

### Examples of Screening Tools for Cognitive Dysfunction and Falls

#### The Short Blessed Test

Instructions to the patient: Now I would like to ask you some questions to check your memory and concentration. Some of them may be easy and some of them may be hard.

	Correct	Incorrect
1) What year is it now?	0	1
2) What month is this?	0	1

Please repeat this name and address after me:

John Brown, 42 Market Street, Chicago

John Brown, 42 Market Street, Chicago

John Brown, 42 Market Street, Chicago

(underline words repeated correctly in each trial)

Trials to learn \_\_\_\_\_ (if unable to do in 3 trials = C)

3) Without looking at your watch or clock, tell me what time it is (if response is vague, prompt for specific response within 1-hour).

Correct	Incorrect
0	1

4) Count aloud backwards from 20 to 1 (mark correctly sequenced numerals – if subject starts counting forward or forgets the task, repeat instructions and score one error).

20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1            0 1 2 Errors

5) Say the months of the year in reverse order. If the tester needs to prompt with the last name of the month of the year, one error should be scored – mark correctly sequenced months.

D N O S A JL JN MY AP MR F J 0 1 2 Errors

6) Repeat the name and address you were asked to remember.

(John Brown, 42 Market Street, Chicago) 0 1 2 3 4 5 Errors

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Item Errors Weighting Factor Final Item Score

1 x 4

2 x 3

3 x 3

4 x 2

5 x 2

6 x 2

Sum Total (range 0–28) =

0–4 = normal cognition

5–9 = questionable impairment

≥10 = Impairment consistent with dementia

**Fall Risk Questionnaire**

- 1) Currently taking benzodiazepines, phenothiazines, or antidepressants?
- 2) Self-reported or physical exam evidence of dementia?
- 3) Previous stroke findings on physical exam?
- 4) History of Parkinson’s disease?
- 5) Unable to risk from chair without using arms.
- 6) Fall in the previous month.
- 7) ≥4 days in bed during the month at baseline.
- 8) ≥1 fall during the previous year.