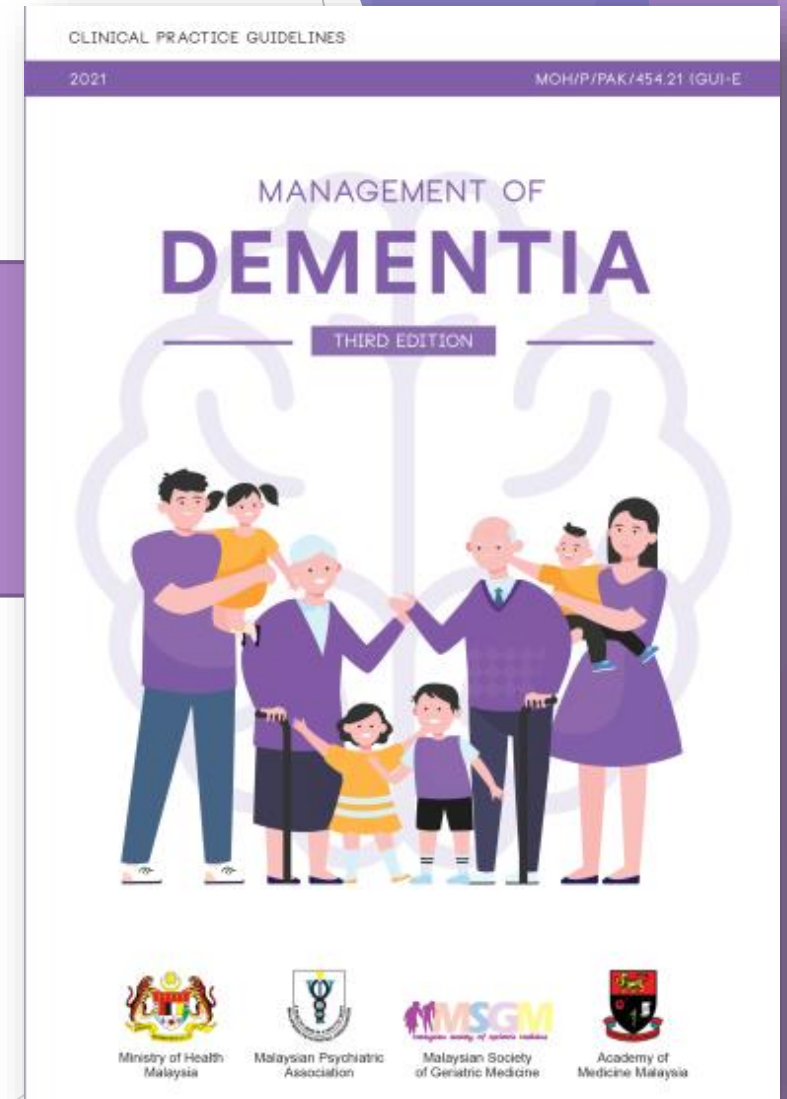


Training of Core Trainers CPG Management of Dementia (Third Edition)

Mild Cognitive Impairment

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Learning Objective

1. Mild cognitive impairment diagnosis.
2. Pharmacological treatment and non-pharmacological intervention possible in the management of MCI.
3. Early diagnosis and intervention that can improve older adults' prognosis and disease trajectory.



Content

- ▶ What is Mild Cognitive Impairment?
- ▶ Why is it important?
- ▶ Who is at risk?
- ▶ How do you identify them?
- ▶ Is there treatment for MCI?



What is Mild Cognitive Impairment?

- ▶ Mild cognitive impairment (MCI) is a condition in which individuals present with cognitive impairment but minimal impairment of instrumental activities of daily living (IADL).



Why is it important?

- ▶ Those with MCI/CIND have greater risk of developing all types of dementia (RR=3.3, 95% CI 2.5 to 4.5) compared with age-matched participants with no MCI after 2 – 5 years of follow-up.¹⁰⁸

108. Petersen RC, Lopez O, Armstrong MJ, et al. Practice guideline update summary: Mild cognitive impairment: Report of the Guideline Development, Dissemination, and Implementation Subcommittee of the American Academy of Neurology. *Neurology*. 2018;90(3):126-35.



Who is at risk?

- ▶ DSM-5 recognises the predementia stage of cognitive impairment. The condition, which has many features of MCI, is termed mild neurocognitive disorder.
- ▶ Mild neurocognitive disorder recognises subtle features of cognitive impairment that are distinct from ageing but do not represent dementia.⁵⁸

58. American Psychiatric Association (APA). Diagnostic and Statistical Manual of Mental Disorders: DSM-5. Arlington, VA: APA; 2013.



How do you identify them?

- ▶ Patient or family complaint on the presence of a reduction of cognitive function, however without the presence of impairment of the activity of daily living .
- ▶ Baseline cognitive measurement on MMSE or any cognitive assessment tools for patients with MCI
- ▶ The initial assessment is normal, clinicians can proceed to a neuropsychological test to confirm the diagnosis of MCI



Is there treatment for MCI?

- ▶ MCI is a subjective complaint of a deteriorating memory. After managing the modifiable risk factors and deprescribing cognitive suppression medication, it is advisable for patients to undergo non-pharmacological therapy.



Modifiable risk factors

- ▶ Hypertension
- ▶ Diabetic Mellitus
- ▶ Hyperlipidemia
- ▶ Obesity



Non-pharmacological Interventions

- ▶ Exercise
- ▶ Diet and supplement
- ▶ Pharmacological Interventions

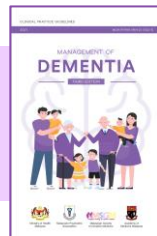


Take-Home Message

- ▶ Mild cognitive impairment is a common condition that is poorly diagnosed and understood.
- ▶ Although there is no pharmacological treatment available, there is non-pharmacological intervention possible in the management of MCI.
- ▶ Early diagnosis and intervention can improve older adults' prognosis and disease trajectory.



Thank You



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