DEMENTIA ROTATION TRAINING GUIDE [August 2011]

Alzheimer’s Disease Research Center (ADRC)
Dementia & Aging Section, Department of Neurology
Washington University School of Medicine
4488 Forest Park Avenue, Suite 101 (MEMORY AND AGING PROJECT/MAP)
St. Louis, MO 63108, 314-286-2683 (MAP) or 314-286-2881 (ADRC)
John C. Morris, MD, Director & Principal Investigator

Course Director for Residents/Students: Joy Snider, MD, PhD (314-747-2107; Pager #407-6800, email: sniderj@neuro.wustl.edu).

Orientation and Schedules

Contact Ms. Jennifer Phillips, Education Core Coordinator, to arrange a tour and orientation on your first scheduled day 8:45 am (286-2882; phillipsj@abraxas.wustl.edu). If Ms. Phillips is away or unavailable, contact Mary Coats, MSN, to set up this orientation (286-2303; coatsm@wustl.edu).

Clinical observation is an important component of this rotation. You are encouraged to observe as many MAP and ADRC affiliated clinicians (physicians and nurses) as possible during your stay and to participate in as many different clinical settings as possible. You may observe/participate in MAP and/or the Memory Diagnostic Center (MDC). Jennifer will instruct you in how to arrange such observations. The schedule below can serve as a guide to when clinical activities and didactic sessions are available. Dr. Joy Snider provides supervision to medical students and residents on this rotation.

ALL TRAINEES are required to complete a trainee registration sheet and sign a confidentiality statement. Copies may be obtained from Doris at the front desk. Trainees from outside of Washington University (e.g., students from other institutions, international fellows) must complete HIPAA and Human Studies training modules if their rotation is longer than 5 days. See Jennifer to arrange this.

Educational Resources:
- Trainee workstations are behind the half-wall in the waiting room. See Mary or Jennifer for password.
- In addition to the trainee workstations in the waiting room, you may also sit and work in the Physician’s Dictation Room.
- ADRC Library (across from ADRC Office, 130)
- Patient assessment videotape library (see Mary Coats for access and direction)

SCHEDULE OF CLINICAL ACTIVITIES
You should attend as many clinical activities as possible. Clinic times are subject to change due to vacations, cancellations, etc. so please check the weekly schedule is posted in the front office at MAP. Ask Doris Jones for assistance in reviewing the MAP (research) schedule and Sherry Ellis for reviewing the MDC (clinical) schedule.

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<td>8:30am—Nupur Ghoshal, MD, PhD MDC</td>
<td>9:30 AM—Joy Snider, MD, PhD Barnes West County</td>
<td>1:00 pm -Randall Bateman, MD MDC (until 11/1/12)</td>
<td>1:30pm—Nupur Ghoshal MD, PhD MAP</td>
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<td>9:30 AM - Nupur Ghoshal, MD, PhD MAP</td>
<td>9:30 AM - Bianne Disabato MD MAP</td>
<td>1:00 PM – Joy Snider, MD, PhD MDC</td>
<td>2:00 PM Parc Provence/Nursing Home Rounds with Dr. David Carr (check with JoAnn Wilson to verify date and time; <a href="mailto:jwilson@dom.wustl.edu">jwilson@dom.wustl.edu</a>)</td>
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<td>8:30 AM – John Morris, MD MDC</td>
<td>9:30 AM – Joy Snider, MD, PhD MAP</td>
<td>9:30 AM —David Carr, MD MAP</td>
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<td>9:30 AM - Bianne Disabato MD MAP</td>
<td>9:30 AM - Monique Williams, MD MAP</td>
<td>12:30 PM – Pam Millisp, RN MAP</td>
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<td>12:00 PM – Randall Bateman, MD MDC (beginning 11/1/12)</td>
<td>12:00 PM—Gene Rubin, MD, PhD MAP</td>
<td>1:00 PM—David Carr, MD Barnes West County</td>
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LECTURES (See Checklist** pg 5-6)

