

# Mild Cognitive Impairment – Brain Health Service

**PATIENT PRESENTATION**

Patient presents with concerns regarding their memory.

**BRAIN HEALTH SERVICE REFERRAL CRITERIA**

Does the patient fulfil **all** of the following criteria?:

- Mild cognitive impairment (e.g. MOCA > 26/30)

**AND**

- No functional impairment (basic/complicated activities of daily living)

**AND**

- Patient should **NOT** have significant depression, psychosis, anxiety, substance misuse or other mental disorder (these patients are best directed to Psychiatry or Substance Misuse in first instance).

**CRITERIA NOT FULFILLED**

Consider other differential diagnosis (e.g. delirium, depression, dementia, hypothyroidism)

**BLOOD TESTS**

Consider the following blood tests, based on clinical judgement, to rule out other conditions:

- FBC
- U+E
- TFT
- Glucose
- Folate
- LFT
- CRP
- Vitamin B12
- Lipids
- Calcium

**REFER**

Consider referring patient, via SCI Gateway, to Brain Health Service.

Patients triaged by any Health Care Professionals to be low risk can be signposted to Brain Health Service:

- Address: 13-19 King Street, Aberdeen, AB24 5AA.
- Telephone: 0808 520 2030

Patients referred to psychiatry can be redirected to Brain Health Service if appropriate.

**BRAIN HEALTH SERVICE CLINIC**

Patients accessing this service are referred through:

- Formal routes either by primary care or psychiatry services
- Informal routes e.g. self-referral or walk-ins to a Brain Health Service clinic.

At the centre, a clinical assessment is carried out which will include:

- Patient history and cognitive tests (e.g. Addenbrooke’s Cognitive Examination-Revised).
- Examination to include pulse, blood pressure, weight and height.

Patients are offered sign-posting or self management advice and an **individual tailored action plan**. Some are offered follow up appointments.

Patients may be referred for further assessment and investigation by Brain Health Service to other specialties or back to their GP if deemed appropriate. Some patients may require ongoing annual review within Brain Health Service.

Those patients who go onto develop dementia will be referred on to the dementia services by Brain Health Service.