



## **BHSCT Brain Health Clinic**

Patients any age, mild cognitive disorders due to neurodegeneration or other causes

All ages, GP referrals

Consultant Geriatrician led

Questionnaires posted out- Depression PHQ9, Anxiety GAD7, Pittsburgh Sleep Quality Index, International Physical Activity Questionnaire

ACE III, MMSE, Bristol ADLs

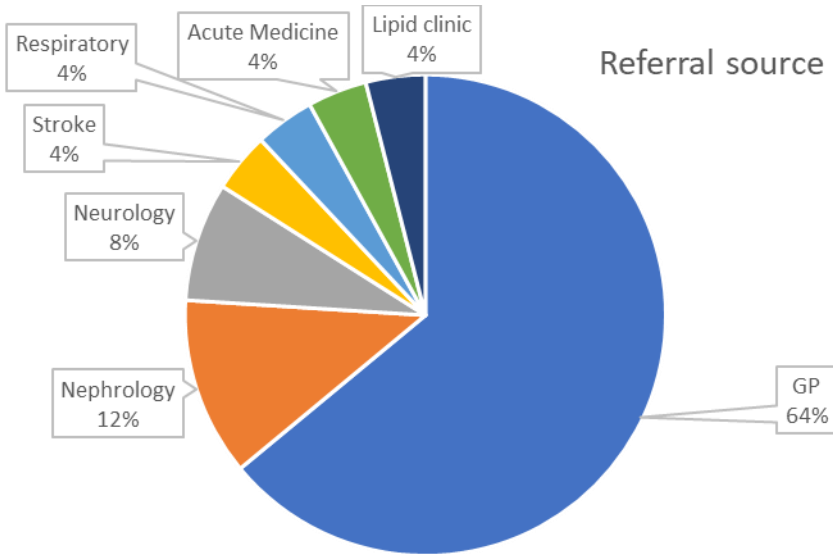
MRI brain, FDG-PET CT brain

Holistic advice- vascular risk, polypharmacy, hearing, vision, lifestyle factors

Risk profiling, early detection, personalised prevention carried out

Database held, invited to take part in research, referred to specialist OT for memory rehabilitation if appropriate

CSF analysis carried out



Mean age 57.3 years (SD8.0) Range 41-75 years  
 44% male, 72% married/ civil partnership or long term partner, 32% still working  
 32% had no vascular risk factors, 68% on antidepressants  
 72% reported some degree of behavioural change (mostly mood/ anxiety issues)  
 PHQ9 mean score 12.06 (SD7.0) , mean GAD7 score 10.8, (SD6.3)  
 64% had neuroimaging completed prior to BHC Ax

## DIAGNOSIS & MANAGEMENT

- 1 person had cognitive impairment poss due to emerging neurodegenerative process
- 5 (20%) had normal cognition or subjective cognitive decline
- 60% had depression or anxiety as a feature of primary diagnosis or reason for MCI
- 48% had medication changes made (start or increase antidepressants, rationalise analgesics or secondary IHD prevention. All offered lifestyle advice.)
- 12% (n=3) were discharged after initial NP appointment