

Addressing Functional Cognition in Mental Health

Session 2: Cognitive Impairment and the Evaluation Process

Taylor LaVoi, Sarah Nielsen, & Jessa Hulteng
October 10, 2023



Disclaimer and Funding Statement

This presentation was prepared for the Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Mountain Plains MHTTC. For more information on obtaining copies of this presentation please email casey.morton@und.edu.

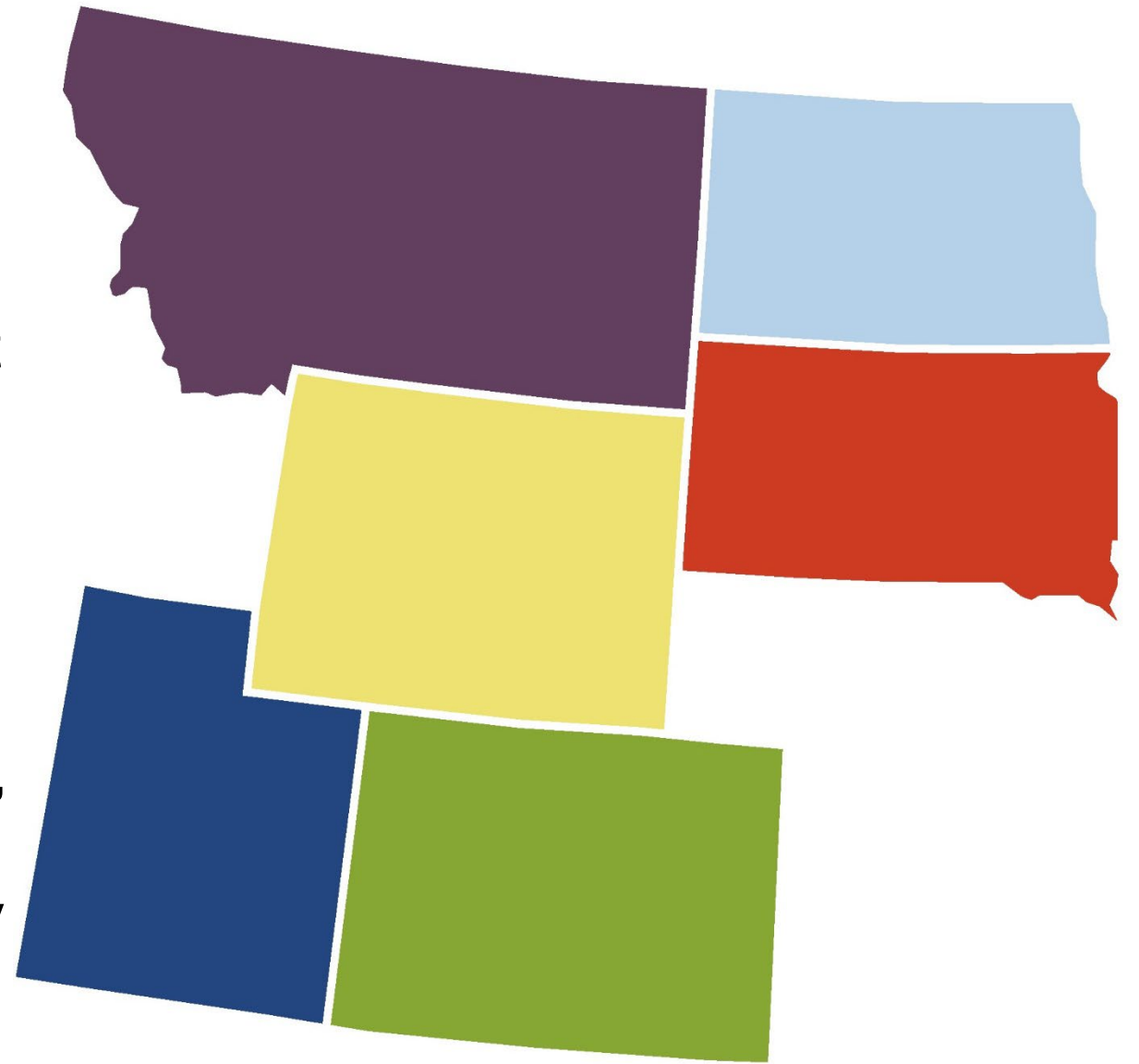
At the time of this presentation, Tom Coderre served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Taylor LaVoi, Sarah Nielsen, & Jessa Hulteng and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

