

Designing a consensus-driven accessible toolkit for managing cognitive health in primary care settings

Natalia Loskutova MD, PhD¹ Emily Bullard MPH¹, William R. Venable III MBA, MPA¹, Craig Smail MA, MSc¹, Eric Vidoni, PT, PhD²

¹American Academy of Family Physicians National Research Network, ²University of Kansas Medical Center, Dept. of Neurology

AAFP national research
— network —



INTRODUCTION

- Early and timely recognition of cognitive decline shows clear benefits
- Detection and management tools for cognitive impairment do exist, however, a set of comprehensive resources tailored to the needs of primary care are not packaged for streamlined implementation
- Development and dissemination of a consensus based toolkit for primary care is needed for better identification and management of dementia in primary care settings before patients experience crisis or hospitalization

METHODS

- AAFP National Research Network members were invited to participate via email
- Ten physicians were chosen of twenty-nine candidates based on their diverse training, practice, and geographical setting.
- Toolkit construction was driven by the Delphi method of pooling feedback from iterative review of materials and questionnaires.
- Moderated group discussion was used to gain consensus on the content, delivery platform, and practice implementation for the toolkit.

We would like to thank our expert panelists for their contributions to this project: Jessica J. Burkett MD, Ramona Chube MD, Elizabeth Glazier MD, Ashkan Javaheri MD, Julius F. Metts MD, Kristin M. Nebel DO, Daniel G. Orr MD, Matthew L. Rios MD, Vicki J. Roberts MD, Rosa I. Vizcarra MD

The AAFP Cognitive Care Kit has been developed by the American Academy of Family Physicians in collaboration with Eli Lilly and Company.