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<td>12:00 PM – Hope Center Seminar, FLTC-Holden Auditorium</td>
<td>12:00 PM – Geriatrics Journal Club, ADRC Conference Room</td>
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<td>9:00 AM – Psychiatry Grand Rounds, Clifton Auditorium</td>
<td>For all psychiatry lectures visit the website at <a href="http://www.psychiatry.wustl.edu/c/Department/Conferences/default.aspx">http://www.psychiatry.wustl.edu/c/Department/Conferences/default.aspx</a></td>
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<td>9:00 AM – Psych Adv Resident Seminar, Renard, 3rd Floor Conf Room (Sept-May)</td>
<td>11:30 AM- Psychiatry Research Seminar, Holden Auditorium in Farrell (Sept-May)</td>
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<td>12:00 PM – Neurology Residency Clinical Neuroscience Series, West Pavilion Auditorium</td>
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HOPE CENTER WEBSITE
http://www.psychiatry.wustl.edu/c/Department/Conferences/default.aspx

OVERALL LEARNING OBJECTIVES FOR RESIDENT AND STUDENT ROTATORS (ALSO SEE ACGME COMPETENCY-BASED OBJECTIVES FOR RESIDENTS, pg 13-15):

Objectives for Learning

During this rotation, trainees are exposed to clinical and research methods for the evaluation of older adults with cognitive-functional complaints consistent with Alzheimer’s disease and other neurodegenerative disorders. Evaluations are observed live and in-person, as well as via videotape, and cover a range of diagnoses and care issues. Trainees observe clinicians from different specialty backgrounds (Neurology, Geriatrics, Psychiatry) and learn how to administer and score the Clinical Dementia Rating (CDR) interview.

Trainees participate in other educational offerings of the Center, including research seminars and a weekly clinical case conference. Enrichment opportunities include evaluating older adults in the long-term care setting, exposure to clinical trial methodology, and opportunities to use the resources of the Center in the future to conduct in-depth research on a specific dementia-related topic.

At the end of the rotation, residents/students should:

- Understand basic interviewing techniques to elicit pertinent information from patient and family members in support of a diagnosis.
- Understand symptom patterns that differentiate Alzheimer’s disease from related neurodegenerative disorders (i.e., Dementia with Lewy Bodies, Frontotemporal Dementia, Vascular Dementia) and become comfortable making a differential diagnosis in uncomplicated cases.
- Understand the range of treatments currently available for Alzheimer’s disease and how they are prescribed.
- Be familiar with broader issues of family and community care for persons with dementia, particularly services available through the Alzheimer’s Association.
- Be able to know how to differentiate the key presentations associated with age-related cognitive changes from dementing illnesses.
- Be certified in administering the Clinical Dementia Rating.

