

## Cognitive Abilities Assessment

A person's cognitive abilities can be assessed through different cognitive tests. The Mental Status Examination (MSE) is based on collecting and organizing objective information collected through interviews. MSE checks emotional and cognitive functioning by assessing a person's Appearance, Behavior, Cognition, and Thought processes (A, B, C, T). The Mini-Mental State Examination is a straightforward quick test that usually consists of 11 questions. The test quizzes the person on memory, naming items, reading, orientation to time and place, writing, copying and following a three-stage command. Scores between 24 and 30 indicate no cognitive impairment. The Montreal Cognitive Assessment Test is more sensitive to mild cognitive impairments. The MoCA exam tests memory, language function, auditory attention, conceptual thinking, speech/language, working memory, and calculating. The total score is 30, and a score more than 26 is considered normal. The Mini-Cog test can screen cognitive impairment in older adults. It tests the ability to plan, organize, manage time, and working memory. The test consists of a 3-word recall and drawing a clock. The test is scored out of five, a point is given for each word recalled and two points for a correct clock. A score of less than 3 is a sign of dementia.



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### Mental Status Examination (MSE)

#### Collecting/Organizing Objective Information

##### Collecting and Organizing Objective-observation

The Mental Status Examination checks emotional and cognitive functioning. The evaluation has four headings that are used to assess the person; Appearance, Behavior, Cognition, and Thought processes (A, B, C, T). The MSE can usually be done through the context of a health history interview. Appearance includes posture, body movements, dress, grooming and hygiene and pupils. Behavior includes level of consciousness, facial expression, speech, and mood. Cognitive functions are orientation, attention span, recent memory, and remote memory. Finally, thought process is a person's thought content, and perceptions.

### Cognitive assessment tests

#### Mini-Mental State Examination (MMSE)

##### Mini-metal-mental State Examination

The Mini-Mental State Examination is a straightforward quick test that usually consists of 11 questions. The test quizzes the person on memory, naming items, reading, orientation to time and place, writing, copying and following a three-stage command. The test is done using paper and pencil. An initial test and follow up tests should be completed to determine cognitive deterioration, or improvements with treatment. Scores between 24 and 30 indicate no cognitive impairment.

#### Montreal Cognitive Assessment Test (MoCA)

##### MoChA from Montreal

The Montreal Cognitive Assessment Test is an alternative assessment of the MMSE. The MoCA test is more sensitive to mild cognitive impairments. The MoCA test includes memory, language function, auditory attention, conceptual thinking, speech/language, working memory, and calculating. It takes approximately 10 minutes to complete. The total score is 30, and a score 26 or over is considered normal.

## Mini-Cog

### Mini-Cog Brain

The Mini-Cog test is a quick test that can screen cognitive impairment in older adults. It tests the ability to plan, organize, manage time, and working memory. It takes approximately 3-5 minutes, and can be used in any setting. The test consists of a 3-word recall and drawing a clock. The test is scored out of five, a point is given for each word recalled and two points for a correct clock. A score of less than 3 is a sign of dementia.