Frail Elders:
A Comprehensive Assessment

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Key Elements of Normal Aging

- Hearing: ↓ ability to localize sound
- Vision: ↓ ability to adapt to light changes, 2 x's amount of light to see
- Touch: ↓ sensitivity/proprioception
- Smell: ↓ olfactory sensitivity
- Taste: ↓ sensitivity to salt/sweet, require 2-3 x's as in 20's

Key Elements of Normal Aging

- Genitourinary System Changes: Male/Female
- Muscular/Skeletal Changes
- Gastrointestinal Changes
- Cardiovascular Changes

Key Elementa of Normal Aging

- Psychological/Mental Health Stressors;
  - Retirement
  - Down sizing
  - Multiple significant losses: physical health, friends, family
  - Bereavement/grief

Key Elements of Normal Aging

- Decline in Brain Function:
  - Slower
  - Less plasticity/ridged thought processes
  - Memory decline
  - Difficulty learning new things

Your Assessment

- Chief Complaint:
  - Mary is hitting staff every time they try to shower her
  - Tom refuses to change his clothes
  - Wilma is talking to herself and crying
  - George is "Bipolar" he is up all night for 1-2 days then sleeps for the next 24 hours.

History of Present Illness

- Duration: How long has this behavior been a problem
- Time of day
- Severity: increasing/decreasing
- Triggers/precipitating factors
- Modifying factors: what helps/hurts
- History of mental illness of neurocognitive disorder (Dementia)
- CALL PRIMARY CARE PARTNER/FAMILY MEMBER for history
- Medication review
- LABs

Review of Systems

- HEENT
- Cardio/vascular
- Respiratory
- Muscular/skeletal
- Gastrointestinal/Hydration
- Genitourinary
- Endocrine
- Neuro/psych

Activities of Daily Living/ADL's

- Mobility
- Dressing
- Hygiene
- Showering
- Toileting
- Eating

Functional Assessment Screening Tool

FUNCTIONAL ASSESSMENT SCREENING TOOL

Functional History: Activities of Daily Living ("B - A - T - T - E - D")

Do you have any trouble with: (if answer is "yes" ask "How do you do it?"), score 'no' if help is not needed

1. Bathing? Yes____ No____ How____
2. Walking (Ambulation) Yes____ No____ How____
3. Making Transfers Yes____ No____ How____
4. Using the Toilet Yes____ No____ How____
5. Eating Yes____ No____ How____
6. Dressing Yes____ No____ How____

Instrumental Activities of Daily Living ("S - C - U - M - M")

7. Shopping Yes____ No____ How____
8. Cooking or cleaning Yes No____ How____
9. Using Transportation Yes____ No____ How____
10. Managing money Yes____ No____ How____
11. Managing medications Yes____ No____ How____

Functional Examination

Test		Function Tested	Able	Limited	Unable
1)	Put both hands together behind head	Hair combing, washing back, etc			
2)	Put both hands together behind back	Managing clothing, washing lower back			
3)	Sitting, touch great toe with opposite hand	Lower extremity dressing and hygiene			
4)	Squeeze examiner's two fingers with each hand	Approx. 20# grasp needed for functional activities (holding a pan)			
5)	Hold paper between thumb & lateral side of index finger while examiner tries to pull it out	Approx. 3# grip needed for functional activities (turning a key)			
6)	Get up from the chair without using your hands, walk down the hall, turn around, stand with eyes closed (nudge), sit down without using hands	Hip strength; gait symmetry & velocity, step height; balance, ability to withstand sudden changes in position; fall risk			

Assessing for Pseudo-Dementia vs Neurocognitive Disorder?

- Rule out Depression/Delirium
- Rule out History of Mental Illness
- Look for cognitive decline in one or more cognitive domains

Rule out Depression

GERIATRIC DEPRESSION SCALE
Short Form

Name:_____ Date _____

Scoring System:
Answers indicating depressions are highlighted. Each bold-faced answer counts one (1) point.

1. Are you basically satisfied with your life?	YES/NO
2. Have you dropped any of your activities and interests?	YES/NO
3. Do you feel that your life is empty?	YES/NO
4. Do you often get bored?	YES/NO
5. Are you in good spirits most of the time?	YES/NO
6. Are you afraid that something bad is going to happen to you?	YES/NO
7. Do you feel happy most of the time?	YES/NO
8. Do you often feel helpless?	YES/NO
9. Do you prefer to stay in your room/facility, rather than going out and doing new things?	YES/NO
10. Do you feel you have more problems with memory than most?	YES/NO
11. Do you think it is wonderful to be alive?	YES/NO
12. Do you feel worthless the way you are now?	YES/NO
13. Do you feel full of energy?	YES/NO
14. Do you feel that your situation is hopeless?	YES/NO
15. Do you think that most people are better off than you?	YES/NO

