The Care Management Institute (CMI) has developed dementia guidelines to assist practitioners in delivering comprehensive adult dementia care across Kaiser Permanente. Early diagnosis is important.

Here are 3 practice resources on the topic of Dementia:

- **Pharmacological Interventions for Behavioral and Psychological Symptoms of Dementia (BPSD)**
- **Rapid Surveys for Dementia Screening**
- **Pharmacological Interventions for MAintenance of Cognitive and Functional Status in Persons with Dementia**

Below is a brief overview of the previous guideline:

**History**

- Document changes in behavior/level of function
- Family involvement/social support
- Evidence of Depression
- Alcohol
- Medication review

**Physical Exam**
- Focal neurological deficits
- Parkinsonian sign
- Behavioral Issues should immediately be referred to geriatrics

Formal objective cognitive testing should be documented with date and score in diagnosis list.
Recommendation for cognitive testing is the Montreal Cognitive Assessment (MoCA) at [http://www.mocatest.org/](http://www.mocatest.org/)

**Laboratory Tests**

- CBC
- CMP
- TSH
- B12
- RPR
  - Drug levels*
  - O2 saturation*
  - HIV*

*as appropriate

**Neuroimaging**

Consider CT/MRI if:

- Age under 65
- or
- Age 65 and over and one or more of the following:
  - Atypical presentation/unclear diagnosis
  - Rapid unexplained deterioration
  - Unexplained focal neurological symptoms
  - History of head injury
  - Urinary incontinence or gait ataxia early in illness
  - Suspicion of undiagnosed CV disease

**Treatment**

- Consider acetylcholinesterase inhibitor such as donepezil for Alzheimer's Disease
- Address issues of competency and advance directives
• Assess for caregiver stress
• Consult with Geriatrics, Neurology, Psychiatry as needed

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