Developing a Multi-Domain Intake Battery for Participation in a Wellness Program for Older Adults with Mild Cognitive Impairment

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INTRODUCTION

- Mild Cognitive Impairment (MCI) is a decline in cognition greater than typical age-related changes.
- BRiTE (Brain Training & Exercise) Program is a community-based wellness program serving individuals with MCI using evidence-based programming to support:
  1. Cognitive Health
  2. Physical Health
  3. Social Engagement
- For appropriate member inclusion, an efficient multi-domain intake battery should be refined from the current battery which used only standardized assessment tools.

OBJECTIVES

1) To increase efficiency by shortening the time to complete assessment of potential members.
2) To create an objective Observation Checklist based on clinical reasoning.

METHODS

- Clinical utility and literature review of standardized assessment tools.
- Chart review of all past intakes.
- Gap identified in individuals scoring 70-79 on 3MSE.
- Assessment observation of current and potential members (n = 11) over 5 weeks led to 8 Observation Checklist revisions.

INTAKE BATTERY: EFFICIENCY OF STANDARDIZED ASSESSMENT TOOLS

- 90 Minutes
  - Modified Mini Mental State Examination
  - Trail Making Test Parts A & B
  - Quick Mild Cognitive Impairment Screen
  - Symbol Digit Modalities Test
  - Senior Fitness Test
  - Positive and Negative Affect Scale
  - Late-Life Function & Disability Instrument

RESULTS

- 40 Minutes
  - Modified Mini Mental State Examination
  - Trail Making Test Parts A & B
  - Symbol Digit Modalities Test
  - Senior Fitness Test
  - Quality of Life Scale (CASP – 19)

INTAKE BATTERY: CREATION OF OBSERVATION CHECKLIST

- Did the potential member display any of the following related to COGNITIVE HEALTH – Subdomain: DIRECTION FOLLOWING
  - Asks follow-up questions during task for clarification
  - Difficulty following single step directions

- Did the potential member display any of the following related to PHYSICAL HEALTH – Subdomain: BALANCE
  - Proceeds cautiously through new environment
  - Unsafe use of assistive device

- Did the potential member display any of the following related to SOCIAL ENGAGEMENT – Subdomain: SOCIAL SKILLS
  - Confidence is evident
  - Difficulty self regulating emotion

- Did the potential member display any of the following related to LIFE FUNCTION & DISABILITY INSTRUMENT
  - Device
  - Difficulty using device

- Facilitators
  - Discussed observations with clinical reasoning experts to inform Observation Checklist.
  - Had current members attend BRiTE on non-programming days for assessment.

- BARRIERS
  - Trained one assessor at BRiTE on the new intake battery process.
  - Developed materials for a novelty program with limited references for eligibility requirements.

- Scoring Interpretation: To be offered a trial, all 3 domains must have blue boxes, total the number of checks in all blue and red boxes. Blue boxes: observations indicative of difficulty to benefit from programming.

- Scoring: At the end of each domain (Cognitive, Physical, Social), total the number of checks in all blue and red boxes. Blue boxes: observations indicative of potential to benefit from programming.

- Scoring Interpretation: To be offered a trial, all 3 domains must have blue box totals that are greater than red box totals.

DISCUSSION

- Revised intake battery with standardized assessment tools and Observation Checklist for appropriate member inclusion of individuals scoring 70-79 on 3MSE.
- Increased efficiency by decreasing amount of assessments and eliminating repetition within multiple standardized assessment tools.
- Created an Observation Checklist to provide systematic guidelines for eligibility.
- Provided primary assessor at BRiTE with finalized Observation Checklist including instructions and scoring.

CLINICAL IMPLICATION

A combination of clinical observations and standardized assessments is an efficient way to identify appropriate members for a community-based wellness program.

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REFERENCES