

Provider Checklist for Treating a Confused Older Adult

History and Physical

- Mental Status Exam (e.g. MMSE, Mini-Cog Test, MoCA (Montreal Cognitive Assessment))
- History of memory loss (e.g. sudden or gradual change, difficulty in performing familiar tasks, changes in personality or mood, psychiatric disorders)
- Assessment for mental illness
- Evaluate for depression and treat, if present
- A functional assessment of the patient including feeding, bathing, dressing, mobility continence, ability to manage finances and medications
- Assessment for substance abuse or medication mismanagement
- Assessment for recent physical trauma (e.g. falls, head injury, abuse)

Laboratory Tests

Routine lab tests:

- Complete Blood Count
- Electrolytes
- Blood Urea Nitrogen
- Creatinine
- Random Blood Sugar
- Calcium

Dementia screening tests:

- TSH
- B12

Contingent lab tests: (only order if patient's history indicates)

- Syphilis serology (MHA-TP or RPR)
- HIV

Diagnostic Tests

- PET, MRI or CT scan, if clinically indicated
- Rule out presence of delirium
- Physician review of lab and diagnostic tests (current)

Social and Safety Issues

- Assess if patient is safe to drive and report to local health department/DMV if indicated
- Assessment of decision making capacity
- Discuss Advance Directives
- Caregiver assessment which includes identification of primary caregiver, assessment of caregiver's capacity to manage person's needs (physically, emotionally, etc.) and assessment for elder abuse potential.

Refer to a social worker or Alzheimer's Los Angeles for:

- Enrollment in MedicAlert® Found California (an identification program for memory impaired persons)
- Information on caregiver support groups as appropriate
- Information and education on dementia and disease course
- Referrals to adult day centers, respite services and information on legal and financial planning

This checklist is based, in part, on the *California Guideline for Alzheimer's Disease Management*. To receive a copy of the Guideline, contact Alzheimer's Los Angeles

© 2016 Alzheimer's Los Angeles