Holistic Approach to Dementia Management

Ochsner Health

Disclosures

- We have no disclosures

Older Adult or Senior “Concierge” Style Care

Same day appointments

- Team-based care

Longer visit times

- More time with MD
- Behavioral health

Social & educational activities

- Chair yoga
- Card games
- Puzzles
- Health education
- Nutritional counseling
- Technology classes

Personalized Wellness Plan

- Fitness equipment
- Exercise classes
- Wellness coordinators

Medication Management

Brain Health Mentation

Mobility

Optimizing Cognitive Capabilities

Mini-Cog™ Instructions for Administration & Scoring

ID: _____ Date: _____

Step 1: Three Word Registration

Look directly at person and say, "Please listen carefully. I am going to say three words that I want you to repeat back to me now and try to remember. The words are [select a list of words from the versions below]. Please say them for me now." If the person is unable to repeat the words after three attempts, move on to Step 2 (clock drawing).

The following and other word lists have been used in one or more clinical studies.[1-3] For repeated administrations, use of an alternative word list is recommended.

Version 1	Version 2	Version 3	Version 4	Version 5	Version 6
Banana	Leader	Village	River	Captain	Daughter
Sunrise	Season	Kitchen	Nation	Garden	Heaven
Chair	Table	Baby	Finger	Picture	Mountain

Step 2: Clock Drawing

Say: "Next, I want you to draw a clock for me. First, put in all of the numbers where they go." When that is completed, say: "Now, set the hands to 10 past 11."

Use preprinted circle (see next page) for this exercise. Repeat instructions as needed as this is not a memory test. Move to Step 3 if the clock is not complete within three minutes.

Step 3: Three Word Recall

Ask the person to recall the three words you stated in Step 1. Say: "What were the three words I asked you to remember?" Record the word list version number and the person's answers below.

Word List Version: ____ Person's Answers: _____ _____ _____

Scoring

Word Recall:	____ (0-3 points)	1 point for each word spontaneously recalled without cueing.
Clock Draw:	____ (0 or 2 points)	Normal clock = 2 points. A normal clock has all numbers placed in the correct sequence and approximately correct position (e.g., 12, 3, 6 and 9 are in anchor positions) with no missing or duplicate numbers. Hands are pointing to the 11 and 2 (11:10). Hand length is not scored. Inability or refusal to draw a clock (abnormal) = 0 points.
Total Score:	____ (0-5 points)	Total score = Word Recall score + Clock Draw score. A cut point of <3 on the Mini-Cog™ has been validated for dementia screening, but many individuals with clinically meaningful cognitive impairment will score higher. When greater sensitivity is desired, a cut point of <4 is recommended as it may indicate a need for further evaluation of cognitive status.

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Dementia Prevention:

- *Diet (Mediterranean)*
- *Exercise*
- *Mental & Social Stimulation*
- Hearing evaluation and treatment
- Treat underlying depression
- Intensive BP control

SPRINT MIND

JAMA | Original Investigation

Effect of Intensive vs Standard Blood Pressure Control on Probable Dementia

A Randomized Clinical Trial

The SPRINT MIND Investigators for the SPRINT Research Group

RESULTS Among 9361 randomized participants (mean age, 67.9 years; 3332 women [35.6%]), 8563 (91.5%) completed at least 1 follow-up cognitive assessment. The median intervention period was 3.34 years. During a total median follow-up of 5.11 years, adjudicated probable dementia occurred in 149 participants in the intensive treatment group vs 176 in the standard treatment group (7.2 vs 8.6 cases per 1000 person-years; hazard ratio [HR], 0.83; 95% CI, 0.67-1.04). Intensive BP control significantly reduced the risk of mild cognitive impairment (14.6 vs 18.3 cases per 1000 person-years; HR, 0.81; 95% CI, 0.69-0.95) and the combined rate of mild cognitive impairment or probable dementia (20.2 vs 24.1 cases per 1000 person-years; HR, 0.85; 95% CI, 0.74-0.97).

