

Dementia detection

RFQs

- What do you think might be going on?
- Is your mood OK?
- Had you been concerned about how you have been feeling and behaving?
- Did you have any thoughts about what we should be doing to help you?
- Have there been any worrying, or dangerous things going on, at home or on the road?

Provide

I understand that you are worried that you might be becoming demented. Perhaps you wouldn't mind me checking your memory quickly today? Please remember these 3 things: my hand, my pen and my watch. Have you got that? Keep them in your head if you don't mind. Now, please write the numbers on this clock face. Thank you. What were those 3 things I asked you to remember just now?

(Your memory seems good. It's very unlikely that you are dementing. If you like, we can get my nurse to do a special test to completely rule out dementia. Perhaps it would be worth me checking your mood. Have you been feeling sad or low or anxious of late? Could you give me a score out of 10 for your mood? 10 is really happy. Zero is so sad that you would kill your self today, for sure.)

Joyce, thank you for coming here with your daughter. She has been worried that your behaviour has changed, and that your memory hasn't been quite right. What do you think might be going on? Is your mood OK? Had you been concerned about how you have been feeling and behaving? Did you have any thoughts about what we should be doing to help you?

It's not very obvious, at this stage, as to why your thinking isn't so clear, but since it seems to be affecting your life so much, perhaps we should do a few tests. Could you see my nurse for a mini mental test, some blood tests and a urine test? And would you mind going to the local walk in centre with this chest X-ray form? It's a walk in service so you don't need an appointment. The form tells you when the walk in centre is open. Would that be OK? Shall I see you next week with the results?

Your mini mental state examination shows that there may be a significant problem. (Yes, you are probably suffering with early dementia.) Would you be happy for me to ask the local memory team to see you? I'll give them your daughter's phone number, so that they can arrange to see you at home with her? How does that all sound?

Safety net:

If things are getting dangerous for Joyce at home, (or on the road), please get in touch. The memory team will contact you within the next month to let you know when they will come to assess Joyce. Please call a week after the tests, to check that we don't need to take any action but we will see Joyce urgently if she is particularly confused or unwell.