

# PERSON-CENTERED CARE from BrightStar Care®

## MINI-COG TEST



### Administration

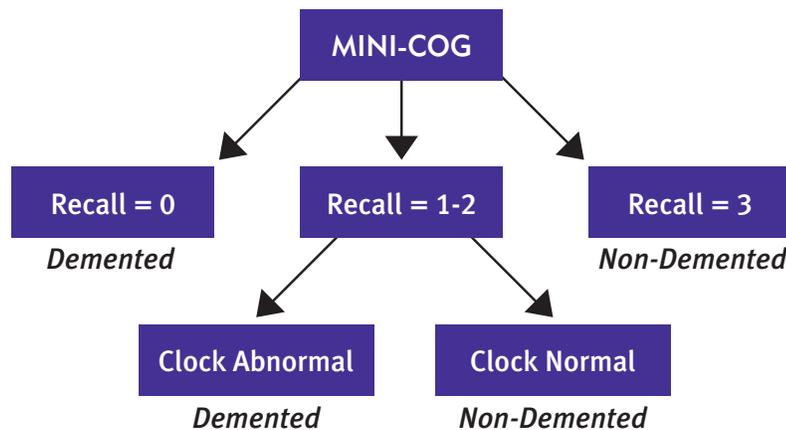
The Mini-Cog test is a 3-minute instrument to screen for cognitive impairment in older adults in the primary care setting. The Mini-Cog uses a three-item recall test for memory and a simply scored clock-drawing test (CDT). The latter serves as an “informative distractor,” helping to clarify scores when the memory recall score is intermediate. The Mini-Cog was as effective as or better than established screening tests in both an epidemiologic survey in a mainstream sample and a multi-ethnic, multilingual population comprising many individuals of low socioeconomic status and education level. In comparative tests, the Mini-Cog was at least twice as fast as the Mini-Mental State Examination. The Mini-Cog is less affected by subject ethnicity, language, and education, and can detect a variety of different dementias. Moreover, the Mini-Cog detects many people with mild cognitive impairment (cognitive impairment too mild to meet diagnostic criteria for dementia). This test is intended to be administered annually or as indicated by a clinician.

### Scoring

- › 1 point for each recalled word
- › Score clock drawing as **Normal** (the patient places the correct time and the clock appears grossly normal) or **Abnormal**
- › Score of:
  - 0 = Positive for cognitive impairment
  - 1-2 = Abnormal clock drawing test, then positive for cognitive impairment
  - 1-2 = Normal clock drawing test, then negative for cognitive impairment
  - 3 = Negative screen for dementia (no need to score clock drawing test)

### Figure 1. The Mini-Cog scoring algorithm

The Mini-Cog uses a three-item recall test for memory and the intuitive clock-drawing test. The latter serves as an “informative distractor,” helping to clarify scores when the memory recall score is intermediate.



Reference: Borson S. The mini-cog: a cognitive “vitals signs” measure for dementia screening in multi-lingual elderly Int J Geriatr Psychiatry 2000; 15(11):1021.

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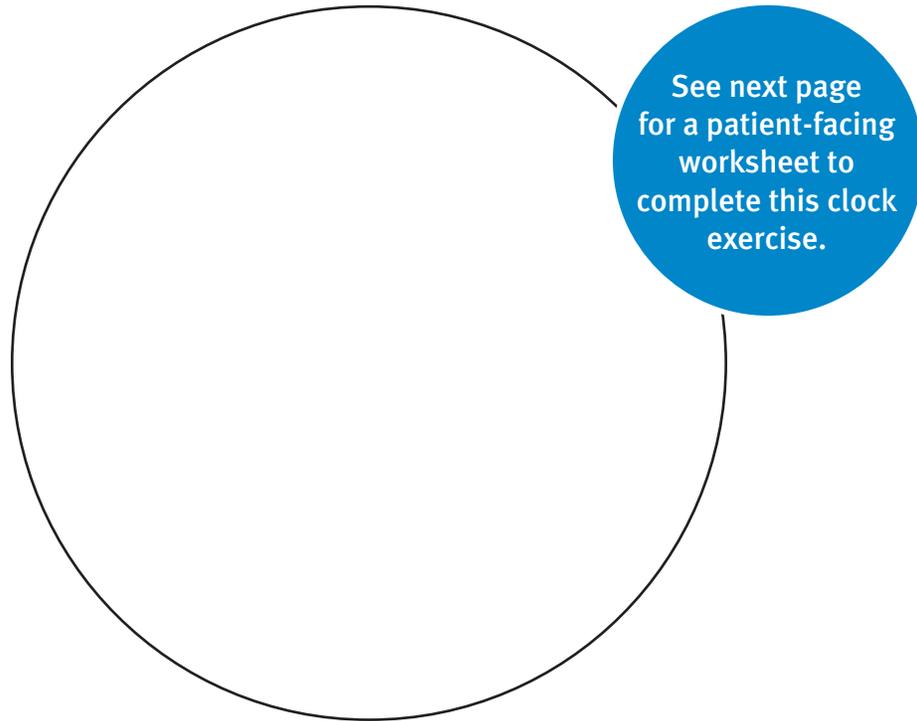
## MINI-COG TEST

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Date: \_\_\_\_\_ Nurse Signature: \_\_\_\_\_

### Instructions

Inside the circle draw the hours of a clock. Place the hands of the clock to represent the time “forty-five minutes past ten o’clock.”



1. Instruct the patient to listen carefully and repeat the following:  
APPLE                      WATCH                      PENNY
2. Administer the Clock Drawing Test
3. Ask the patient to repeat the three words given previously

\_\_\_\_\_

### Scoring

Number of items recalled \_\_\_\_\_ (If 3, then negative screen. STOP)

If number of items recalled is 1-2, is clock drawing test abnormal? Yes No

If no, then negative screen. If yes, then positive screen for cognitive impairment.

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## MINI-COG TEST



Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Date: \_\_\_\_\_ Nurse Signature: \_\_\_\_\_