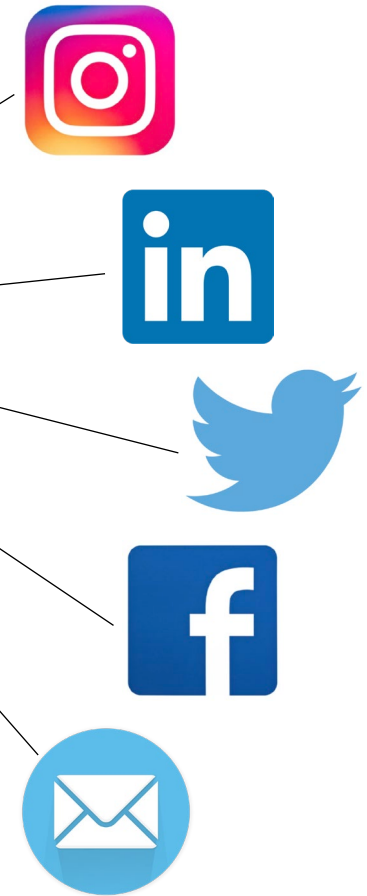
CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Stay Connected

Scan this QR code to follow us on Instagram, LinkedIn, Twitter, and Facebook. You can also join our e-mail newsletter!



SCAN ME



Session 2: Cognitive Impairment and the Evaluation Process

Taylor LaVoi, MOT, OTR/L, Sanford Behavioral Health

Sarah Nielsen, PhD, OTR/L, FAOTA & Jessa Hulteng,
PhD, OTR/L, University of North Dakota

October 10, 2023



Objectives

1. Review behaviors that may impact functional performance
2. Identify potential screening tools
3. Identify referral sources
4. Understand the purpose and types of evaluation
5. Identify billing and payment opportunities

Brief Review

- Session 1 highlights

Background

- Cognition and the International Classification of Functioning, Disability and Health
 - Health conditions
 - Everyday life activities
 - Executive functions (body function)

Health and Well-Being

- Cognition overall is a predictor of outcomes of health and well-being
- Evaluation of cognition and influence on every life should be part of initial treatment planning

Cognition

The mental process involved in knowing, learning and understanding as well as the way in which knowledge is implemented in everyday life