Mental Health & Healthy Aging

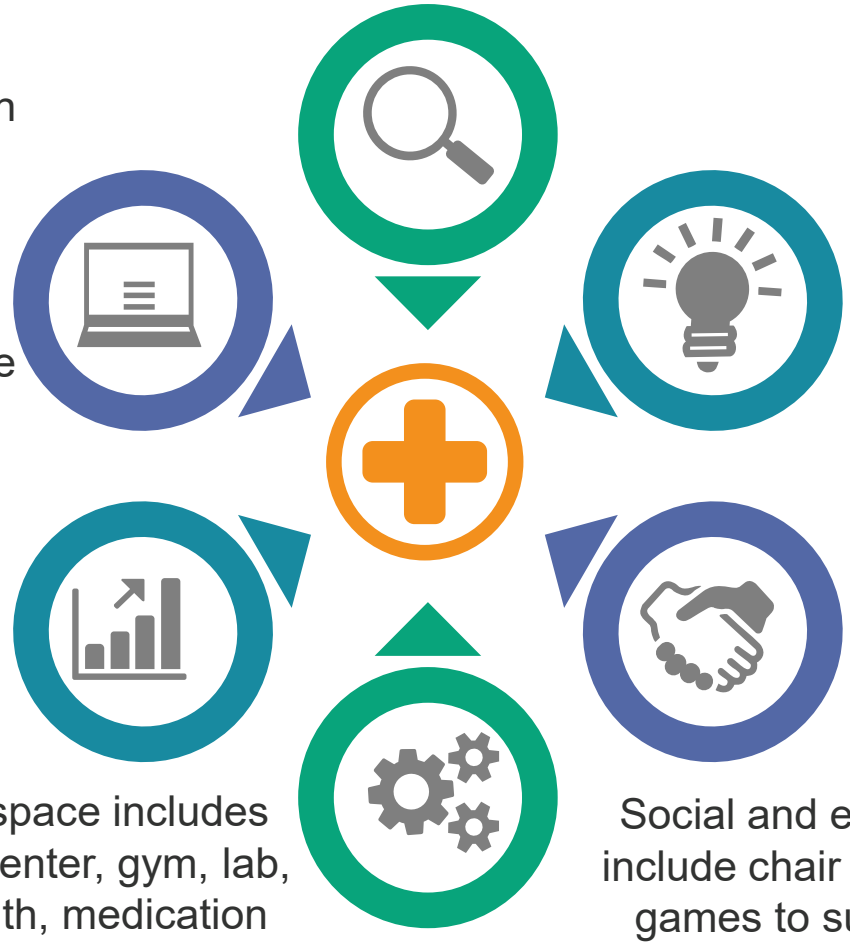
- *Depression* is **NOT** a part of growing older
- Older adults are at *increased risk of depression*
- Older adults with depression are often *underdiagnosed and mistreated*

Integrated Caregiver Support

Ochsner 65 Plus

Program includes patients 65 years of age and older

Free standing clinics, located in high traffic retail sites, multi-disciplinary team-based care model
+
Digital tools to help differentiate experience of care for both patients and providers



Panel capped at 500 patients = doubled appointment times, more frequent visits, more engagement

Clinical & financial outcomes alignment

Leverage our own health plan and work with payer partners to create differentiated and innovative programs

Combined space includes community center, gym, lab, mental health, medication management, and nutritional support counseling

