

EVALUACIJA INSTRUMENATA ZA IDENTIFIKACIJU KOGNITIVNIH OŠTEĆENJA KOD STARIH OSOBA

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Sažetak: Demencija kod starih osoba je nedovoljno prepoznato stanje. Detaljna procjena kognitivnog statusa može omogućiti ranu identifikaciju visokorizičnih bolesnika koji su kandidati za demenciju. Kognitivna oštećenja imaju prevalenciju od 5,1–37,5%. Iako je kognitivna procjena kamen temeljac gerijatrijske njege, još uvijek ne postoji sveobuhvatan i lak za interpretaciju instrument, obećavajući potencijal za preporučeni sistem dijagnostikovanja demencije. Cilj ovog sistematskog pregleda literature je bio da se istraže radovi u kojima su korišteni instrumenti za kognitivni skrining i demenciju kod starih osoba u primarnoj i sekundarnoj zdravstvenoj zaštiti. Studije su preuzete preko elektronske baze PubMed, od januara 2013. do januara 2023. Elektronske baze su pretraživane definisanjem ključnih riječi (Cognitive impairment and Cognitive assessment and Cognitive screening tools and older people), korištenjem Boolean operatora AND i OR. Naslovi i apstrakti su pregledani, a ako je apstrakt ispunjavao kriterijume uključivanja, tekst je preuzet u cjelini. Pregledom PubMed baze podataka i strategijom istraživanja identifikovane su 56 studija. Nakon pregledanih radova u cjelini i prema jasno definisanim kriterijumima uključivanja studija, u završnu detaljnu analizu uključeno je šest radova. Identifikovana su 52 instrumenta za kognitivnu procjenu. Najčešće u upotrebi su bili Mini-mental test MMSE, Montreal Cognitive Assessment MoCA, Mini-Cog test. Dokazi upotrebe brojnih validiranih instrumenata za procjenu kognitivnog statusa, imaju veliki potencijal u identifikaciji rizika od demencije. Buduće studije zahtijevaju razvoj i implementaciju novog instrumenta dovoljne pouzdanosti sa svim indikatorima kognitivnog statusa zbog identifikacije demencije na vrijeme, kao i adekvatnog liječenja osoba sa demencijom uz prateća dodatna oboljenja.

Ključne riječi: starost, instrumenti, kognitivna procjena, demencija, stare osobe

EVALUATION OF INSTRUMENTS FOR THE IDENTIFICATION OF COGNITIVE IMPAIRMENTS IN ELDERLY PEOPLE

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Abstract: Dementia in the elderly is an under-recognized condition. Detailed assessment of cognitive status may enable early identification of high-risk patients who are candidates for dementia. Cognitive impairments have a prevalence of 5.1–37.5%. Although cognitive assessment is a cornerstone of geriatric care, there is still no comprehensive and easy-to-interpret instrument, promising potential for a recommended dementia diagnostic system. The aim of this systematic literature review was to investigate papers that used instruments for cognitive screening and dementia in the elderly in primary and secondary health care. The studies were downloaded through the electronic database PubMed, from January 2013 to January 2023. Electronic databases were searched by defining key words (Cognitive impairment and Cognitive assessment and Cognitive screening tools and older people), using the Boolean operators AND and OR. Titles and abstracts were screened, and if the abstract met the inclusion criteria, the text was retrieved in its entirety. A review of the PubMed database and a research strategy identified 56 studies. After reviewing the papers as a whole and according to the clearly defined study inclusion criteria, six papers were included in the final detailed analysis. 52 instruments for cognitive assessment were identified. Mini-mental test MMSE, Montreal Cognitive Assessment MoCA, Mini-Cog test were most frequently used. Evidence from the use of numerous validated instruments to assess cognitive status has great potential in identifying the risk of dementia. Future studies require the development and implementation of a new instrument of sufficient reliability with all indicators of cognitive status due to timely identification of dementia, as well as adequate treatment of persons with dementia with accompanying additional diseases.

Key words: age, instruments, cognitive assessment, dementia, elderly people