Expectations of Residents/Students

- Residents/students must complete necessary paperwork (and/or training) for compliance with Human Studies and HIPAA regulations by the second day of the rotation.
- Residents/students should dress in professional attire (office casual is acceptable) and wear a lab coat when interacting with patients or research subjects.
- Supervision for this rotation is provided jointly by ADRC Director, Dr. John Morris and by ADRC Clinician, Dr. Joy Snider.
- Residents are required to arrange once-weekly supervision meetings with Dr. Snider. During these meetings, Dr. Snider will review various aspects of dementia diagnosis, treatment and clinical care, and assign further reading.
- Neurology Residents that are assigned to a TWO WEEK or longer rotation as required to develop a case study/case presentation based on a patient or research participant. This could be someone seen during the dementia rotation or during rotations at BJH or other facilities. Residents can choose to highlight a specific syndromic presentation, a situation where imaging and/or fluid biomarkers gave insight, or an interesting clinicopathologic correlation (e.g., a case of Whipple’s disease presenting as a dementia). Residents should prepare a brief written case report and Power point presentation. Residents will present these cases either at the ADRC noon meeting, or, if possible, as a group at an ADRC noon seminar in the spring.
- Students rotating for more than two weeks should prepare a brief presentation on some aspect of dementia or cognitive aging. This should be a 25-30 minute Power Point presentation (30 slides max) on a topic related to dementia. See Drs. Joy Snider, David Carr or John Morris for topic suggestions. Presentations will be scheduled for the Monday noon Geriatrics/Friedman Center for Aging seminar. SEE BELOW “TOPIC REVIEW AND JOURNAL CLUB PRESENTATION” SECTION FOR MORE DETAILS.
- At the end of the rotation, residents and students should make an appointment with Dr. Snider for an exit interview.
To complete and pass this rotation you must also specifically complete the following steps:
  o Complete a multiple choice and true/false test on dementia-related care at the beginning and then at the end of the rotation. The tests should be placed in Dr. Snider’s mailbox in the Memory and Aging Project.
  o Complete the checklist (SEE BELOW) at the end of the rotation and place in Dr. Snider’s mailbox.
  o Become Clinical Dementia Rating (CDR) certified.
  o Attend clinics at both the Memory and Aging Project and Memory Diagnostic Center.

Two-week DEMENTIA Rotation

  The first week the trainee should complete CDR certification and attend Memory and Aging Clinic rotations. NEUROLOGY RESIDENTS ARE ENCOURAGED TO START AND PREFERABLY COMPLETE ONLINE TRAINING BEFORE STARTING THE ROTATION. FOR ONLINE TRAINING CLICK HERE.
  The second week the trainee will attend Memory Diagnostic Center Clinics and arrange Community Visits.

Four-week DEMENTIA Rotation

  First two weeks are the same as the two week rotation.
  Presentations are required (see above).
  During weeks 3-4, students and residents will have more “hands-on” opportunities to interview and examine patients, applying the CDR and interview and examination skills observed in the first two weeks. Students and residents can focus their time on a clinical research project, seeing patients in the MDC, or on outpatient assessments at Parc Provence.

Topic Review and Journal Club Presentation for Medical Student Rotators:

For those trainees on the four week rotation, an oral presentation will be scheduled on Monday’s of the month at 12:00 noon for the Geriatric/Friedman Center for Aging seminar in the ADRC Conference Room, 4488 Forest Park (lower level, 1st Floor). Ms. Mary Weis (weism@neuro.wustl.edu; 286-2441) will let you know when the presentation is scheduled.

You will select one topic related to dementia and to focus on and create a 25-30 minute power point presentation. The first 15 minutes of your presentation will focus on a brief clinical review of the specific content area (e.g. behavioral problems in the elderly); epidemiology, important history, exam findings, differential diagnosis, and if there is time, interventions for common conditions. The last 15 minutes of the presentation we will ask you to review a recent article on this area, preferably one that might change your/our management or treatment of this condition in adults with dementia. We would ask that you also provide your opinion on the strengths and limitations of the article. You will need to email Dr. Stanley Birge on the article of your choice one week prior to the discussion at (sbirge@dom.wustl.edu).

Please email the title of your presentation to Mary L. Weis at (mweis@abraxas.wustl.edu) by Wednesday, at 3:30pm prior to your Monday date. Your Power Point presentation must include the Disclosure Slide (download at http://alzheimer.wustl.edu/Education/Disclosure.ppt ) as the 2nd slide after your title slide within your Power Point presentation. Your Power Point presentation and any articles that you would like copied as handouts should be emailed to Mary Weis by Friday at 3:30pm. Please bring your presentation on a memory stick. A laptop will be set up in the ADRC Conference Room prior to the 11:30 a.m. Geriatric Case Conference.