Acquiring, manipulating, storing and using information

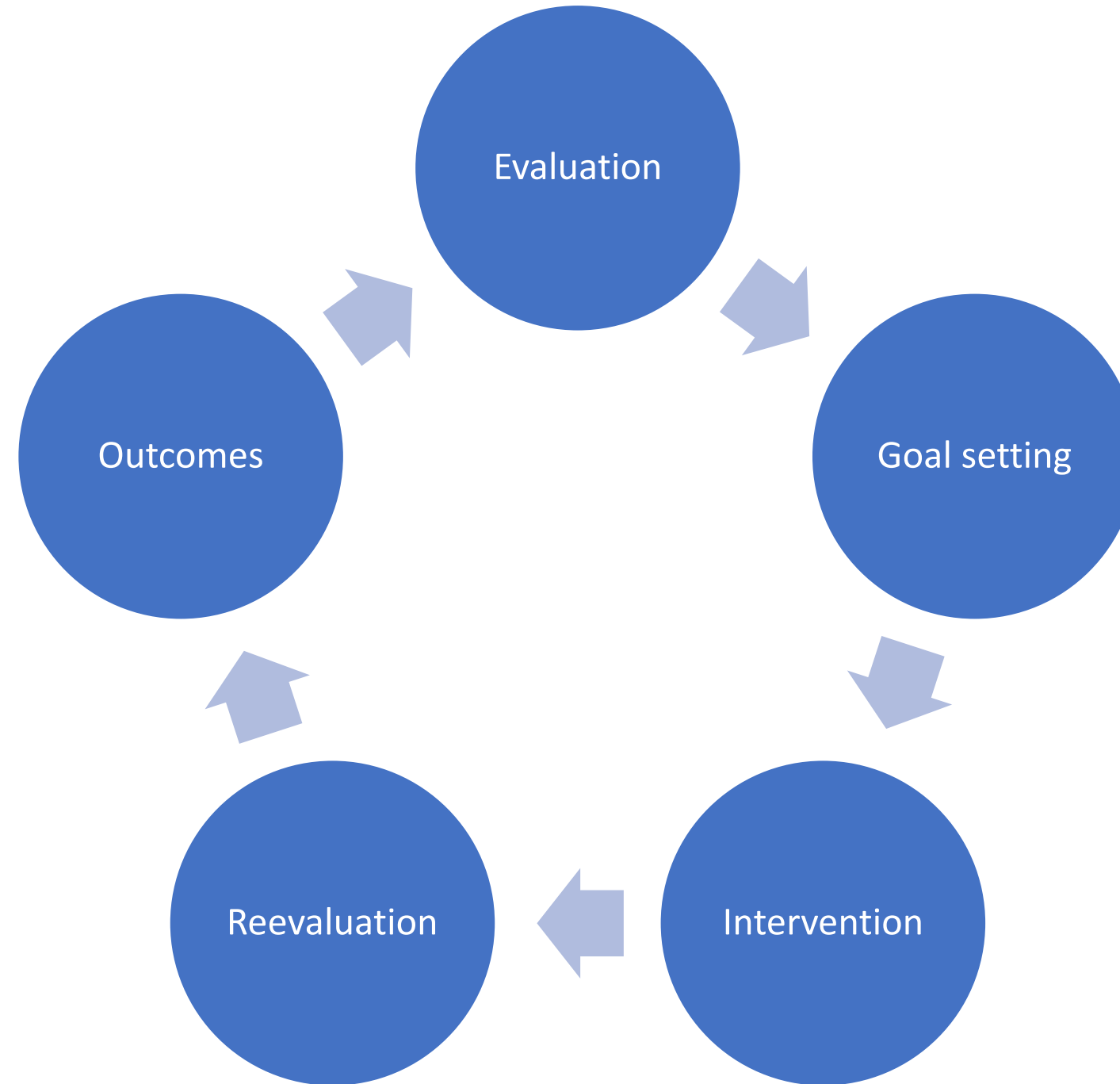
Encompasses attention, perception, memory, language and executive functioning

Functional Cognition

- Thinking and processing skills that are used to accomplish everyday activities in clinical and community living environments



