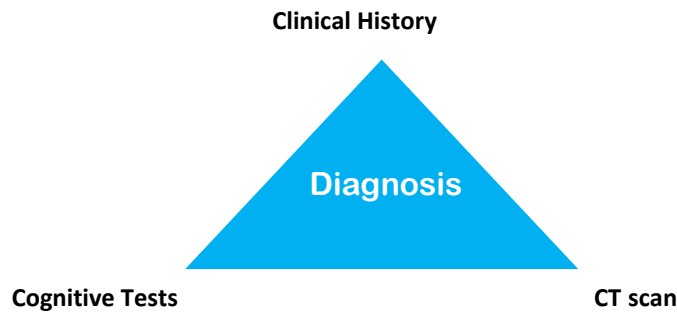


GP checklist for Memory Assessments



For advice, discussion or queries please email your **Dementia Practitioner**

For referrals please complete our referral form and email to: dpn-tr.enquiriesBristolDementia@nhs.net

We suggest you firstly undertake steps 1, 2 and 3 – (For GP's out of LES steps 1 & 2 only)

1. Physical Treatable causes - Check and resolve or take into account:

- Delirium? Exclude infection, pain and constipation, consider cholinergic burden of prescribed medication
- Drugs / alcohol? History of abuse? Current intake?
- Physical health? Falls? Gait?
- Bloods : FBC, B₁₂, Folate, Plasma viscosity, Urea & electrolytes, Liver function tests, Thyroid function, Calcium, Cholesterol, Glucose.
- At risk / vulnerable / acute?

2. Order CT - please order a CT with coronals (write 'dementia?' on request), review result.

If very elderly, frail, impaired or scanning may distress we are able to proceed without CT.

3. Check the course of memory problem (For GP's in the LES only)

- First symptom? Gradual? Fluctuating? Insight? Duration? Sudden onset? Relevant event? Patchy?
- What has changed?
- Hallucinations? Delusions? Sleep disturbance? Fluctuation in awareness? Gait?
- Personality change? Disinhibited? Apathy? Less empathy? Concrete thinking?
- Speech? Word-finding difficulties? Comprehension difficulties?
- Mental health? Depression? Anxiety? Psychosis?
- Cognitive testing- GPcog., ACE III, Mini-ACE III, Mini Cog
- Ecog (give to partner / carer) looks at functional change (needed to differentiate mild cognitive impairment from dementia)

Next: Formulation ****For GP's not in the LES, please refer at this point using referral form****

Stage 1: GP diagnoses those with a clear or established dementia: - **discuss diagnosis and consider treatment with patient.** Advise your practitioner of diagnosis made during their visits to surgery. Consider a referral for post diagnostic support and signposting and allocation to a Dementia Navigator when appropriate.

Stage 2: GP discuss with the Practitioner where diagnosis is unclear or complex or any symptoms or concerns noted in steps 1, 2 and 3, who will advise and may do further assessment.

Stage 3: Memory Clinic is still available for those in employment/unregistered Learning Disabilities/unusual presentations/early onset symptoms

Contact Details

If you have a Referral for the Dementia Wellbeing Service and are happy to email this, please complete our referral form to: dpn-tr.enquiriesBristolDementia@nhs.net

For Mental Health referrals please refer to:

Ageless Recovery Service – Tel: 0117 9195670

The Dementia Wellbeing Service operates from 3 local hubs (open Mon-Fri 9-5):

North - Trinity Office Park T3, Filton Road, BS7 0DD

Tel: 0117 9513410 Fax: 0117 3013919

East - Brookland Hall, Conduit Place, BS2 9RU

Tel: 0117 9045150 Fax: 0117 9045133

South - @Symes, Peterson Avenue, BS13 0BE

Tel: 0117 947 3120 Fax: 0117 947 3129

If you are unable to get hold of your local hub or your allocated Practitioner or Navigator, you may wish to call:

Access Point - Tel: 0117 9045151 (Mon-Fri 8.00-20.00)

This line is manned by a clinical member of the team who may be able to assist you further.

Alzheimer's Society National Dementia Helpline Tel: 0300 222 1122 can provide information, support, guidance and signposting to other appropriate organisations (Open 9.00 – 20.00 Mon - Wed, 9.00 – 17.00 on Thur - Fri, 10.00 – 16.00 Sat - Sun)

If you need to speak to someone out of hours please contact: Bristol Crisis Team Tel: 0300 555 0334