Score greater than 5 = Probable Depression Score_____

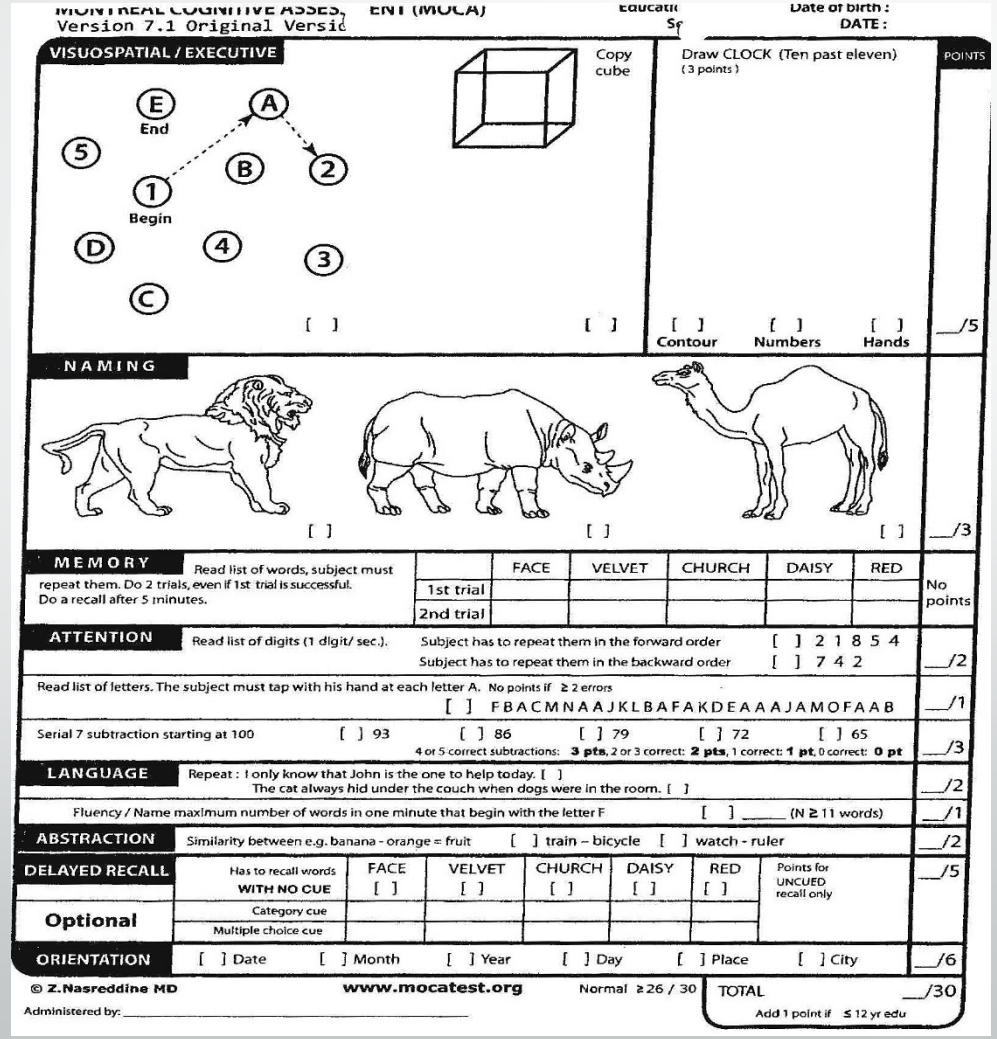
Rule Out Delirium

- Sudden Onset
- Fluctuating Level of Consciousness
- Cognition changes through out the day
- Hallucinations/delusions
- Restlessness/agitation different from baseline
  - MEDICAL INTERVENTION ASAP

Neurocognitive Domains

- Language
- Impaired motor skills
- Executive dysfunction
- Learning and memory
- Social cognition
- Perceptual-motor

Montreal Cognitive Assessment MOCA



MONTREAL COGNITIVE ASSES, ENT (MOCA) Educati Date of birth :
Version 7.1 Original Versid Sc DATE :

VISUOSPATIAL / EXECUTIVE — POINTS

Copy cube

[ ] [ ]

Draw CLOCK (Ten past eleven) (3 points)

[ ] Contour [ ] Numbers [ ] Hands — /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 pt** — /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. banana - orange = fruit [ ] train – bicycle [ ] watch - ruler — /2

DELAYED RECALL

	Has to recall words WITH NO CUE	FACE [ ]	VELVET [ ]	CHURCH [ ]	DAISY [ ]	RED [ ]	Points for UNCUED recall only
Optional	Category cue						
	Multiple choice cue						

