

# Cognitive Care in Primary Care

A Physicians Guide

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## Disclaimer

This guide is intended for informational purposes only.

The sequence of clinical considerations described in this document illustrate a general approach to cognitive assessment.

It is not a substitute for medical advice.

## Geriatric Depression Scale

- YES **NO** 1. Are you basically satisfied with your life?  
YES **NO** 2. Have you dropped many 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 home rather than go out and do new things?  
YES **NO** 10. Do you feel you have more problems with memory than most?  
YES **NO** 11. Do you think it's wonderful to be alive now?  
YES **NO** 12. Do you feel pretty 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 are?

Sum all bolded answers (worth one point) for a total score: \_\_\_\_\_

**0-5** Normal

**5+** Suggestive of Depression

(Adapted from Yesavage, 1982)

## Documentation

"The patient underwent *Cognivue* testing prompted by the expressed concerns of the (patient, caregiver, or practitioner) leading to a total score of \_\_\_\_\_. This is consistent with the patient being (impaired, indeterminate, or unimpaired). The patient was advised and care planning was informed by these findings."

## Common cognitive impairment inducing drugs

- Anesthetics
- Antibiotics
- Anticholinergics
- Anticonvulsants
- Antidepressants
- Antiparkinsonians
- Antipsychotics
- Antihypertensives
- Chemotherapeutics
- Cortical steroids
- H2 Antagonists
- Hypoglycemic Agents
- Lithium
- Narcotics
- Sedative-Hypnotics
- Urinary Antispasmodics
- \*Withdrawal

(Adapted from Definition of Drug-Induced Cognitive Impairment in the Elderly. Medscape, 2000)

## Epworth Sleepiness Scale

Situation	Chance of Dozing			
	NEVER	0	1	OFTEN
	0	1	2	3
Sitting and reading				
Watching TV				
Sitting inactive in a public place				
As a passenger in a car for an hour without a break				
Laying down to rest in the afternoon				
Sitting and talking to someone				
Sitting quietly after a lunch without alcohol				
In a car, while stopped for a few minutes in traffic				

Score: \_\_\_\_\_

9+ Seek evaluation

(Adapted from Murray, 1991)

