

MILD COGNITIVE IMPAIRMENT CLINIC

A Pilot in Newport

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OUTLINE

- Newport and the Gwent region
- Referrals to memory clinic
- MCI Clinic
 - Purpose
 - Criteria
 - Structure
- The story so far...
- What next?

INTRODUCTION

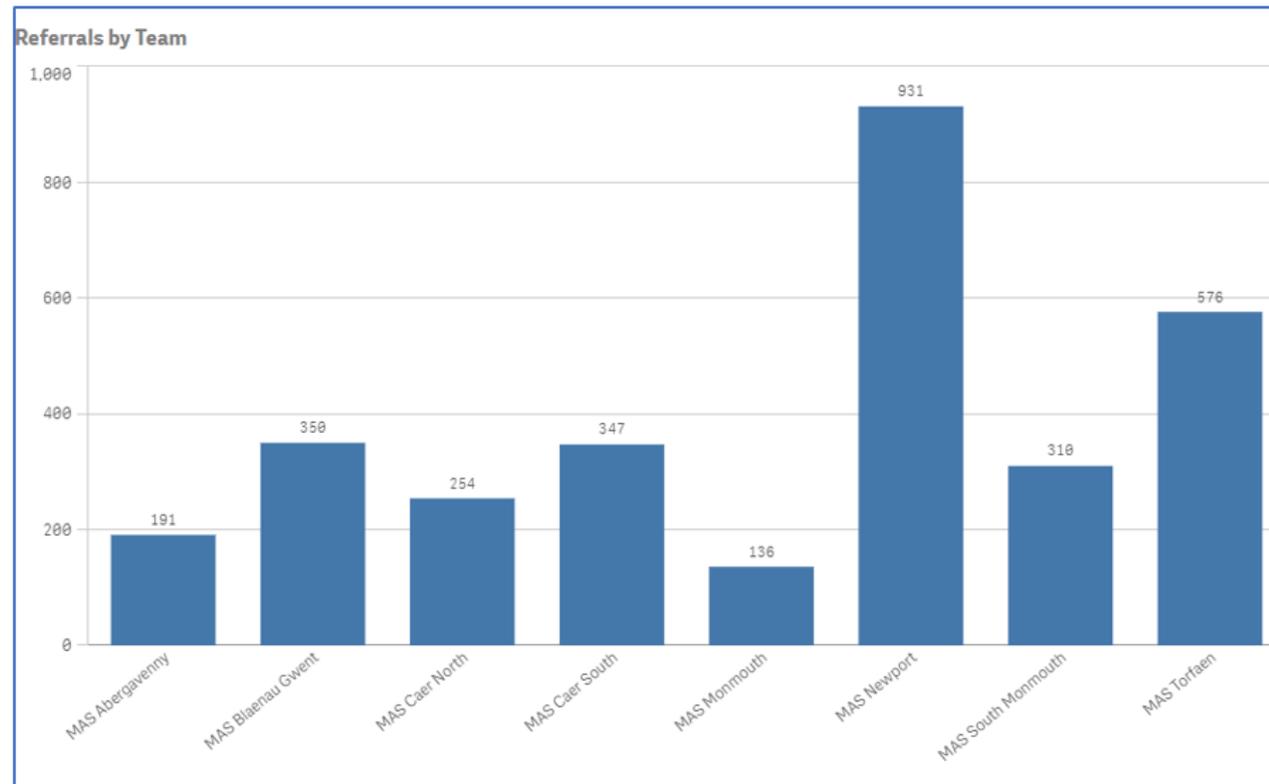
- Aneurin Bevan University Health Board serves a population of 600k in South-East Wales
- 5 boroughs
 - Newport
 - Caerphilly
 - Torfaen
 - Blaenau Gwent
 - Monmouthshire



