

MCI Screen Implementation Guidelines

*Proactively Managing Cognitive Health
in a Primary Care Population*

About the MCI Screen

- **10-minute battery of well-validated cognitive tasks including:**
 - Wordlist learning
 - Metamemory
 - Judged comparisons
 - Recognition
 - Associative memory
- **Computer guided but human administered (either face-to-face, via telephone, or by teleconference)**
- **Available in English and Spanish**
- **Scored using a sophisticated mathematical algorithm based on Correspondence Analysis of item-level responses**
- **Reimbursable by Medicare, PPO's and HMO's**

Purpose of the MCI Screen

The MCI Screen is a brief battery for evaluating adult patients with memory concerns. Because subtle cognitive changes may be caused by an underlying medical condition or by normal aging, it is important for physicians to determine which expressed concerns require a thorough diagnostic evaluation.

Work-Up or Wait-and-See?

Working up patients who are aging normally is a wasteful utilization of healthcare resources. However, delaying an evaluation in patients whose cognition is declining due to an underlying medical issue jeopardizes the opportunity for timely intervention and an optimal outcome.

MCI Screen Accuracy

The MCI Screen is 97% accurate in discriminating cognitive changes due to normal aging from cognitive changes due to an underlying medical condition.



Review:

- *MCI Screen White Paper*
- *Accuracy & Validation*

The MCI Screen is not Diagnostic

- The MCI Screen helps physicians determine if a patient is in good cognitive health for their age, or if some underlying medical condition is affecting their cognition.
- When cognitive performance is below normal for a given patient's demographic peer group, then a diagnostic work-up is warranted.
- Common causes of cognitive impairment include:
 - Poorly controlled chronic conditions
 - Depression and/or anxiety
 - Silent strokes
 - Thyroid disorders
 - Sleep disorders
 - Emerging Alzheimer's disease
 - Alcohol/drug abuse



Review:
Why Assess Memory

Getting Started: Establishing Your Account

- **The first step is to establish an account: Please visit the MCI Screen Website (MCIScreen.com) and click “Free 15-day Trial.”**
- **Each user or test administrator* in your practice should have a separate user account to ensure tight control over access to patient data.**
- **All accounts within your practice or organization can be “grouped” according to your specifications. This will allow each user to see records of previously performed MCI Screens in your practice and will enable seamless management of patient flow.**

*Test administrators need no specific credentials, good patient interaction skills are the only requirement.

Getting Started: Creating Patient Records

- Once you have an account, you will need to establish a patient record before administering an assessment.
- Use the “Add a New Subject” button to establish a fictitious patient with First Name “Test” and Last Name “Patient”
- Enter fictitious demographic information for “Test Patient” including a birthyear between 1920 and 1990.
- Once the patient record is established, it will appear on the “Subject List” which is viewable in alphabetically sorted chunks in accordance with the A-Z menu at the top of the list.

Getting Started: Assessing Patients

- The first step in assessing a patient is to select them from the “Subject List”. Doing so will bring you to a dashboard possible assessments.
- Select “MCI Screen” and then choose between English or Spanish assessment.
- The MCI Screen provides five optional training screens that can be bypassed at the user’s discretion.
- The MCI Screen user interface prompts the test administrator with instructions to read to a patient, and presents a clear set of “tick boxes” for recording the patient’s responses.
- Prior to assessing their first patient, each user should complete the following two training steps, which should take no more than 30 minutes in total:
 - (1) Review the 5 training screens that are included in the MCI Screen user interface
 - (2) Use the “Test Patient” record to assess one non-patient, such as a colleague, to be sure they are comfortable clicking through the screens and reading the prompts.

Interpreting the Results of the the MCI Screen

The MCI Screen report includes the following details:

- Patient ID
- Overall Result:
 - “Normal” for those aging normally
 - “Below Normal” for those who should be worked up
 - “Borderline” for approximately 1% of patients that cannot be accurately classified with one test
- Memory Performance Index (MPI): A numeric score from 1-100, useful for longitudinal monitoring of cognitive health over time
- Task sub-scores and statistics: While the MCI Screen is not diagnostic, performance on each test in the battery can be useful to clinicians in the diagnostic process.
- Qualitative summary of the patient’s cognitive performance

Economics of the the MCI Screen

The MCI Screen makes economic sense across the healthcare ecosystem:

- Physicians need to be reimbursed adequately for the services they perform. The MCI Screen is attractively reimbursed generating approximately \$180-\$200 of income for 15 minutes of staff time to assess a patient.
- Reimbursement from Medicare and PPO's is based on the establishment of medical necessity, which is accomplished by an expressed patient concern about memory or cognition.*
- Payors want physicians to work-up, diagnose, and treat medical conditions that impair cognition because cognitively impaired patients are generally less compliant with self-care, sicker, and more costly members to insure.
- Payors do not want physicians to work-up “normally aging” patients who are merely noticing subtle cognitive changes associated with aging. The MCI Screen effectively guides such go-no-go decisions when a work-up is being considered.

*The Healthy Brain Checklist is a free, self-administering questionnaire that documents medical necessity for patients with memory or cognitive concerns.



Review:

- ***Reimbursement Guideline***
- ***Healthy Brain Checklist***

Summary

- The MCI Screen is a pragmatic tool for delivering the **highest levels of cognitive health and patient satisfaction** in a primary care environment. It is **97% accurate** in distinguishing normal aging from Mild Cognitive Impairment, which refers to cognitive deficits that are abnormal for one's age but are less severe than dementia.
- The MCI Screen is **useful for making go-no-go decisions** when considering a diagnostic work up for a memory complaint. This avoids unnecessary utilization of healthcare resources while identifying patients who will benefit from further evaluation.
- The MCI Screen is **economically feasible** and can derive new income streams to your practice. It costs \$29/test to administer and **generates approximately \$180-\$200 of reimbursement** from Medicare and PPO insurance plans. The MCI Screen can be **administered by non-credentialed staff in 10-12 minutes**.

MCI SCREEN

Have questions or need further assistance?

Contact: mciscreen@embic.us