Process



Evaluation Process

Where to Begin

Poll

Team Members and Referrals

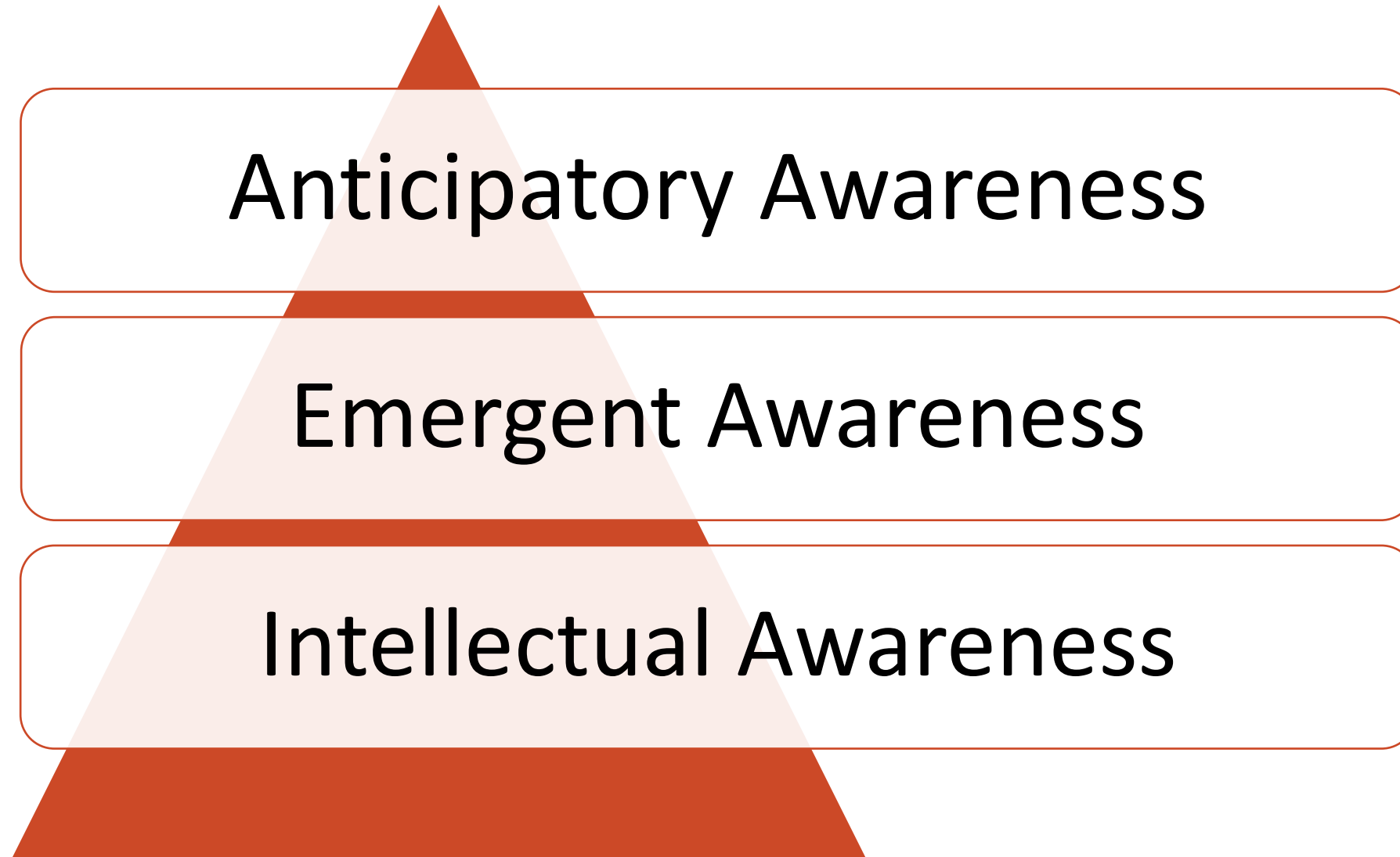
- Neuropsychology
- Psychiatry
- Psychology
- Clinical Social Work
- Occupational Therapy
- Speech-Language Pathology
- Vocational Rehabilitation Counselors

[neuropsychology](#); [psychiatry](#); [psychology](#); [social work](#); [occupational therapy](#); [speech-language pathology](#); [vocational rehabilitation](#)

Purpose of Evaluation

- Guides healthcare practitioner in how to intervene
- Informs healthcare team in decisions regarding least restrictive environment and optimizing independence
- Informs understanding of hierarchy of cognition
- Provides healthcare team with baseline functional cognition

Pyramid of Awareness



Cognitive Functional Evaluation – Extended (CFE-E)

- A model outlining the clinical thinking process for evaluating cognition.
- The focus of this model is on performance and functional cognition.
- The model includes 5 stages in the evaluation process.
- The goal is to determine appropriate strategy use to compensate of cognitive deficits.

Cognitive Screening/Baseline Status Tests

- Mini-Mental Status Examination (MMSE)
- Montreal Cognitive Assessment (MoCA)
- Neurobehavioural Cognitive State Exam (Cognistat)
- Saint Louis University Mental Status (SLUMS) Examination
- Short Blessed Test

Functional Cognitive Assessments

- Allen's Cognitive Levels Screening (ACLS-5)
- Executive Function Performance Test (EFPT)*
- Performance Assessment of Self-Care Skills (PASS)*
- Routine Task Inventory (RTI-E)*
- Menu Task*

Executive Functions Evaluations

- Behavioral Rating Inventory of Executive Function (BRIEF)
- Weekly Calendar Planning Activity (WPCA)
- Test of Grocery Shopping Skills (TOGGS)
- Children's Kitchen Task Assessment

What do these assessments tell us?

