

Primary Care Behavioral Health Cognitive Screening Referral

The **MoCA (Montreal Cognitive Assessment)** is a valid and reliable screening tool for mild cognitive impairment. The MoCA is normed and standardized for **adults ages 55-85**

In order to make our evaluations as helpful as possible, to both you and your patients, we want to clarify a few things related to the screening process.

- 1) **Depression and anxiety screenings prior to referral** are highly recommended. The following screenings are available in Athena.
 - a. Geriatric Depression Scale – 60 years of age or over.
 - b. PHQ-9
 - c. GAD-7

- 2) Is the patient between ages **55 to 85**?
 - a. YES >>> eligible for MoCA (telehealth version available).
 - b. NO >>> eligible for other screening tools such as the Mini Cog and MMSE (in-person administration only during a primary care visit)

- 3) You may also consider a referral to an outside neuropsychologist.

- 4) Please be as **clear and specific** as possible in your referral. **What are you looking for or hoping to clarify? What is the presenting concern?**

Providing specificity and details will better guide us in our consults and make feedback more meaningful to you and your patients. Consider the following examples:

- a. “Pt struggling with forgetfulness for the past year; observed by family members and VNA provider.”
 - b. “Pt reports getting confused when driving back to their home and making mistakes paying bills. Concerns about safety.”
 - c. “Cognitive screening requested due to family hx of early dementia and pt’s age. Pt has been struggling with forgetfulness for the past 6 mos.”
- 5) Adding **other relevant information** (i.e., TBI, substance misuse, Fam hx) would be most welcome.

 - 6) To make a referral please send a pt case to **GHCCOG**.

 - 7) If you have any questions about screening please feel free to contact Marta Rodriguez or Scott Meyers via email or Athena text.