

(PBL) Dementia and Alzheimer's Disease: Using the AAFP Cognitive Care Kit to Identify, Treat and Support Patients with Cognitive Impairment.

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Brian K. Unwin, MD, FAAFP

Section Chief, Geriatrics and Palliative Medicine, Carilion Clinic, Roanoke, Virginia

Since his retirement from military service in 2013, Dr. Unwin has worked primarily as a nursing home physician and regional geriatrics consultant, with an emphasis on caring for patients who have dementia. He embraces a palliative care philosophy to meet the needs of these patients and their families. With more than 25 years of experience teaching family medicine and geriatrics, he has taught in U.S. Army family medicine residencies; at the Uniformed Services University of the Health Sciences, Bethesda, Maryland; and in programs affiliated with the Virginia Tech Carilion School of Medicine, Roanoke. In 2011, he received the William P. Clements Award for Excellence in Education as the Uniformed Services University's outstanding military educator. He was also awarded the Army Surgeon General's "A" Proficiency Designator for excellence in clinical care. Dr. Unwin serves on the board of directors for the Central and Western Virginia Chapter of the Alzheimer's Association. He was chosen to be the U.S. Department of Defense representative to the National Alzheimer's Project Act from 2012-2013. In addition, he was selected as the AAFP's representative to the American Academy of Neurology (AAN) and American Psychiatric Association (APA) Dementia Measure Development Work Group.

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Natalia Loskutova, MD, PhD

Senior Scientist/Director of Evaluation, American Academy of Family Physicians National Research Network (AAFP NRN), Leawood, Kansas; Adjunct Assistant Professor, Department of Family Medicine, University of Kansas Medical Center, Kansas City

Dr. Loskutova earned her medical degree in general psychiatry. She earned her doctorate in rehabilitation sciences, with a focus on aging, cognitive impairment, and neurorehabilitation, from the University of Kansas Medical Center. Her primary research interests are practice-based studies and implementation science research, as well as aging research that leads to improved care delivery and patient safety for older adults. Dr. Loskutova has served in key roles on several large practice-based research projects. She has a strong background in research design and methods, and has in-depth understanding of practice-based research, dissemination and implementation research, and research evaluation. At the AAFP NRN, she focuses on practice-based, patient-centered research activities applicable to primary care.

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Learning Objectives

1. Practice applying new knowledge and skills gained from Dementia and Alzheimer's Disease sessions, through collaborative learning with peers and expert faculty.
2. Identify strategies that foster optimal management of dementia &/or Alzheimer's, within the context of professional practice.
3. Formulate an action plan to implement practice changes, aimed at improving patient care.

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Associated Session

- Dementia and Alzheimer's Disease: Using the AAFP Cognitive Care Kit to Identify, Treat and Support Patients with Cognitive Impairment.

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Audience Engagement System

The image shows three sequential screenshots of a mobile application interface, labeled Step 1, Step 2, and Step 3, illustrating the process of accessing an audience engagement system.

Step 1: The 'Dashboard' screen features a grid of icons. An arrow points to the 'CME/Events' icon.

Step 2: The 'CME/Events' screen displays a list of sessions. An arrow points to the session 'CME041 (PBL) Arrhythmias and Dysrhythmias'.

Step 3: The 'CME/Event' detail screen for 'CME041 (PBL) Arrhythmias and Dysrhythmias' is shown. An arrow points to the 'Audience Engagement System' button.

Session Details (from Step 2 and 3):

- CME041 (PBL) Arrhythmias and Dysrhythmias**
- Location: Room 217
- Date: Friday, Oct 12 3:00 PM
- Duration: 1 hour
- Credit Hrs: 1
- REPEATS: Saturday at 7:30 AM
- Activity: Audience Engagement System
- Activity: CME Report / Evaluation
- Text: 1. Practice applying new knowledge and skills gained from Arrhythmias and Dysrhythmias sessions, through collaborative learning with peers and expert faculty. 2. Identify strategies that foster optimal management of arrhythmias and dysrhythmias, within the context of ...

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“Generic” patient comes to your office one day...

- Older patient with evolving impairments in memory and function
- Caregiver(s) that are distressed
- No evaluation to date
- “What can you do to help him doc?”
- “Oh, by the way, he seems really _____ (insert behavior here).”

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Using the [Cognitive Care Kit](#) to Answer Important Clinical Questions:

- What is normal aging vs. Mild Cognitive Impairment vs. Dementia
- What are the distinguishing features of each type of dementia?
- Which tests? What work-up?
- Which medication to “treat” dementia?

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- How do I assess and treat depression or anxiety in a patient with dementia?
- What do I say about dementia stage?
- Which advanced directive should my patient use?
- How do I train my staff to help me do all this stuff?
- What are the best behavioral management strategies?

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- What are the best medications to treat behavioral problems related to dementia?
- What things can prevent dementia?
- What do I tell the family?
- What does end of life look like for my patient?
- What are the red flags for special testing like genetic testing/chromosomal testing?

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Questions



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