CHRONIC DISEASE MANAGEMENT - Optimising brain health *and* preventing cognitive impairment: Recommended elements for a GP Management Plan

These plans can commence at age 50, or earlier for those at higher risk.

Recommended screening questions for 715:
a) Do you have any worries about your memory or thinking?
b) Does anyone in your family have any worries about your memory or thinking?
If any concerns are raised and/or high risk for cognitive impairment identified offer further cognitive screening (eg KICA-Cog, MMSE, clock test, GPCOG).

Health issues / care needs / relevant conditions	**How often**	**Treatment and services, including actions to be taken by the patient**	**Arrangements for providing treatment/services (eg. who, contact details, etc)**
Healthy lifestyle advice: • physical activity • healthy diet • healthy weight • smoking cessation • safe alcohol • cognitive activity	Opportunistic	Provide advice including patient information resources for prevention of cognitive impairment/dementia, such as diet, exercise, cognitive activities, social activities, support groups, advocacy.	GP/Nurse/AHW
SEWB including quality of life, anxiety and depression	6-12 months	Questions about depression/ anxiety Consider K10 measurement/GDS/ PHQ or equivalent	GP/Nurse/AHW Mental health Geriatrician/ Psychiatrist
Medication review	6-12 months	Identify anticholinergic load, including antipsychotics, antidepressants, anticonvulsants, hypnotics.	GP Pharmacist
Vision	Annual	Eye check	GP/Nurse/AHW Optometrist
Hearing	Annual	Hearing check Refer to audiology annually if hearing impairment identified. Otherwise, 5-yearly.	GP/Nurse/AHW Audiologist
Planning	6-12 months	Clarify who is involved in decision-making, formalise medical decision-making process, consider need for power of attorney for financial and other affairs, consider advanced care plan.	Consider case conference Consider family meeting
Social factors	6-12 months	Social isolation, housing, supports	GP/Nurse/AHW Social worker
Optimal management of relevant chronic diseases	3-6 months dependent on disease & severity	Cardiovascular/ cerebrovascular disease Diabetes Renal disease	Refer to practice protocols for chronic disease management
Checking for cognitive impairment if positive response to cognitive screening questions in 715 (above)	As required & repeated 6-12 months	Questions about cognition (if concerns, go to 2) Administer clock test (if abnormal , go to 3) or Administer cognitive screening (MMSE or MoCA or KICA)	AHW/nurse/GP Consider referral to geriatrician/ physician if concerns