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Understanding patient profiles: A snapshot audit of cognitive impairment in a rehabilitation setting

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Introduction: Older adults account for 12% of the total population (Central Statistics Office, 2013). The patient profile in Clontarf hospital is changing and there is an increase in geriatric rehabilitation patients. These patients are more likely to have cognitive impairment than their younger contemporaries.

Methodology: A real time snap shot audit was completed on 15th February 2017 to reflect current patient profiles. All patients in the organisation were reviewed and data regarding cognitive assessments and scores were gathered. 5 wards and 143 patients were included.

Results: 68 patients (48%) had received a cognitive assessment. Only 2 patients scored as "normal" ($\geq 82/100$ on ACE-R (Addenbrookes Cognitive Exam), $\geq 26/30$ on MOCA (Montreal Cognitive Assessment)). Therefore 66 patients scored as "cognitively impaired" - which is 46% of patients within the organisation.

Sub groups

- MOCA(n=32) 5 scored severe (≤ 10), 12 moderate (11-20) and 16 mild (21-25).
- MOCA BLIND(n=3) 1 scored severe ($\leq 10/22$) and 2 scored moderate (11-18)
- ACE-R(n= 21): 2 scored severe($\leq 45/100$), 9 moderate(46-65) and 10 mild (66-81)
- Mini ACE-R(n=6): 2 scored moderate ($\leq 20/30$) and 3 mild (21-25)
- MMSE(n=4): 1 scored severe and 3 mild (20-24).

Conclusion: Almost half the patients in the organisation had cognitive assessment scores that would indicate a degree of cognitive impairment. This is a significant finding and concern for a rehabilitation hospital. This increased insight into cognitive status can provide therapist with increased understanding of patient profiles and highlights the urgent need to adapt rehabilitation practice to cater for these patients. It may be of benefit to standardise cognitive assessments to allow for more direct comparisons to be made, however it is important to note that OTs' are guided by their clinical reasoning abilities in order to match the appropriate assessment to the patient..

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