



Suggested EHR Checklists (e.g. Epic SmartPhrases)

Quick Questions if Memory is a Concern

1. Have you noticed more often forgetting things that just happened? {Such as: Others mention you repeat the same question or the same story 30 minutes later.}
2. Have you noticed it's more difficult to finish a complex task that used to be easy for you? {Such as: Cooking a complex recipe, or organizing your documents.}
3. Have you noticed being unsure where you are in a place you've been before? {Such as: Becoming disoriented on a usual route, or in a building you know well.}

Cognitive Evaluation Checklist

- Harmful med assessment {E.g. oxybutynin, diphenhydramine, opioids, benzodiazepines, zolpidem}
- Alcohol amount _____ {If aging and cognition concern, > 2 drinks per day can worsen cognition}
- Depression considered {Especially look for hopelessness, PHQ-9 is less specific in dementia}
- Sleep apnea considered {If sleep apnea is under-treated, that can worsen cognition}
- Hearing loss considered {If hearing impaired, then hearing aids can help keep the brain sharper}

Administer MoCA:

Observer Questionnaire (AD8): {Also OK to ask same three Quick Questions if Memory Concern}

Visual hallucinations: YES NO {If yes, more urgent referral to specialist, possible Lewy Body}

Making a Plan Checklist for the Newly Diagnosed

- Counseled about the diagnosis {If patient has MCI, consider using the words "possible Alzheimer's"}
- Offered option of specialist referral {Strongly encourage if age<65 or visual hallucinations}

Recommended Brain Interventions

- Encourage regular exercise
- Encouraged reducing alcohol intake
- Suggested community support-resources {Such as Powerful Tools for Caregivers}
- Discussed advance care planning {High value from setting Durable Power of Attorney with backups}