

A Comparative Study of Mini-Mental State Exam and the Saint Louis University Mental Status for Detecting Mild Cognitive Impairment

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Background: Screening instruments for cognitive impairment are frequently used in the elderly. The concept of mild cognitive impairment (MCI) is aimed to capture patients in the transition from normality to dementia. If MCI is identified patients could be informed about options for intervention and treatment that could delay the progression of this syndrome. **Objective(s):** To examine the Saint Louis University Mental Status (SLUMS) as a screen for mild cognitive impairment; and to test if the SLUMS is more sensitive than the Mini-Mental State Exam (MMSE) in mild cognitive screening. **Methods:** 100 patients age 55 and older attending the University of Texas Medical Branch Eye Clinic were consented to administer SLUMS and MMSE. After educational adjustments, 60% of the sample scored in the cognitive impairment range of the SLUMS but not on the MMSE. African American and Hispanic adults presented more cognitive impairment compared to white patients as defined by the SLUMS examination (OR, 2.80; 95% CI, 1.05-7.44), independent of age, years of education and chronic diseases. **Conclusion:** These results suggest that the SLUMS examination is more sensitive to detect MCI than the MMSE.

Topic: Identification of Risk Factors

Keyword : mild cognitive impairment (MCI) ; risk factor ; screening instrument