CDAMS

Cognitive Dementia & Memory Service.
Session Outline

- Is it dementia?
- When to refer.
- What is CDAMS?
- The CDAMS process
Is it dementia?

- It is normal to forget some things
- It is not normal for it to seriously disrupt everyday life.
Normal Forgetting

- It is normal to
  - forget names !!!
  - to walk into a room and forget what you were going to do
  - forget the occasional word
  - to make errors from time to time – eg forgetting to attend an appointment, forgetting to lock the front door
Factors affecting our memory

- Pain, worry, tiredness, viruses & illnesses can all affect memory, especially in older age

- Problems with sight and hearing can also reduce memory function
Illnesses affecting memory

- Depression, anxiety, stress
- Vascular disease
  - Strokes, heart disease, diabetes
- Metabolic disorders
- Alcohol abuse
- Other neurological diseases
  - Parkinson’s, multiple sclerosis, HIV/AIDS
Illnesses affecting memory

- Dementia - progressive decline in memory and thinking
- 210,000 Australians living with dementia
- 54,000 new cases predicted this year.
Over 70 diseases that cause dementia

Dementia

Alzheimer's Disease
Vascular Dementia
Lewy Body Dementia
Fronto-Temporal Dementia
Making the diagnosis

- Requires detailed assessment
- Usually by a specialist
- No simple, 100% accurate test as yet.
  - Pattern of problems - cognitive testing
  - History of how symptoms have developed
  - Past history
- Rule out other causes
  - Blood tests and brain scans
Making the diagnosis

- History obtained from
  - Client
  - Carer or someone who knows the client well.
  - Other involved agencies
  - GP.

- Establish previous performance level.
  - Evidence of change/decline
Importance of early diagnosis

- Modify risk factors - eg: vascular health.
- Use symptomatic treatment where appropriate.
- Identify treatable problems eg: depression.
- Appropriately medicate and treat people with dementia.
- Address issues of carer burden
Importance of early diagnosis

- Helping the person with dementia
  - Can be reassuring to know there is an illness causing the changes.
  - Gives an opportunity for control & enables participation in future planning
- Accessing education and services.
  - Information about dementia
  - Support groups
  - Help at home
Importance of early diagnosis

- Supports carers.
  - Confirming and explaining concerns.
  - Reducing stress and anxiety through understanding.
- Accessing education and services.
  - Information about dementia
  - Support groups
  - Help at home
Is assessment & diagnosis required?

- Is the history and presentation suggestive of a decline in cognition?
- Is the decline causing functional changes?
- Could it be due to medical or psychiatric issues? Have other causes been ruled out?
- Who is concerned about the cognitive changes?
- Who is seeking assessment?
- What are the benefits of assessment / formal diagnosis for the client & their family?
Options for assessment

- CDAMS - multidisciplinary assessment with access to neuropsychologist (Public)

- Private Memory clinic assessment

- Individual specialist assessment
  - Geriatrician, Neurologist, Physician in Aged Care, Psychogeriatrician.
The Cognitive Dementia & Memory Service.

- A multidisciplinary specialist service
  - for people with cognitive difficulty causing memory loss or thinking problems

- Providing
  - Assessment & early diagnosis,
  - advice, support and referral
  - consultancy, education and support to carers and professional service providers
  - does not provide case management.
CDAMS Locations.

- Unique to Victoria.
- Services in all 9 health regions.
CDAMS Locations - Metropolitan.

- **Eastern metro-**
  - Peter James Centre &
  - St Georges Health Service.

- **Northern metro-**
  - Bundoora Extended Care,
  - Austin Repat.

- **Southern metro-**
  - Kingston Centre,
  - Caulfield General Medical Centre
  - Peninsula Health Service.

- **Western metro-**
  - Sunshine Hospital, MECRS.
CDAMS Locations - Rural.

- Barwon South West –
  - Grace McKellar Centre.

- Gippsland-
  - West Gippsland Community Services.

- Grampians-
  - Ballarat Health Service
  - Wimmera Health Care.

- Hume-
  - Wangaratta District Base Hospital

- Lodden Malley-
  - Anne Caudle Campus Bendigo and
  - Mt Alexander Hospital.
The Cognitive Dementia & Memory Service.

Core Staff

- Medical
  - Geriatrician, Neurologist
  - Psychiatrist
- Occupational Therapist
- Community Nurse
- Social Worker
- Neuropsychologists
- Administration
CDAMS Process

- Referral and triage – via ACCESS
- Initial assessment – home visit
- Clinic assessment
  - Medical appointment
  - Neuropsychology assessment
- Case Conference
- Family meeting
- Initial follow up
- Review.
CDAMS Process - Referral.

- Any one can refer

- Phone, fax
  - or via CERNER (powerchart) – Caulfield.

- All referrals processed by Access Unit
  - Caulfield, Kingston & Peninsula.
CDAMS Process - Referral.

- who to refer
  - Would benefit from a formal diagnosis
  - No previous diagnosis (not in question)
  - Requires multidisciplinary assessment
  - Requires high level / detailed assessment
  - Client agrees to assessment
CDAMS Process
Initial Assessment

- Community Nurse / OT / Social Worker
- Presenting history
- Medical history
- Social history
- Cognitive Screen
  - MMSE / RUDAS
- Mood/behaviour
  - Neuropsychiatric Inventory, GDS
- ADL’s
CDAMS Process
Clinic Assessment.

- Physical Examination
- Blood pathology and CT brain.
- Psychiatric Evaluation
- Neuropsychological Examination.
  - Comprehensive cognitive screen completed by medical staff
  - Neuropsychologist if more detailed assessment required.
CDAMS Process
Case conference.

- Consensus Diagnosis
- Suitability for medication
- preventative management
- support services required
- need for counselling and education
- advanced planning - EPOA & Wills.
- Driving
CDAMS Process Family Meeting.

- Assessment results
- Diagnosis given
- Care Plan
CDAMS Process
Initial Follow-up.

- Initial Follow-up
  - Time limited counseling & education
  - Appropriate referrals arranged
  - Ongoing case management is NOT provided.
  - Key contact is available for advice as required.
CDAMS Process - Review.

- Review.
  - For clients where diagnosis is unclear.
  - Where possible % of those with early stages of dementia also reviewed as quality measure to ensure diagnostic practice is accurate.
Questions.