor for score <26/30 on MoCA or <19/22 on Blind MoCA

Riverside University HEALTH SYSTEM

References

- MoCA Cognition: https://mocacognition.com/moca-clinic-data/
- Nasreddine MD, Z. S., Phillips PhD, N. A., Bedirian BSc, V., Charbonneau MPS, S., Whitehead MSW, V., Collin PhD, I., Cummings, J. L., Chertkow MD, H. (2019).The Montreal Cognitive Assessment, MoCA: A brief screening tool for mild cognitive impairment. Journal of The American Geriatrics Society, 67 (9): 1991-1991. https://agsjournals.onlinelibrary.wiley.com/doi/full/10.1111/j.1532-5415.2005.53221.x
- Alzheimer's Association: https://www.alz.org/alzheimers-dementia/diagnosis/why-get-checked
- Humbel, A., Carter DNSc, DNP, FAAN, D. (2021). Seven reversible causes of dementia in older adults. Retrieved March 2023, from American Nurse: https://www.myamericannurse.com/seven-reversible-causes-of-dementia-in-older-adults/
- Jain MD, K.K. (1998) Drug-induced dementia. Retrieved March 2023, from MedLink Neurology: https://www.medlink.com/articles/drug-induced-dementia
- Alzheimer's Association: https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia
- Chippa, V., Kamalika, R,(2023). Geriatric Cognitive Decline and Polypharmacy. Retrieved March 2023. from National Institute of Health: National Library of Medicine: https://www.ncbi.nlm.nih.gov/books/NBK574575/

Riverside University HEALTH SYSTEM

Thank you!

Contact Info:

Barbara McEwen, BSN, PHN
Geriatric Care Team RN
Riverside University Health Systems
Desk: 951-486-5859
Cell: 951-357-9418
b.mcewen@ruhealth.org


Riverside
University
HEALTH SYSTEM