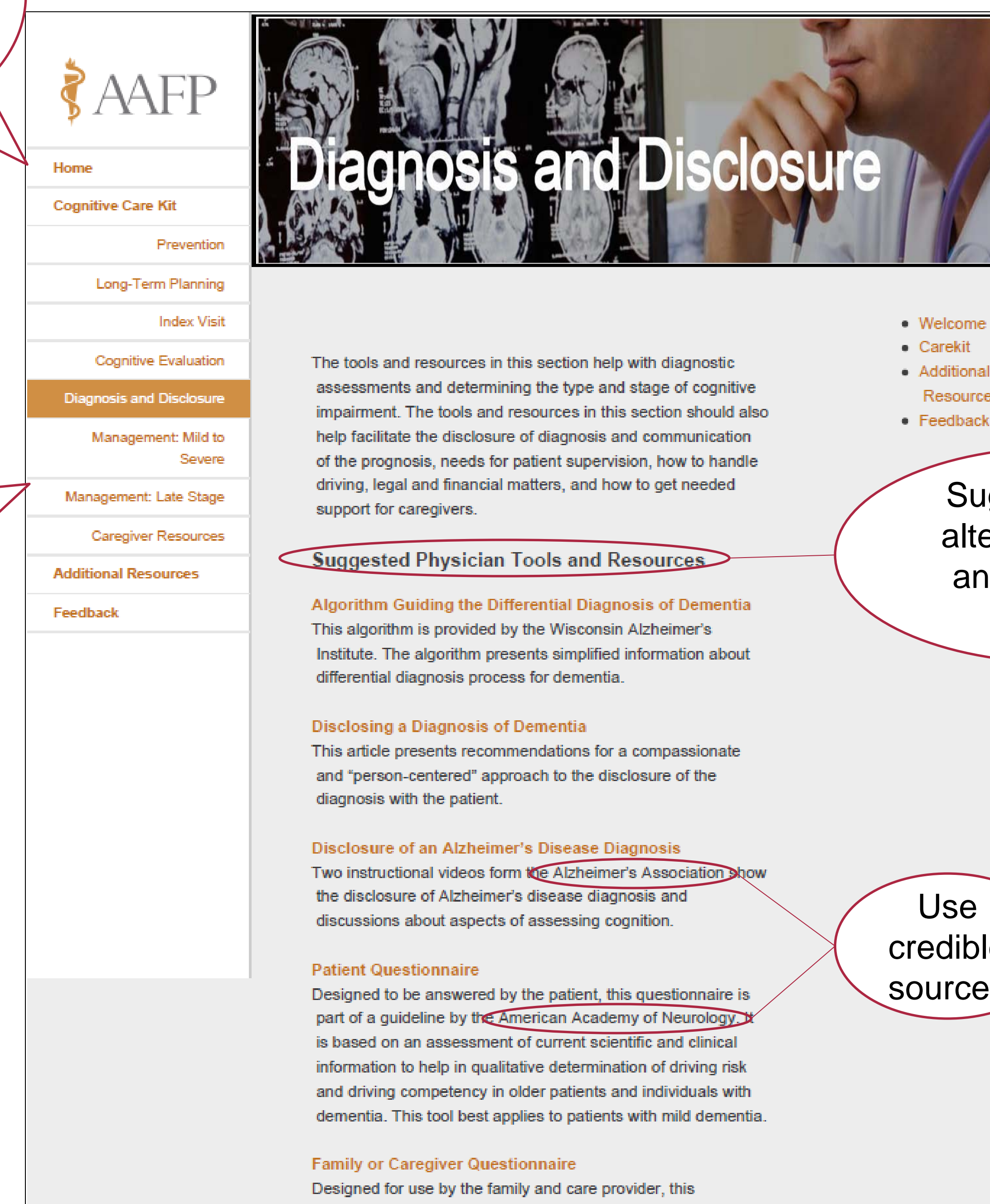
FINDINGS

<https://www.aafp.org/cognitive-care>

Comprehensive resources, yet streamlined and simple to navigate

Electronic Format

Tools and resources cover all aspects of the disease continuum



Suggested and alternative tools and resources available

Provide simple instructions and scoring information

Use credible sources

questionnaire is part of a guideline by the American Academy of Neurology. Similar to the Patient Questionnaire above, it is based on an assessment of current scientific and clinical information to help in qualitative determination of driving risk and driving competency in older patients and individuals with dementia. This tool best applies to patients with mild dementia.

Driving Information and Contract
The Alzheimer's Association provides a form for a contract between the patient and caregivers that acknowledge there will be a point in time that the patient should no longer drive a motor vehicle.

Additional Physician Tools and Resources

Sample Dementia Care Plan
The sample dementia care plan was developed by the Ottawa Inner City Health program in Canada, which operates programs for chronically homeless. This care plan is based on the care problems and goals and patients-specific health intervention to coordinate care.

After a Diagnosis
This resource is from ACT on Alzheimer's® provides information for doctors and patients to begin the dialog for ongoing case management once the disease has been diagnosed.

Managing Dementia Across the Continuum
Adapted from ACT on Alzheimer's® managing dementia across the continuum is a comprehensive listing of resources for mid-to-late stage case management for the dementia patient.

Clinical Dementia Rating (CDR)
The Clinical Dementia Rating was developed by researchers at Washington University in St. Louis, MO. This tool is a battery of tests to help define the patient's level of impairment. This long interview is often conducted by neurologists who specialize in Alzheimer's Disease and other dementias. Scoring instructions can be found [here](#). To select the CDR tool in other language or get more information about the tool go [here](#).

Patient, Family, and Caregiver Tools and Resources

I Have Alzheimer's Disease
This resource by the Alzheimer's Association provides information for the patients on how to live well with the disease. It also provides information to assist family and

Themes and sorting of materials from expert panel feedback informed the design and content of the toolkit

Tools and Resources that are patient centered and include all aspects of care, including caregiving

IMPLICATIONS FOR D&I

- The creation of a best practices consensus-based toolkit provides opportunity for primary care physicians to engage patients in cognitive health early in their care and potentially improve healthcare delivery related to cognitive function.
- Themes from this expert panel and the resulting toolkit can serve as a model framework for developing an acceptable and accessible package of tools for a diverse set of future health care needs.

NEXT STEPS

- Review feedback from user survey and comments
- Analyze usage through Google Analytics
- Promote toolkit to AAFP members through web, email, newsletter, chapter relations, and social media
- Future studies to address gaps in resources, necessary enhancements, and toolkit implementation