ABUHB MEMORY CLINIC

Referrals

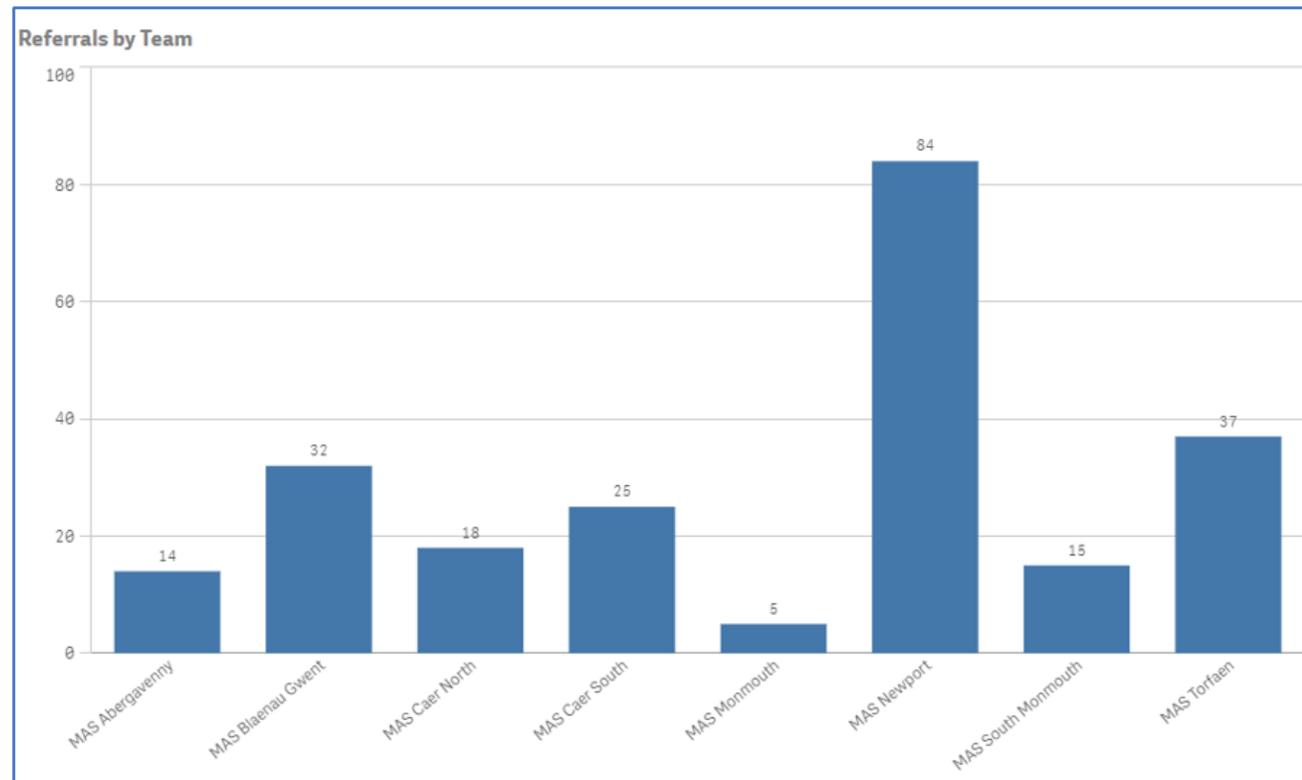
3,095 referrals from April 2021 to April 2022, broken down by team:



ABUHB MEMORY CLINIC

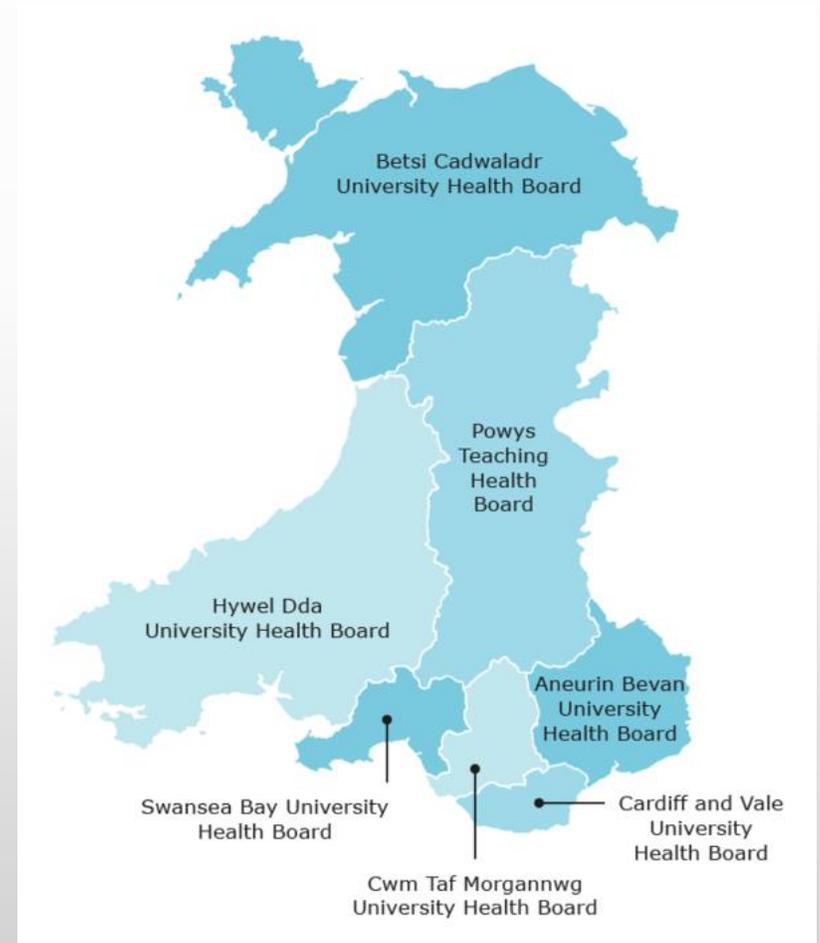
Patient Referrals under 65

230 in total between April 2021 and April 2022.