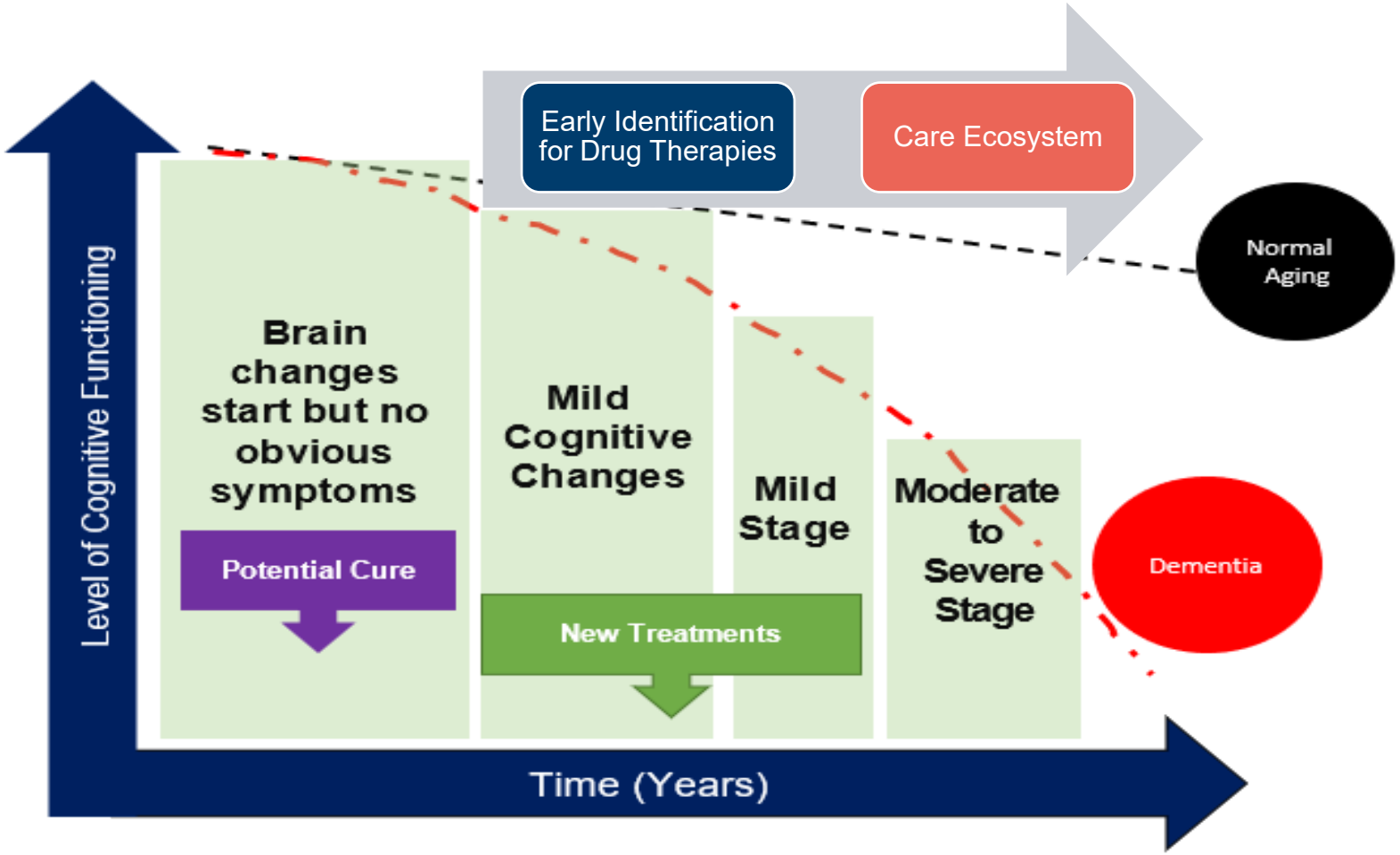
Social and education activities include chair yoga, arts & crafts, games to support health and happiness

A Different Primary Care Experience

- Open floor entry space with a **café**
- **Community room** for group activities and educational sessions
- **Fitness center** equipped with treadmills and weights
- Nursing stations situated between physician collaboration room and exam rooms to deliver fluid **team-based care**
- Physician **collaboration rooms** for team huddles and case review
- **Extended appointment times** – 60-minute initial visits and 40-minute follow ups