MANDATORY: Because this is a CME activity, residents/students need to complete the speaker disclosure information on line. Presenters need to go to https://cme.wustl.edu and click on "submit disclosures". You should logon by using your email address and the first-time password is "disclose". If you have made a previous disclosure and you do not remember your password, you should contact the CME office at 362-6891 or 362-6521 so your password can be reset. This should be done at least 48 hours prior to your presentation.

END OF ROTATION CHECKLIST (TWO PAGES)
(TO BE TURNED IN TO DR. SNIDER’s mailbox at end of DEMENTIA ROTATION)

PLEASE CHECK ANY OF THE FOLLOWING THAT HAVE BEEN YOUR EXPERIENCE IN REGARDS TO YOUR INSTRUCTION ON THIS ROTATION

SKILLS
I have received instruction during this rotation and/or now have skills in the following areas;
___ administering mental status screens
___ administering depression screens
___ administering the Clinical Dementia Rating (CDR)
___ balance and gait assessment
___ history taking for dementia evaluations
___ pertinent physical exam findings in dementia evaluations
___ cost-efficient laboratory and/or radiological w/u for dementia
___ current treatment and management of dementia and related disorders
___ knowledge of the differential diagnosis for irreversible and progressive neurodegenerative dementias

KNOWLEDGE
Instructed on the diagnosis, evaluation, and management of the following specific dementing illnesses;

___ DAT (Dementia of the Alzheimer’s Type)
___ DLB (Dementia with Lewy Body)
___ FTD (Fronto-temporal Dementia)
___ CJD (Prion disease)
___ NPH (Normal Pressure Hydrocephalus)
___ VD (Vascular Dementia)
___ MCI (Mild Cognitive Impairment 😊)
___ Demonstrate a passing grade on the multiple choice and true/false tests
___ Complete the reading list and contribute articles to the list

SETTINGS
I have attended and/or observed dementia care in the following settings (check all that apply);

___ Memory and Aging Project Clinics

___ Memory Diagnostic Clinics

___ Tuesday Noon Research Conference
DEMENTIA ROTATION TRAINING GUIDE [August 2011]

___Brain Cutting  (contact Lisa Taylor-Reinwald at 362-7420)

___Observe in-home dementia assessment  (contact Marie Meisel, MSN 612-5911)

___Nursing home visit at Parc Provence  (contact JoAnn Wilson at jwilson@dom.wustl.edu )

___Observe family conference in the Memory and Aging project  (contact Terri Hosto MSW, 286-2418)

___Learn about psychometric testing for dementia  (contact Denise Maue Dreyfus, MA at 286-2688)

___Visit the St. Louis Chapter of the Alzheimer’s Association  Contact: Cheryl Wingbermuhle, Phone: 314-801-0442. Direct Phone: Call 2 days ahead of time

___Visit a Day Care Center   JCCA - Adult Day Care Center;  Contact: Deborah Ellis, Phone: 442-3245 Call 2 days ahead of time to schedule observation

WEBSITES
I have visited the following websites  (check all that apply):

___Washington University ADRC Home Page: http://alzheimer.wustl.edu/

___Clinical Dementia Rating training page: http://alzheimer.wustl.edu/cdr/Application/ApplicationA.asp

___National Alzheimer’s Coordinating Center: http://www.alz.washington.edu/

___Alzheimer’s Research Forum: http://www.alzforum.org/

___Alzheimer’s Disease Education & Referral Center: http://http://www.alzheimers.org/

___Alzheimer’s Association - National: www.alz.org ; St. Louis : www.alzstl.org

ATTITUDES

___Your training experience should foster the development of positive attitudes about the importance of a multidisciplinary approach to caring for demented patients and the caregivers, including appropriate respect for other health professionals and paraprofessionals and their roles in the provision of services in addition to respect for the demented patient and their caregiver(s).

___Your training experience should reveal exposure to clinicians that are truly passionate and have a positive attitude toward care for patients and families with dementia.