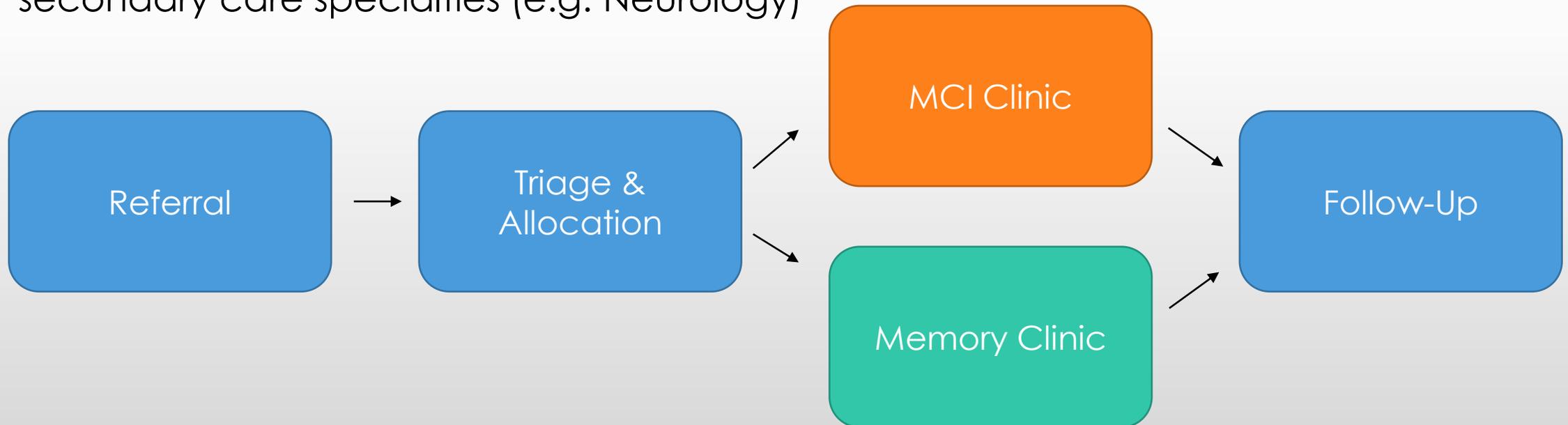
INTRODUCTION

- What else is happening in Wales?
 - Cardiff & Vale UHB
 - Memory clinics run by COTE
 - Referrals also made to cognitive neurology clinic and mental health services
 - MDT for case discussions between specialties
 - Swansea Bay UHB, Cwm Taf, Hywel Dda UHB and Powys LHB
 - Memory clinics run by mental health teams



MEMORY CLINIC REFERRAL PATHWAY

- Newport Memory Assessment Service
- Most common referral source by far is primary care although some referrals come via secondary care specialties (e.g. Neurology)





MCI CLINIC

- Aim of the mild cognitive impairment clinic is to make a diagnosis at the earliest possible stage
 - This is done using the clinical history, examination, neuropsychology and further investigations
 - Lifestyle interventions can be implemented earlier
 - Patients can plan in advance



MCI CLINIC

- Criteria
 - Patients under 65 years old with memory concerns
 - Patients of any age with memory concerns and high cognitive scores (ACE-III above 83/100)
 - Good functional ability

(currently low threshold to see someone but limited capacity)



MCI CLINIC

- MCI Clinic Pre-Assessment performed by Research Nurse
 - PSQI
 - Mediterranean Diet Score Tool
 - Anxiety and Depression scoring
 - AUDIT
 - CASP19 Quality of Life Scale
 - Hearing assessment questionnaire
 - MBI-C (Friend / Relative)



MCI CLINIC

- Structure
 - Joint clinic with Psychiatry and Neurology
 - 75-minute 'new patient' slots to cover
 - Comprehensive history including medication review
 - Mental state examination
 - Focused neurological examination
 - Discussion of cognitive scoring and CT/MRI scan results
 - Possible diagnosis
 - Plan



MCI CLINIC

- 'Plan'
 - Further investigation when clinically indicated
 - Imaging (FDG-PET, Amyloid-PET)
 - CSF Biomarker analysis
 - Neuropsychology assessment
 - Lifestyle interventions
 - Mental health input (if necessary)
 - Follow-up plan
 - Patient information



THE STORY SO FAR

- 35 patients across 8 clinics since Sept 2021 with 22 more booked in
- CSF Biomarkers
 - 7 months to agree location but now underway
 - 5 lumbar punctures completed
 - Results pending due to delays with correct equipment
- FDG-PET scans
 - Good relationship with PET scanning team in Cardiff
 - 111 scans nationally in year April 2021 – April 2022 (85 from ABUHB)

AN EXAMPLE CASE (I)

- Mr. F, 59yo male
 - Progressive memory problems for past 12 months
 - Reports getting lost in familiar and unfamiliar surroundings
 - Loss of motivation and interest in things, more irritable
 - Made redundant in November 2021
 - Attended memory clinic in January 2022
 - ACE-III 81/100 (Mini-ACE 21/30)
 - Lumbar puncture – April 2022 (result pending)
 - FDG-PET – May 2022

AN EXAMPLE CASE (II)

- Mr. F, 59yo male
 - FDG-PET: Significantly reduced tracer uptake in right parietal lobe and mildly reduced uptake in the left parietal lobe. Mildly reduced uptake in posterior temporal lobes bilaterally. Extends to involve the precuneus and posterior cingulate gyrus on the right side. Consistent with a diagnosis of Alzheimer's disease.



WHAT NEXT?

- Increasing clinic size
- Evaluate patient and clinician experience of investigations (imaging and LPs)
- Funding
- Research
- Further investigations (alternative CSF biomarkers, genetics)



THANKS FOR LISTENING

ANY QUESTIONS?