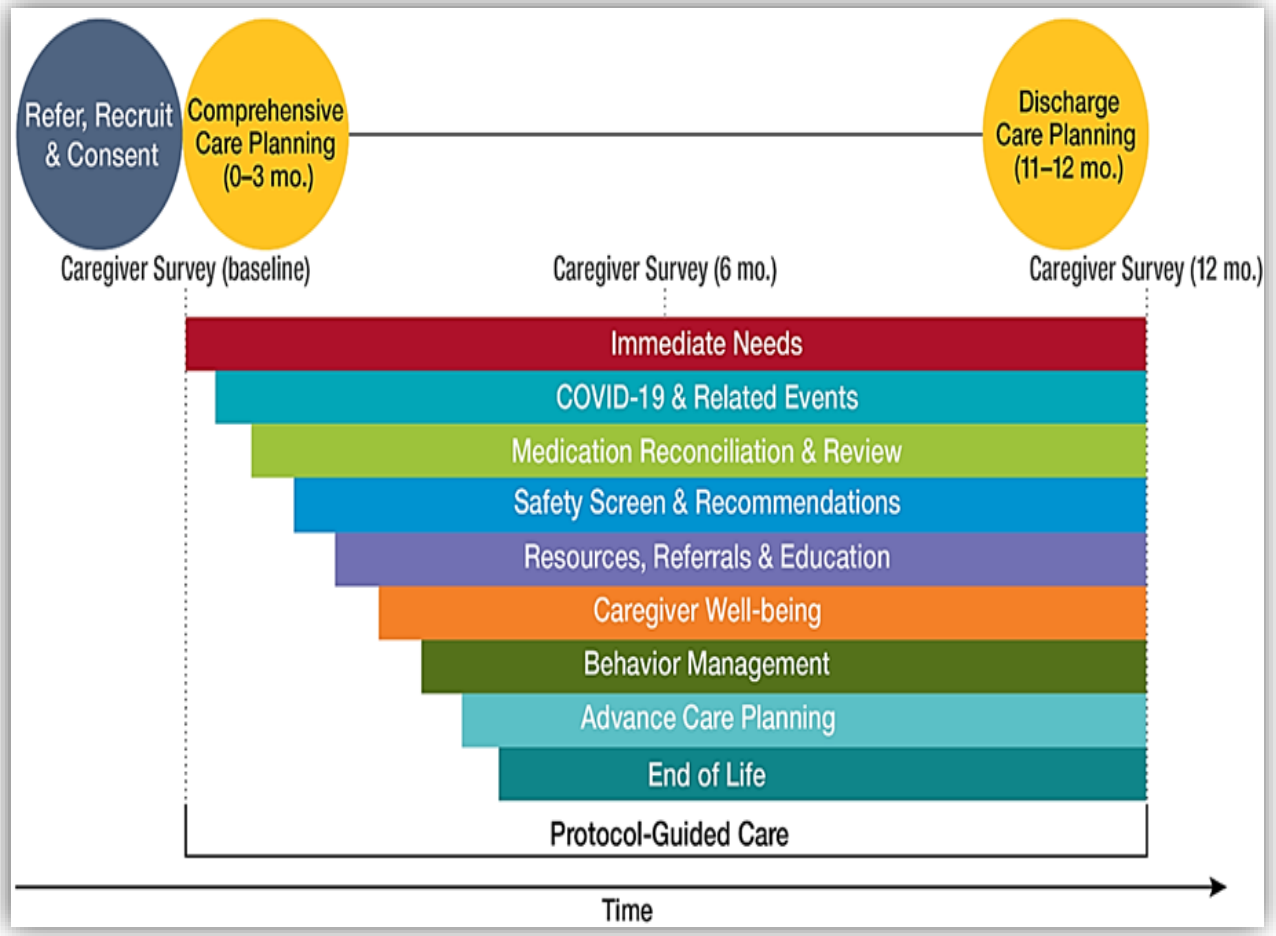
Lobby & Cafe

Dementia Care's Priorities: Assessment and Management

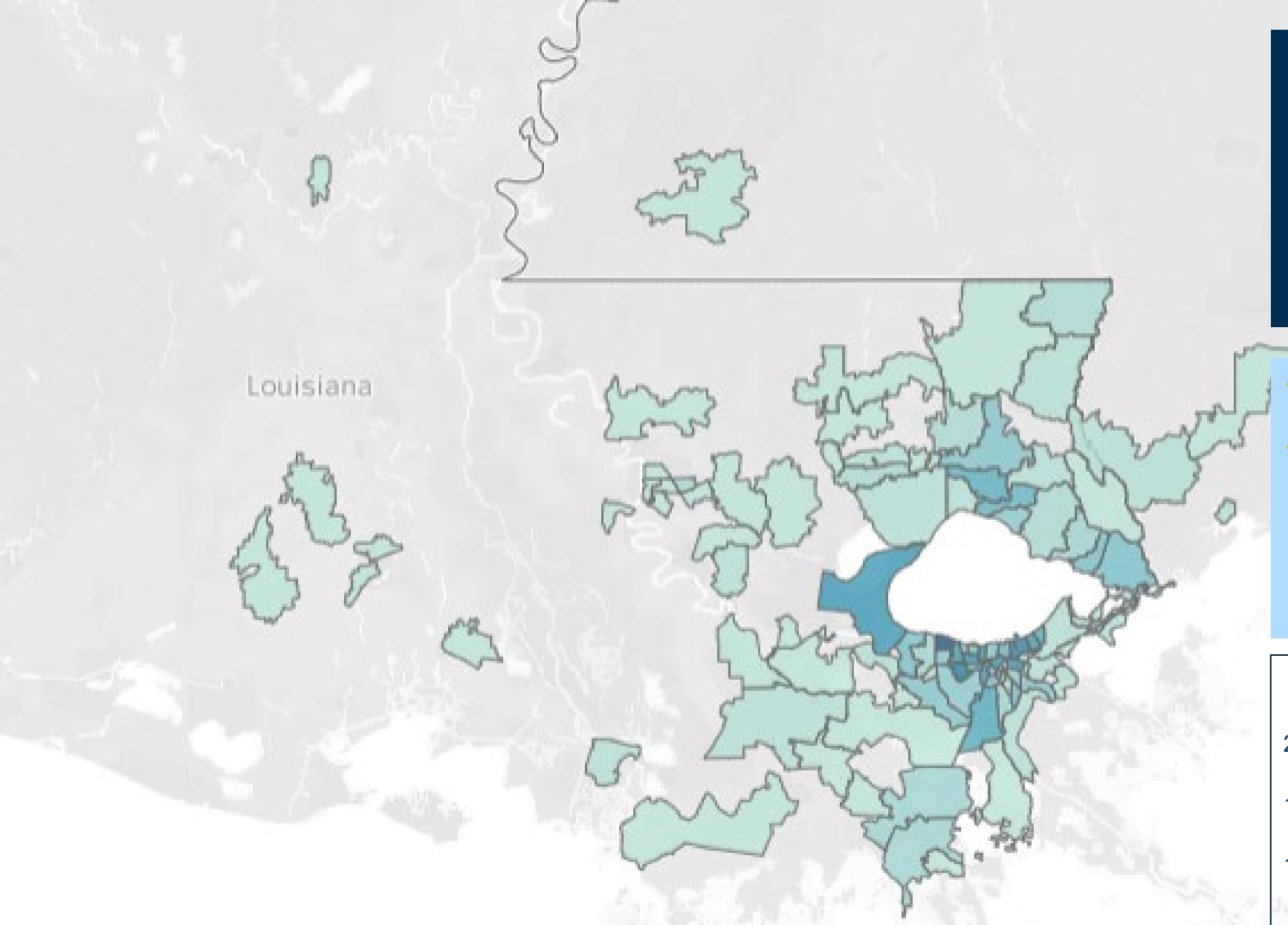


Care Eco: Aims & Model

- Enhance health and quality of life
- Reduce unnecessary utilization and expense
- Promote aging in place
- Improve dementia care access
- Standardized and evidence-based model

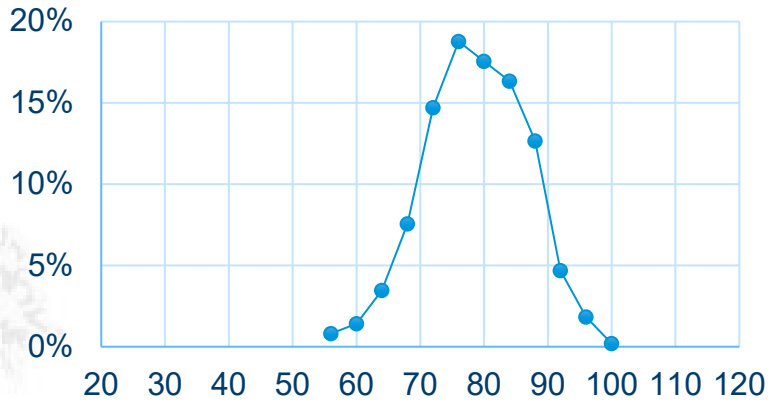


Care Ecosystem Demographics



- 300 Current Dyads
- 500 from 2019-2024
  - 40% African American
  - 63% Female
  - Mean Age = 79

Age Distribution



Dementia Care at Ochsner

2017

Cognitive program need established

Memory Clinic pilot

4-staff

2018

$1M Philanthropy support

Memory Clinic established

Care management critically needed

2019

Care Ecosystem launch

$4M HRSA partnership with LSU

Memory Clinic

- 100+ visits

2020

Care Eco Growth

- 200 enrolled, Epic registry

System financial analysis

Expanded memory clinics

Fellowship Program

HealthAffairs — A SERIES ON HEALTH SYSTEM TRANSFORMATION

2021

Partnership with UCSF

Memory Clinic

- 250+ visits

25+ Staff

THE KINETIX GROUP Powered by Petauri™

2022

NIH National Institute on Aging

$6M UCSF multi-site Trial

ROI >2.0 with prelim data

Added Behavioral Neurology

NEJM Catalyst | Innovations in Care Delivery

2023

Advisory Board

Featured dementia program nationally by Advisory Board

NEJM Catalyst Paper on dementia business case

30+ Staff

2024

500+ Care Eco Enrolled

GUIDE Model

First paper nationally showing Total Cost of Care improvement (AJMC)