— /5

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

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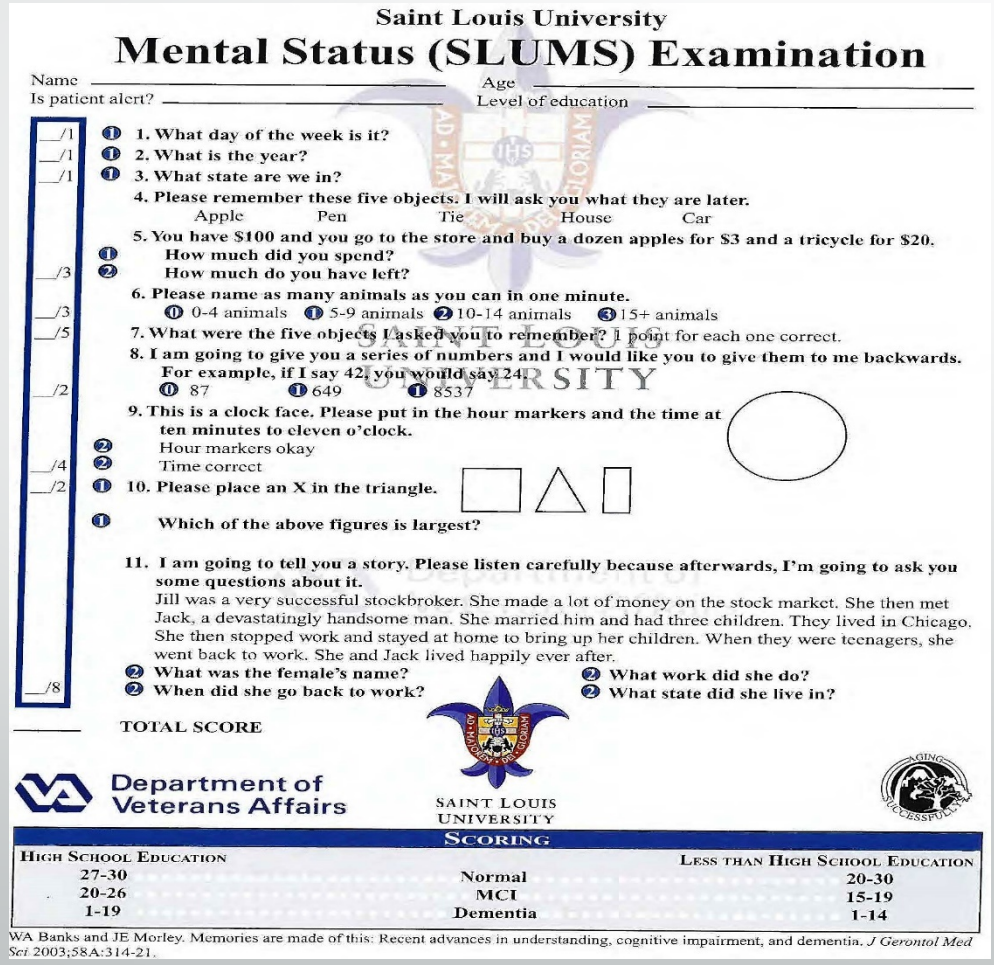
TOTAL — /30

Add 1 point if ≤ 12 yr edu

Administered by: _____

Saint Louis University Mental Status Examination SLUMS



Saint Louis University

Mental Status (SLUMS) Examination

Name _____ Age _____

Is patient alert? _____ Level of education _____

__/1 (1) 1. What day of the week is it?

__/1 (1) 2. What is the year?

__/1 (1) 3. What state are we in?

4. Please remember these five objects. I will ask you what they are later.
Apple Pen Tie House Car

5. You have $100 and you go to the store and buy a dozen apples for $3 and a tricycle for $20.
(1) How much did you spend?
__/3 (2) How much do you have left?

6. Please name as many animals as you can in one minute.
__/3 (0) 0-4 animals (1) 5-9 animals (2) 10-14 animals (3) 15+ animals

__/5 7. What were the five objects I asked you to remember? 1 point for each one correct.

8. I am going to give you a series of numbers and I would like you to give them to me backwards. For example, if I say 42, you would say 24.
__/2 (0) 87 (1) 649 (1) 8537

9. This is a clock face. Please put in the hour markers and the time at ten minutes to eleven o'clock.
(2) Hour markers okay
__/4 (2) Time correct

__/2 (1) 10. Please place an X in the triangle.

(1) Which of the above figures is largest?

11. I am going to tell you a story. Please listen carefully because afterwards, I'm going to ask you some questions about it.
Jill was a very successful stockbroker. She made a lot of money on the stock market. She then met Jack, a devastatingly handsome man. She married him and had three children. They lived in Chicago. She then stopped work and stayed at home to bring up her children. When they were teenagers, she went back to work. She and Jack lived happily ever after.
__/8 (2) What was the female's name? (2) What work did she do?
(2) When did she go back to work? (2) What state did she live in?