- How cognitive skills are used in activity.
- Provide quantitative data on a person's ability to perform a task.
- Recognize ineffective strategy use.
- Indicate level of self-awareness into deficits.
- Direct interventions using more effective strategies to increase successful engagement in daily activities.

How do Occupational Therapists use assessment findings?

- Understand cognition related to performance
- Determine appropriate cognitive strategies
- Provide strategy training for skill acquisition
- Recommend environmental adaptations as appropriate

Cognitive Tests for Specific Domains

- Attention
- Memory
- Perception
- Language
- Executive Function

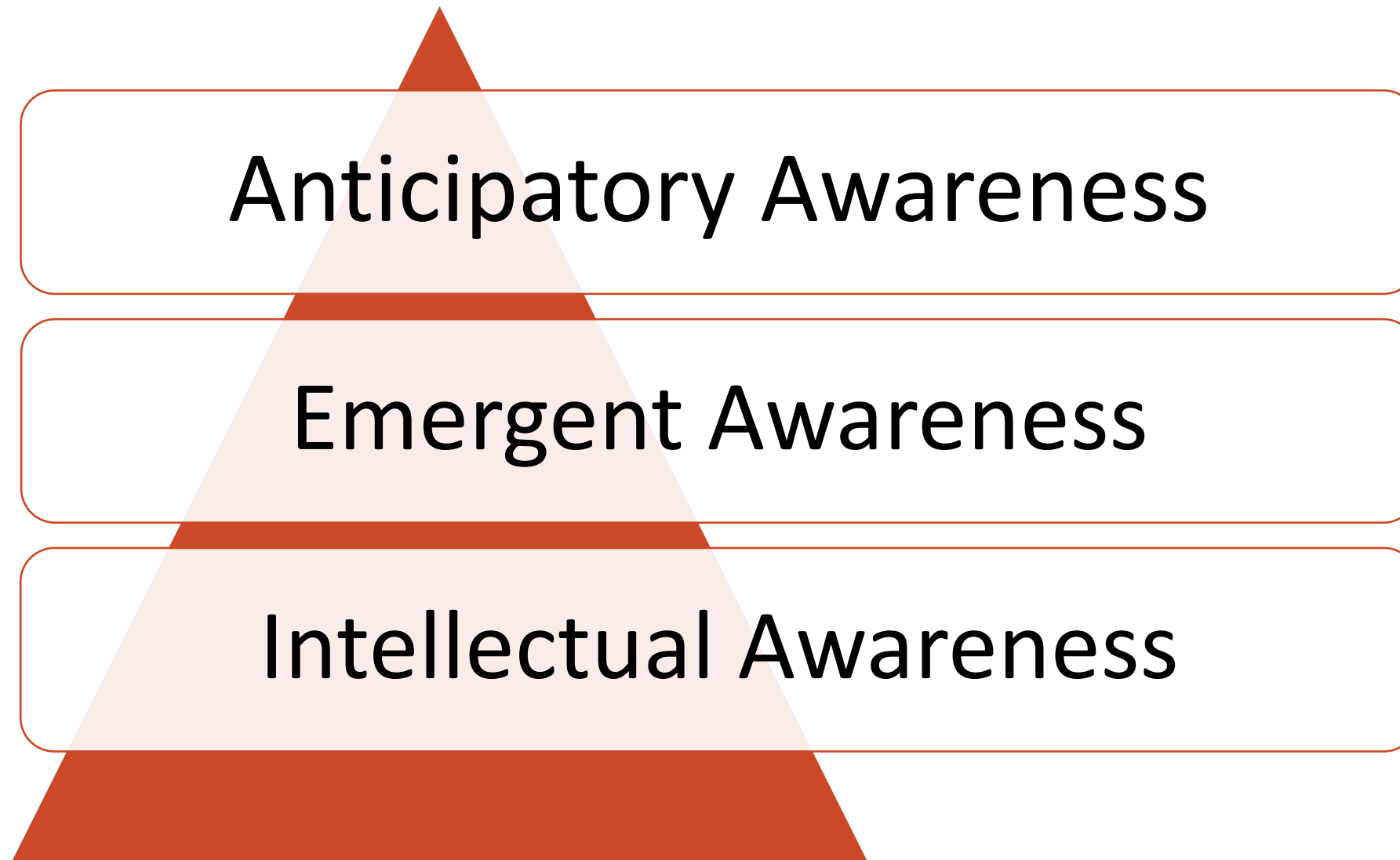
Other Evaluation Considerations

- Environment and Safety Assessments
 - Home safety evaluation
- Quality of Life and Well-being Assessments
 - SF-36

