We suggest you firstly undertake steps 1, 2 and 3 -

1. **Physical Treatable causes** - Check and resolve or take into account -
   - Delirium? Exclude infection, pain and constipation, consider cholinergic burden of prescribed medication
   - Drugs / alcohol? History of abuse? Current intake?
   - Physical health? Falls? Gait?
   - Bloods: FBC, B₁₂, Folate, Urea & electrolytes, Liver function tests, Thyroid function, Calcium, HbA₁c.
   - At risk / vulnerable / acute?
   - Please check blood pressure and weight- consider BMI, check alcohol intake and smoking.

2. **Check the course** of memory problem
   - When & what was the first symptom? Gradual? Fluctuating? Insight? Duration? Sudden onset? Relevant event? Patchy?
   - What has changed?
   - Personality change? Disinhibited? Apathy? Less empathy? Concrete thinking?
   - Speech? Word-finding difficulties? Comprehension difficulties?
   - Mental health? Depression? Anxiety? Psychosis?
   - Cognitive testing- GPcog., ACE III, Mini-ACE III, Mini Cog
   - Ecog (give to partner / carer) looks at functional change (needed to differentiate mild cognitive impairment from dementia)

3. **Order CT** - please order a CT with coronals (write ‘dementia?’ on request), review result.
   If very elderly, frail, impaired or scanning may distress we are able to proceed without CT.

**Next: Formulation**

**Stage 1: GP diagnoses** those with a clear diagnosis of Alzheimer’s disease or Mixed Dementia: - **discuss diagnosis and consider treatment with patient**, Consider discussing these people with your practitioner during their visits to surgery for post diagnostic support and signposting and allocation to a Dementia Navigator when appropriate.

**Stage 2: GP discuss** with their Practitioner any symptoms or concerns noted in steps 1, 2 and 3, who will advise and may do further assessment.

**Stage 3: GP guidelines recommend referral straight into the core Memory Service** for discussion of anyone with cognitive symptoms of less than 2 years duration; anyone with early onset symptoms or complex cognitive symptoms

For advice, discussion or queries please email your Dementia Practitioner or Practice Lead (listed on the back)

For referrals please complete our referral form and email to:

dpn-tr.enquiriesBristolDementia@nhs.net

NB Mental Health referrals for older people need to go to their Liaison desk 0117 9195670