_____ TOTAL SCORE

Department of Veterans Affairs

SAINT LOUIS UNIVERSITY

Scoring

High School Education		Less than High School Education
27-30	Normal	20-30
20-26	MCI	15-19
1-19	Dementia	1-14

WA Banks and JE Morley. Memories are made of this: Recent advances in understanding, cognitive impairment, and dementia. *J Gerontol Med Sci* 2003;58A:314-21.

Determine Type of Neurocognitive Disorder

- Alzheimer's Type Dementia
- Lewy Body/Parkinson's Dementia
- Frontotemporal Lobe Dementia
- Vascular Dementia
- REMEMBER pseudodementia's

Why Does it Matter?

- Each responds to disease modifying medications differently
- Each responds to pharmacological interventions differently
- Each requires different behavioral approaches
- Each has different prognosis

Types of Neurocognitive Disorders

- Alzheimer's Type Dementia
  - Busy
  - Visually triggered, ⬇ concentration/attention
  - Memory prompting NOT helpful
  - Disease modifying drugs: Aricept/Razadyne/Exelon/Namenda
  - Antipsychotics maybe?

Non-pharmacological Approaches for Alzheimer's

- Engage & move to new space
- Walk/explore
- Match emotional state and gently pull into safe space
- Baby dolls (?)
- Music
- Exercise
- Work

Types of Neurocognitive Disorders

- Vascular Dementia
  - Couch potato
  - Memory prompts ARE helpful
  - Behavioral Assistance
    - ✓ Drugs: Antidepressants/Ritalin (?)
  - Disease Modifying
    - ✓ Close management of vascular disease

Non-pharmacological Approaches for Vascular Dementia

- Cheerleader
- Reminding
- Music
- Create joy/fun
- Conversation

Types of Neurocognitive Disorders

- Lewy Body Dementia
  - Gait problems first, then memory, REM disorder
  - Fluctuation in attention
  - Hallucinations/Delusions-scary
  - Mimics Parkinson's disease
  - Drugs: Aricept/Razadyne/Exelon
  - Antipsychotics except Seroquel

Non-pharmacological Approaches for Lewy Body Dementia

- Keep environment well lit to reduce illusions/ hallucinations
- Engage in “normal” conversation (do NOT talk down)
- Exercise
- Merry walkers

Types of Neurocognitive Disorders

- Substance Induced Dementia
  - Loss of judgment/insight
  - Minimal/no progression if substance stopped stops
  - Drugs: Treat underlying mental health issue that drives use of ETOH; Depression/Anxiety/Bipolar disorder

Types of Neurocognitive Disorders

- Fronto Temporal Lobe Dementia
  - Disinhibition/compulsive/perseveration/apathy
  - Difficulty changing tracks
  - Drugs: ???????
  - CBT – Cognitive Behavioral Therapy (?)

Why Are These Behaviors Occurring? Your Assessment

- Mary is hitting staff every time they try to toilet
- Tom refuses to change his clothes
- Wilma is talking to herself and crying
- George is "Bipolar" he is up all night for 1-2 days then sleeps for the next 24 hours.

Assessment

- Agitation associated with bathing with underlying diagnosis of Alzheimer's;
  - Agitation appears to be triggered by; Care giver approach, time of shower, warmth, dignity, and hunger.
  - Suspect that anxiety history is impacting ability to allow others to help causing severe distress

PLAN

- Caregiver training
- Give shower at bedtime
- Be sure the room is warm, well lite and female caregiver
- Feed snack prior to bath and after warm tea/cocoa
- Suggesting medication change from PCP: Trial of Ativan 0.5 mg 30 minutes prior to showers if PCP agrees. Report back to me after 3 attempts effectiveness.

Assessment

- George has erratic sleep patterns related primarily to his REM sleep disorder associated with Lewy Body Dementia and does not have a diagnosis of Bipolar Disease. He will likely respond to assistance at night and Melatonin.

PLAN

- Be sure lights are kept on in common areas at night; hallways, bathroom
- Try to determine what George may be responding to in the moment when he is awake and anxious/busy and correct
- Discuss Melatonin 0.5 mg at 5pm to help set pituitary to activate and if not asleep by 10 pm give 3 mg to help fall into sleep.

Do I Call and Talk with the PCP?

- What hat are you wearing?
- Recommending or treating?
- Did the PCP ask for your consultation or knows nothing about it?
- What is your question for the PCP?
- Will a brief message suffice with nurse letting him/her know a report is being sent with a recommendation for……
- Is the clinical question at hand complex and multiple providers have been involved and to prevent confusion etc. a phone call makes the most sense?

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