FEEDBACK/COMMENTS?
ADRC SUGGESTED READINGS:
The ADRC list of articles is suggested reading that is provided to you to highlight some of the major studies from our center as well as some key studies from other groups. If you have an interest in other articles from our center, please email Jennifer Phillips (phillipsj@abraxas.wustl.edu).

Clinical Dementia Rating/Cognitive Assessment/Neurological Examination


Preclinical Dementia


Mild Cognitive Impairment


Storandt M, Grant EA, Miller JP, Morris JC. Longitudinal course and neuropathological outcomes in original versus revised MCI and in PreMCI. Neurology 2006; 67:467-473.

For a different perspective on MCI, relevant papers from other centers:


**Biomarkers (Fluid and Imaging) in AD**


*A somewhat dated but still excellent review of CSF biomarkers*:

Driving and Dementia


Papers from other groups on driving and dementia:


GENERAL DEMENTIA REFERENCES you might find helpful:

Mental Status Examination

There are good chapters on the mental status examination in many neurology texts, including DeJong's The Neurologic Examination and DeMyer's The Neurologic Examination: A Programmed Text. For students, there is a chapter on the mental status examination in DeGowin's Diagnostic Examination, Ninth Edition. The textbook Neurobehavioral Disorders, A Clinical Approach by Richard L. Strub and F. William Black is a classic, but a bit dated now (© 1988).

Other Dementias

Dementia with Lewy Bodies


**Other Parkinsonian Dementias (PSP, MSA, OPCA, CBD)**


**Frontotemporal Dementias**


**Vascular Dementia/Mixed Dementias**


**Vascular Risk factors in AD and other dementias**


**HIV-Associated Dementia**


**Transient Global Amnesia**


**Diagnostic Criteria for Dementia**

*New 2011 criteria for dementia, mild cognitive impairment and preclinical dementia:*


**Criteria for AD and other dementias:**


Task Force appraisal of clinical diagnostic criteria for Parkinsonian disorders. Mov Disord 18:467-486.


**Dementia Therapies**


**Acetylcholinesterase Inhibitors:**


**Memantine:**


**Other therapies:**


**Treatment studies in Mild Cognitive Impairment:**


**Treatment of behavioral complications of dementia/use of neuroleptics:**


Mega, MS, Cummings, JL, Fiorello, T, Gornbein, J. The spectrum of behavioral changes in


Treatment studies in dementia with Lewy bodies:


RISK FACTORS/GENETICS OF DEMENTIA

Coyle, JT. Use it or lose it--do effortful mental activities protect against dementia?. N Engl J Med 2003; 348:2489.


**Prognosis**

SPECIFIC ACGME CORE COMPETENCIES GOALS AND OBJECTIVES FOR RESIDENTS (PGY3-4):

**Patient Care**

**Goal:** The resident rotating on the ADRC rotation must be able to obtain a comprehensive interview with a caregiver and patient/participant that is compassionate, appropriate, and effective for the management of dementia and the promotion of health. Residents are expected to:

**Objectives**

- Understand basic interviewing techniques to elicit pertinent information from patient and family members in support of a diagnosis.
- Be able to perform a standard neurological examination with a focus on those important physical findings that assist in the differential diagnosis of determining the etiology of the dementias.
- Learn to administer the Clinical Dementia Rating (CDR) scale and to assess the presence and severity of dementing disorders.
- Be able to distinguish normal age-related cognitive changes from those suggestive of a progressive neurodegenerative disorder.
- Be able to assess for the presence of delirium, medication-induced cognitive dysfunction and mood disorder induced changes in cognition.
- Participate in clinical and research assessments of older adults with cognitive-functional complaints consistent with Alzheimer’s disease and other neurodegenerative disorders. Residents will observe evaluations live and in-person, as well as via videotape, and cover a range of diagnoses, treatment, and care issues.
- Observe clinicians from different specialty backgrounds (Neurology, Geriatrics, Psychiatry).

