

# Mild Cognitive Impairment Clinical Toolkit

## Assessment Tools for Mild Cognitive Impairment

- If the results of an MMSE are within normal range, but other presenting clinical data (e.g., reported or observed behaviours, mood changes and/or functional losses, particularly in complex IADL/ADL) is suggestive of cognitive loss, it is appropriate to consider the use of an alternate tool to assist in further multi-domain assessment.
- A standardized, validated screening tool for MCI that meets this requirement is the [Montreal Cognitive Assessment \(MoCA\)](#)<sup>1</sup>
- Interdisciplinary staff who choose to access this tool are advised to fully read the accompanying administrative and scoring instructions before use.

[Physician Guidelines for Mild Cognitive Impairment](#) (3rd Canadian Consensus guidelines)

## Useful Reading for Mild Cognitive Impairment

- Blieszner R, Roberto KA. (2009). [Care Partner Responses to the Onset of Mild Cognitive Impairment](#). Gerontologist. (June 2, 2009) nd
- McIlvane JM, Popa MA, Robinson B, Houseweart K, Haley WE (2008). [Perceptions of Illness, coping, and well-being in persons with mild cognitive impairment and their care partners](#). Alzheimer Dis Assoc Disord. ;22(3):284-92.
- Levey A, Lah J, Goldstein F, Steenland K, Bliwise D (2006). [Mild cognitive impairment: an opportunity to identify patients at high risk for progression to Alzheimer's disease](#). Clin Ther.;28(7):991-1001
- Frank L, Flynn HA, Kleinman L, Matza LS, Margolis MK, Bowman L, Bullock R. (2006) [Impact of cognitive impairment on mild dementia patients and mild cognitive impairment patients and their informants](#). International Psychogeriatrics, 11:1-12.

## Client Education and Support Materials

- This is an important time to assess individual brain health risks and lifestyle behaviours. See the [Pre-Clinical Phase Toolkit](#) for professional and client support materials.
- [Mayo Clinic: Mild Cognitive Impairment](#): This website contains up to date information suitable for client teaching, including definition, symptoms, risk factors and intervention.
- [Memory Problems?](#) This short 16 page booklet is an excellent resource for both MCI and early dementia clients. It was written by the Early Stage Support Groups in the North/Central Okanagan region of the Alzheimer Society of B.C. It was created by people with memory problems for people with memory problems.

### Footnotes, references from content

<sup>1</sup> Nasreddine ZS, Phillips NA, Bedirian V, Charbonneau S, Whitehead V, Collin I, Cummings JL and Chetkow, H. (2005). The Montreal Cognitive Assessment, MoCA: a brief screening tool for mild cognitive impairment. J Am Geriatr Soc, 53(4):695-9.