

Are You Screening for Cognitive Impairment?

Nurse Practitioner Screening Practices for MCI in the Older Adult

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Introduction



Affordable Care Act 2010 has a new Medicare benefit that requires a yearly assessment of cognitive function in older adults.

Screening, diagnosis, and treatment are important because delaying nursing home placement for even one year could represent a savings of \$80,000 in nursing home costs.¹

Utilizing screening tools that are supported by evidence as having the best sensitivity and specificity for detecting MCI is vital.

Estimated dementia costs in the U.S. health care system in 2013 \$203 billion²

Estimated increase to cost the U.S. health care system by 2050 to \$1.2 trillion, represents 500% increase in Medicare and Medicaid spending by 2050³

Significance of the Problem

- 5.5 million people in U.S in 2012 had Alzheimer's Dementia (AD) or some form of Dementia (D)⁴
- Projected increase of people in U.S. with AD or D by 2050 to 16 million⁵
- MCI is an intermediate stage
- MCI is a significant risk factor for AD
- Estimated prevalence of MCI 3 – 42 % older adults aged 65 and older⁶
- Estimated 12% to 15 % of patients with MCI progress to AD⁷
- Currently more than 75% of persons with mild or moderate dementia have not received screening or diagnosis from a physician or nurse practitioner⁸
- No current guidelines for NPs specific for screening and evaluation of MCI

Purpose/Goal

- Goal : Describe NP's
- Knowledge of Mild Cognitive Impairment (MCI)
 - Current Screening Practices
 - Perceived Barriers for Screening

Goal : Develop Screening and Practice Protocol for MCI (project ongoing)

Evidence Based Practice Questions

What percentage of nurse practitioners currently screen for Mild Cognitive Impairment (MCI) yearly in the older adult population aged 65 and older?

What barriers do nurse practitioners identify in providing screening for MCI in the older adult population?

What current screening practices for cognitive impairment are used to screen the older adult, aged 65 and older?

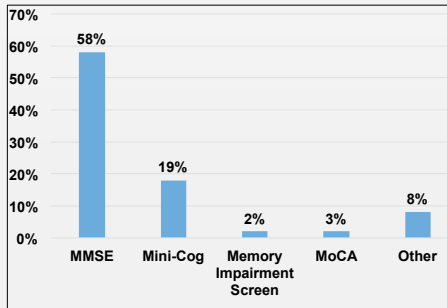
Methods/Sample

- Cross sectional study, convenience sample, web-based survey
- 5,306 NPs licensed in the state of Georgia mailed invitation by postcard
- Targeted NPs caring for older adults

Current Screening Practices and Educational Updates

- 50% NPs routinely screen for cognitive impairments
- 34% NPs completed CEUs specific for MCI past 5 yrs.

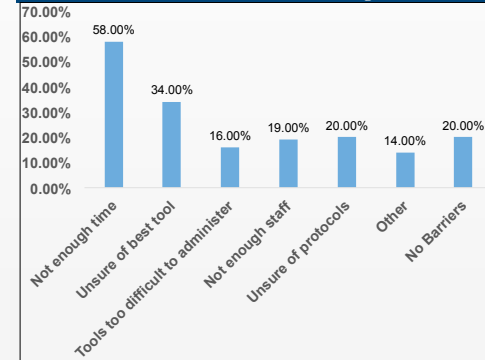
Results--Current Screening Practices for MCI



Comparison of Recommended MCI Screening Tools

Screening Tools	Sensitivity	Specificity	Administration Time
Montreal Cognitive Assessment (MoCA) ⁹	90%	87%	10 minutes
St. Louis University Mental Status (SLUMS) ¹⁰ assesses Mild Neurocognitive Disorder (MNCD) ¹⁰	92%	81%	7 minutes

Results--Barriers to Screening



Limitations

Small sample size; 2.5% response rate
Results may not be generalizable to NPs

Implications to DNP Practice

Advanced Practice Nurses are pivotal in the early identification and treatment of cognitive decline.

Screening for MCI will promote earlier identification of an accurate diagnosis, earlier treatment of co-morbid conditions, and timely referrals.

Implementing evidence-based practice protocols for MCI encourages safer practices and consistency in providing care for the older adult.

Recommendations

To increase efforts to provide continuing education on screening and evaluation of MCI for APRNs.

To develop an evidence-based protocol for MCI. From this preliminary study, interested NPs will assist in providing input of an MCI protocol which is currently under development.

The use of the protocol in primary care by NPs will validate the usefulness or limitations.

References Upon Request

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