**Medical Knowledge**

**Goal:** The resident rotating on the ADRC rotation must demonstrate knowledge of the differential diagnosis of irreversible degenerative dementias and be able to communicate an effective treatment plan for the management of dementia. Residents are expected to:

**Objectives**

- Understand symptom patterns and physical exam signs that differentiate Alzheimer’s disease from related neurodegenerative disorders (i.e., Dementia with Lewy Bodies, Frontotemporal Dementia, Vascular Dementia) and be comfortable making a differential diagnosis in uncomplicated cases.
- Understand the range of treatments currently available for Alzheimer’s disease and how they are prescribed.
- Understand the symptoms and findings that are suggestive of rapidly progressive dementias such as Creutzfeldt-Jakob disease.
- Be aware of emerging treatments and diagnostic modalities, including fluid biomarkers and amyloid imaging.
- Be familiar with health conditions of aging that may complicate Alzheimer’s disease presentation and strategies for the management of challenging conditions, such as depression and behavioral problems.

**Practice-based Learning and Improvement**

**Goal:** The resident rotating on the ADRC rotation must demonstrate the ability to investigate and evaluate their care of dementia patients, to appraise and assimilate scientific evidence, and to
continuously improve patient care based on constant self-evaluation. Residents are expected to develop the following skills;

Objectives
- During the rotation the resident should use internet-based, peer-reviewed sources of information to enhance their knowledge of current issues and management of patients with dementia
- All residents should understand his or her limitations of knowledge and judgment; ask for help when needed; and be self-motivated to acquire knowledge
- Accept feedback and learn from own errors
- The resident will research one topic to present to Dr. Carr at the end of the rotation, that will have the potential to impact the evaluation and/or management of dementia care in clinic for attendings and trainees.
- Residents must complete necessary paperwork (and/or training) for compliance with Human Studies and HIPAA regulations by the second day of the rotation.
- Residents participate in other educational offerings of the Center, including research seminars, a weekly clinical case conference, and neuropathology microscopic and brain cutting sessions.

Interpersonal and Communication Skills
Goal: The resident rotating on the ADRC rotation must demonstrate interpersonal and communication skills that result in the effective exchange of information and collaboration with patients or participants, their families or caregivers, and health professionals. Residents are expected to:

Objectives
- Demonstrate caring and respectful behaviors with patients, families, including those who are angry and frustrated; and all members of the health care team.
- Know the basics of counseling and educating patients with dementia and their families.

Professionalism
Goal: The resident rotating on the ADRC rotation must demonstrate a commitment to carrying out professional responsibilities and an adherence to ethical principles. Residents are expected to demonstrate:

Objectives
- Demonstrate respect, compassion, and integrity.
- Develop an appreciation for a commitment to ethical principles pertaining to provision or withholding of clinical care, confidentiality of patient information, informed consent, and other aspects of clinical care.
- Develop an appreciation for the ethical, cultural and socioeconomic dimensions of dementia, demonstrating sensitivity and responsiveness to patients’ culture, age, gender, and disabilities.

Systems-based Practice
Goal: The resident rotating on ADRC rotation must demonstrate an awareness of and responsiveness to the larger context and system of health care, as well as the ability to call effectively on other resources in the system to provide optimal health care. Residents are expected to:

Objectives
- Be familiar with broader issues of family and community care for persons with dementia, particularly services available through the community and the Alzheimer’s Association.
• Work effectively with others (such as nurses, secretaries, social workers, nutritionist, interpreters, physical and occupational therapists, technicians) as a member of a health care team
• Learn how to manage patients in long term care facilities and nursing homes
• Learn about community resources that can assist dementia patients such as hospice, home health, palliative care, and community outreach.
• Advocate for quality patient care and assist patients in dealing with system complexities
• Know the cost-effective use of diagnostic technology in the evaluation of dementia (e.g. PET scan, LP, EEG, etc).