Client living with Schizophrenia

- Associated difficulties in everyday life
 - Maintaining pill box
 - Grocery shopping
 - Laundry
 - Use public transportation
- Assessments used:
 - OSA
 - ACLS-5
 - RTI-E

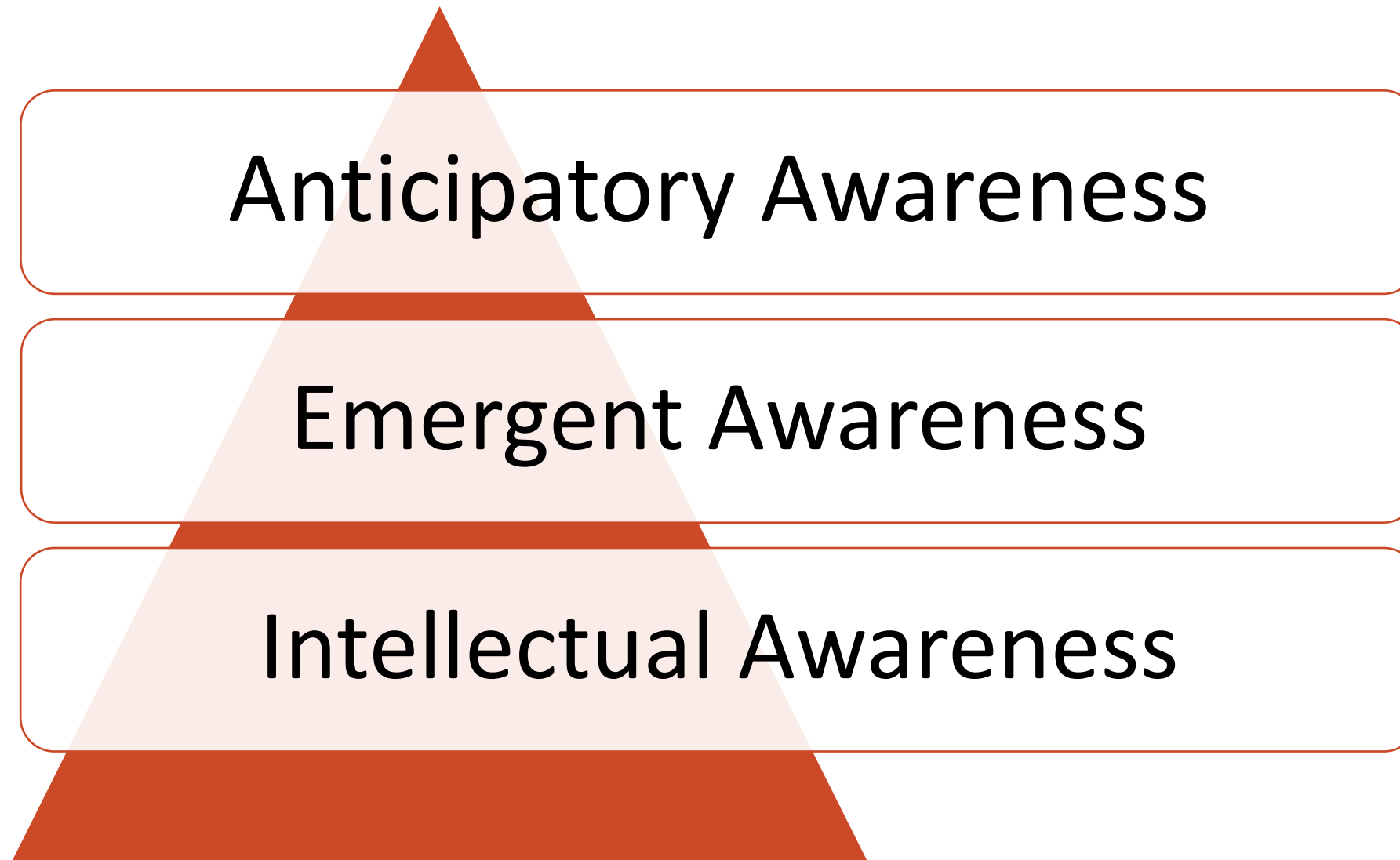
Pyramid of Awareness



Client living with TBI

- Associated difficulties in everyday life
 - Paying bills
 - Cleaning up around the house
 - Poor social interactions
 - Managing accounts
- Assessments used:
 - COPM
 - PASS
 - WCPA

