

# AAFP Chapter Network on Brain and Cognitive Health

## Summary of Challenge

Family physicians are uniquely positioned to provide brain and cognitive health wellness, preventive services, and disease management care in their communities, as well as to support families and caregivers. Their role is becoming even more important as our population ages and the prevalence of dementia increases.

AAFP data from a comprehensive on-demand course, "Alzheimer's and Dementia: From Differential Diagnosis to End of Life," showed that the top three barriers to practice change are:

- Care coordination, cited by 35% of learners
- Education for patients and caregivers, cited by 14% of learners
- Screening, assessment and testing, cited by 13% of learners

## Addressing Needs

The AAFP will establish the Chapter Network on Brain and Cognitive Health that will ensure chapters, family physicians, and their patients are always up to date with the latest education and resources.

# Partnership Opportunities

## Opportunity 1: For Physicians and AAFP Chapters

### Overview

The AAFP is committed to ensuring that family physicians are well trained in whole-person brain health, prevention, and early detection and treatment of cognitive disorders, as well as caregiver and community support. The Chapter Brain Health Network will provide education, support, interaction and updates on emerging therapies and technology necessary to achieve this goal.

### Activities

**Chapter Outreach and Dissemination of Education and Resources** from the existing comprehensive on-demand course, "Alzheimer's and Dementia: From Differential Diagnosis to End of Life," with topics including:

- Diagnosis and evaluation in cognitive function
- Dementia types
- Medications for dementia
- Managing behavioral problems in dementia
- Incorporating dementia care into the office setting
- Advance care planning for people living with dementia
- Capacity determination
- Safety issues in dementia
- End of life care
- Caring for caregivers
- Managing multimorbidity
- Abuse and neglect in the aging population
- Disparities in diagnosis, treatment and care for patients of color
- Resources to maintain and improve cognitive health

Outreach will also include introduction to and integration with the AAFP Cognitive Care Kit, which includes resources to help family physicians' patients, families, and caregivers support individuals who have or are at risk for cognitive impairment.

**Podcast series** launch to further build confidence in early detection and treatment skills by partnering with the Illinois AFP Brain Trust Project and integrating with the AAFP's Inside Family Medicine podcast series.

**Estimated Cost: \$47,000**

## Opportunity 2: For Patients and Caregivers

### Overview

Expansion of caregiver resources to complement both consumer-focused caregiver resources developed for familydoctor.org and the AAFP's Cognitive Care Toolkit. The AAFP will develop resources for family physicians to support conversations with caregivers, such as waiting room conversation prompts, video demonstrations of challenging conversations, and tips to prepare individuals for becoming a caregiver.

**Estimated Cost: \$70,500**

### Future Considerations

Emerging Therapies and Technology in Dementia and Brain Health: In addition to the work described above, as the science around brain health and dementia continues to evolve, AAFP is committed to the development and dissemination of education and resources about emerging therapies, diagnostics, technology, clinical tools and workflows to assist family physicians in evaluating cognition and cognitive-based impairment.