

SCORING THE MINI MENTAL STATE EXAMINATION (adapted from Folstein et al)

1. Orientation 10 points
 - a) Ask for specific facts omitted until a response has been given to all 10 parts of the question. Score one point for each correct response.
 - b) Ask each question in turn. Score one point for each correct response.

2. Registration 3 points

Name a sequence of three unrelated objects e.g. (apple, table, penny) or (ball, car, man) taking about a second to say each word. Ask the patient to repeat all three words. Score one point for each word remembered at first attempt. If response is incorrect after repeating the test five more times, recall cannot meaningfully be tested - skip section 4.

3. Attention and Calculation 5 points
 - a) Serial sevens: score one point for each correct subtraction of seven.
OR
 - b) Spelling backwards: one point is deducted if a letter is missing and one point is deducted for each remaining letter out of sequence (e. g g. DLRW = 4; DLORW or DLW = 3).

Recall 3 points
Score one point for each word recalled.

5. Language - naming/repetition 3 points

Score one point for each response. One trial only for the sentence.

6. Language - reading/writing 2 points

Score one point only if patient actually closes their eyes.
Score one point if sentence contains a subject and a verb and is sensible.
Ignore mistakes such as grammar or punctuation.

7. Language - three stage command 3 points

Give the patient a piece of blank paper and follow the command.
Score one point for each part correctly executed.

8. Construction 1 point

Score one point if each pentagon has five angles and two angles intersect.
Ignore tremors or rotation of pentagon.

General Information

- Make patient comfortable
- Establish rapport
- Praise success
- Avoid pressing on items which the patient has difficulty with
- Test is not timed
- MMSE measures include aspects of cognition such as memory, orientation attention, language and

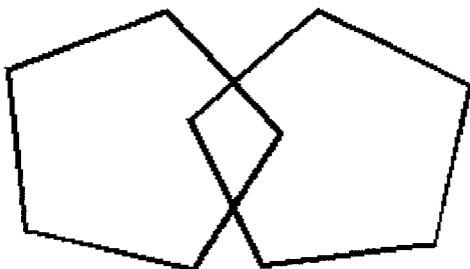
- The projected decline in MMSE scores for untreated patients is approximately 1 point per year,- Efficacy of Aricept has been evaluated in patients with MMSE scores of between 10-26 points, 3,4

Mini Mental State Examination (adapted from Folstein et al)1

Patient name.....

Date of birth..... Date of test.....

| Section | Questions | Max points | Patient score |
|---------------------------------|--|------------|---------------|
| I Orientation | a) Can you tell me today's (date)/(month)/(year)? Which (day of the week) is it today? Can you also tell me which (season) it is? b) What city/town are we in? What is the (county)/(country)? What (building) are we in and on what (floor)? | | |
| 2 Registration | I should like to test your memory. (name 3 common objects: e.g. "ball, car, man") Can you repeat the words I said (score 1 point for each word) (repeat up to 6 trials until all three are remembered) record number of trials needed here: | | |
| 3 Attention and Calculation | a) From 100 keep subtracting 7 and give each answer: b) Stop after 5 answers. (93 - 86 - 79 - 72 - 65 -). <i>Alternatively</i> b) Spell the word 'WORLD' backwards, (D - L - R - O - W). | S | |
| 4 Recall | What were the three words I asked you to say earlier? (Skip this test if all three objects were not remembered during registration test). | 3 | |
| Language - Naming | Name these objects (show a watch) (show a pencil) | 2 | |
| Repeating | Repeat the following: "no ifs, and or buts" | 1 | |
| 6 Reading | (show card or write "CLOSE YOUR EYES") Read this sentence and do what it says. | 2 | |
| Writing | Now can you write a short sentence for me? | 1 | |
| 7 Language -Three stage command | (Present paper) Take this paper in your left (or right) hand, fold it in half, and put it on the floor. | 3 | |
| 8 Construction | Will you copy this drawing please? | | |



TOTAL

30

AMTS

Abbreviated Mental Test Score / Hodkinson Test

Age

Score for exact age only

Date of birth

Score for correct date and month (year not required)

Year

Score for current year only

Time of day

Score if correct to the nearest hour

Place

Score if exact address or name of hospital given ("in hospital" is insufficient)

Monarch

Score for current monarch only

Year of first world war

Score for year of start or finish (both not necessary)

Counting backwards from 20 to 1

Score if no mistakes or subject corrects himself or herself spontaneously

Recognition of two people

Score if roles of two people correctly recognised--for example, doctor and nurse

Recall of three point address such as 42 West Street

Score if registered correctly near beginning of test and on recall at end of test

Score below 7 suggests cognitive impairment.

The 6CIT Dementia Test

Introduction Why do we-need it 6CIT & Emis What is the point

How it works Screenshot Contacts

How the test works

| Question | Score range | weighting | Weighted score |
|---|-------------|-----------|----------------|
| What Year is it | 0-1 | x4 | |
| What month is it | 0-1 | x3 | |
| <i>Give the memory phrase e.g. (JohnSmith/42/West Street/Bedford)</i> | | | |
| About what time is it | 0-1 | x3 | |
| Count back from 20-1 | 0-2 | x2 | |
| Say months in reverse | 0-2 | x2 | |
| Repeat the memory phrase | 0-5 | x2 | |
| Total score for 6CIT | 0-28 | | |

0-7 = normal - referral not necessary at present

8- 9 = mild cognitive impairment - probably refer

10-28 = significant cognitive impairment - refer

Advanced Information

How to perform and score the test

Try to perform the test in a quiet place with no obvious clock or calendar visible to the patient.

Ask the patient what year it is? If they get it correct then they score zero (no errors), if they get it wrong then score 1

What month is it? If correct score zero and if wrong then score 1

Tell the patient that you are going to tell them a fictional address which you would like them to try and memorise and then repeat back to you afterwards. Say "John / Brown / 42 / West Street / Bedford" (or devise a similar address relevant to your country with 5 main elements (eg. Richard Buerks 42 Sandton Road Durban might be more relevant for South Africa). Make sure that the patient is able to repeat the address correctly before moving on and warn them to try and memorise it as you are going to ask them to repeat it again in a few minutes. No score is made at this stage.

Ask the patient the time, if they get to within 60 minutes or an hour of the correct time then they score zero, if not score 1

Ask the patient to count backwards from 20 to 1. If they do this correctly they, score zero, if they make one error then score 1 and for 2 or more errors score 2 (note they can not score more than 2 for this question).

Ask the patient to say the months of the year backwards starting at December. I tend to give them plenty of time for this and it doesn't matter if they have to keep saying the months of the year forwards in order to get the answer. Inevitably they sometimes forget where they were, and I sometimes prompt them or offer encouragement that they're doing well. Again if they get it all correct then score zero, one error - score one. 2 or more errors score 2.

Finally ask them to repeat the address back to you. The address is broken into 5 segments and is scored for each error they make in remembering it up to a score of 5. Le. All correct = zero, one bit wrong = 1, 2 parts wrong = 2, 3 parts wrong = 3, 4 parts wrong = 4 and all wrong = 5 Finally to complete the scoring multiply the score for each question by the weight in the neighbouring column and then add up all the weighted scores which should give you a score of between 0 -28.

0-7 probably normal

8-9 mild cognitive impairment

10 + probably significant moderate to severe cognitive impairment

I hope this answers any queries you may have, I suggest you try out the test on a couple of fit volunteers first so you can get the hang of it. It is not as complicated as the above instructions make it look. If you get stuck please feel free to. email me for advice.