



**Service Priorities and Programmes**  
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**Integrated Cognitive Assessment Clinic (ICAC) – A Novel Team Approach for Dementia Patients**

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**Introduction**

Early diagnosis and person-centred care planning are important to dementia patients and their carers. Multidisciplinary approach is common used in dementia care, but, they are often not unified in care goal and lack continuity. Furthermore, attending different clinics and repeated assessment are always a burden to patients and their carers. Therefore, an Integrated Cognitive Assessment Clinic (ICAC) was established in Jan 2013 to provide a new collaborative model in caring patients with dementia in KEC.

**Objectives**

1. To launch a one-stop service for dementia patients through collaboration of an interdisciplinary team and NGOs. 2. To preliminary review the outcomes of the clinic.

**Methodology**

An interdisciplinary team consisted of doctors, nurses, occupational therapists and physiotherapists was established in Jan 2013. We assess, diagnose and prescribe care plan at the same consultation session. Care goal and planning were discussed and aligned in case conference after each session. With the collaboration of NGOs, a KE dementia network was developed which provide interlinked direct referral and cognitive training service.

**Result**

Result: From Jan- Dec, 2013, 1. Totally 124 new cases was assessed, over half (70 patients, 56.5%) were diagnosed dementia. 47 patients (37.9%) were found to be of mild cognitive impairment(MCI), 45 patients (36.3%) and 17 patients (13.7%) were of mild and moderate stage of dementia respectively. 2. Dementia subtypes included Alzheimer's disease(31.4%), vascular (32.9%) and mixed (31.4%). 3. 31 patients ( 43.7%) received pharmacological intervention. 62 patients (50%) received cognitive rehabilitation training and 35 patients (28.2%) recruited for smartmove training. 4. 9

cases was referred from NGO directly and the waiting time to consultation was within 4-6 weeks. 5. NGO information was introduced to 27 cases. 23 cases were referred to different NGOs for cognitive training. Conclusion: ICAC demonstrated a holistic and person-centred approach in dementia care. It also demonstrated an efficient professional team spirit.