



### NAVIGATION TEAM

provides a collaborative, trans-disciplinary service that supports CFPCN family physicians to optimize senior's health care and quality of life, including those with cognitive impairment.

Our **COMPREHENSIVE ASSESSMENT** focuses on addressing **FRAILITY** issues that impacts senior's ability to **AGE IN PLACE**.

- COGNITIVE SCREEN
- HOME SAFETY AND FUNCTIONAL ASSESSMENT
- MEDICATION ASSESSMENT
- NAVIGATION OF COMMUNITY RESOURCES
- SUPPORT TRANSITIONAL SERVICES PROCESSES
- ADVANCED CARE PLANNING



### NAVIGATION PATIENT: Example of Dementia screen and diagnosis

#### June 2015: Navigation Referral initiated by CFPCN family physician

Patient is a 79 year old male referred by family physician. Patient's father and brother were diagnosed with dementia (Alzheimer's) and died with same. Recent move from family home to new home proved to be ++ stressful for patient. Patient and family concerned about cognitive and functional decline. Family physician would like support in dementia diagnosis.

#### July, 2015: Navigation assessment

Home visit to completed cognitive screen using MMSE and MoCA, functional baseline assessment of abilities, home safety assessment, assessment of current social supports and medications.

#### Results of Assessment & Recommendations

MMSE=22/30, MoCA= 22/30. Patient who was once independent in all ADLs, now requiring assistance IADLs including: banking/finances, managing appointments, driving, and grocery shopping. This is his new baseline after settling into new home. Pharmacist also reviewed medications to rule out contributing adverse effects. Recommended to see Navigation Team Physician for further assessment.

#### September, 2015: Assessment with Navigation Team Physician

Physician determined that cognitive and functional decline abnormal for age and educational background. Likely dementia; however requested blood work to be completed to rule out any extraneous factors as to explain cognitive decline.

#### December, 2015: Home Visit with Occupational Therapist (OT)

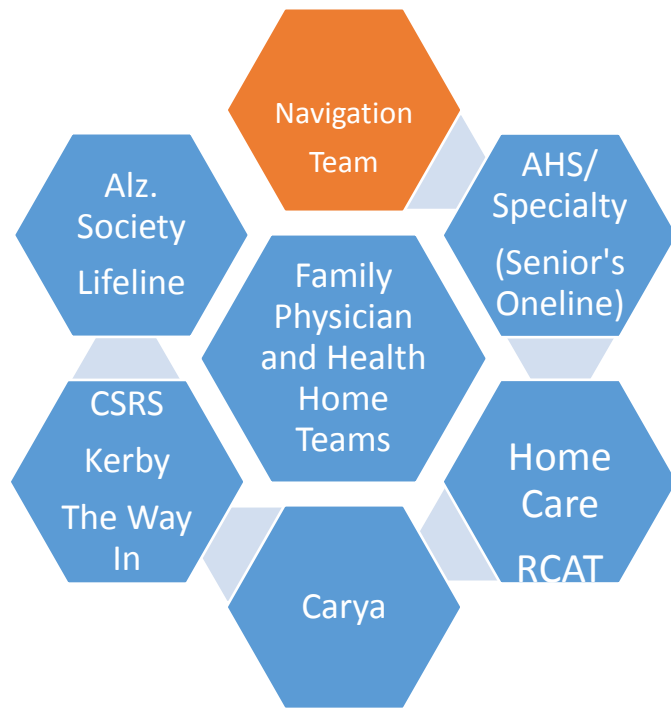
As there was a wait to see Navigation Team Physician, family requested for second OT home visit to discuss community resources, brain health, healthy life choices. Visit resulted in a connection to home care for possible engagement with Adult Day Program and literature provided to patient and family.

#### January, 2016: Re-assessment with Navigation Team Physician and OT

Blood work returned normal. MMSE completed. Score= 20/30. Navigation Team physician recommended to family physician to consider the use of cholinesterase inhibitor with a starting dose of 5 mg daily with an increased to 10 mg daily after one month if well tolerated.

#### Result of Team Assessment

Decrease in cognition associated with functional decline led to eventual diagnosis of DEMENTIA. Patient was returned to care of family physician.



### PHYSICIAN FEEDBACK