Pyramid of Awareness



Client living with autism and ADHD

- Associated difficulties in everyday life
 - Keeping desk organized
 - Packing backpack
 - Completing work on time
 - Transitioning from task to task
- Assessments used:
 - COSA
 - BRIEF
 - SCOPE

Poll

Billing and Payment

- Inpatient settings
- Outpatient settings
- Supported housing
- Early Psychosis programs
- CPT codes
- Grant funding
- Olmstead dollars

Questions?



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

References

- Bar-Haim Erez, A., & Katz, N. (2018). Cognitive functional evaluation. In N. Katz, & J. Toglia (Eds), *Cognition, occupation and participation across the lifespan* (4th ed., pp. 69-85). AOTA Press.
- Farrar Edwards, D., Al-Heizan, M.O., & Giles, G. (2019) Baseline cognitive screening tools. In T. J. Wolf, D. Farrar Edwards, & G. Muir Giles (Eds.), *Functional cognition and occupational therapy* (pp. 53-64). AOTA Press.
- Toglia, J. (2015). *Weekly calendar planning activity: A performance test of executive function*. AOTA Press.
- Toglia, J., & Maeir, A. (2018). Self-awareness and metacognition: Effect on occupational performance and outcome across the lifespan. In N. Katz, & J. Toglia (Eds), *Cognition, occupation and participation across the lifespan* (4th ed., pp. 143-163). AOTA Press.
- Toglia, J., Rodger, S. A., & Polatajko, H. J. (2012). Anatomy of cognitive strategies: A therapist's primer for enabling occupational performance. *Canadian Journal of Occupational Therapy*, 79(4), pp. 225-237.
- Waldman-Levi, A., & Steinmann Obermeyer, I. (2018). Addressing executive function in schools. In N. Katz, & J. Toglia (Eds), *Cognition, occupation and participation across the lifespan* (4th ed., pp. 259-271). AOTA Press.
- Wolf, T. (2018). Occupational therapy's role in identifying functional cognitive changes in the acute care setting. In N. Katz, & J. Toglia (Eds), *Cognition, occupation and participation across the lifespan* (4th ed., pp. 165-171). AOTA Press.

Website References

- American Psychological Association. (2008). *Clinical neuropsychology*. <https://www.apa.org/ed/graduate/specialize/neuropsychology>
- American Psychiatric Association. (2023, January). *What is psychiatry?* <https://www.psychiatry.org/patients-families/what-is-psychiatry#:~:text=Psychiatry%20is%20the%20branch%20of,health%2C%20including%20substance%20use%20disorders.>
- American Psychological Association. (2022, September). *Clinical psychology*. <https://www.apa.org/ed/graduate/specialize/clinical>
- National Association of Social Workers. (n.d.) *Clinical social work*. <https://www.socialworkers.org/Practice/Clinical-Social-Work#:~:text=Clinical%20social%20work%20is%20a,therapy%20are%20common%20treatment%20modalities.>
- American Occupational Therapy Association. (2021, November 24). *Role of OT in assessing functional cognition*. <https://www.aota.org/practice/practice-essentials/payment-policy/medicare1/medicare---role-of-ot-in-assessing-functional-cognition>
- American Speech-Language-Hearing Association. (2016). *Scope of practice in speech-language pathology*. [https://www.asha.org/policy/sp2016-00343/#:~:text=in%20related%20disciplines.-,Research,\)%2C%20and%20feeding%20and%20swallowing.](https://www.asha.org/policy/sp2016-00343/#:~:text=in%20related%20disciplines.-,Research,)%2C%20and%20feeding%20and%20swallowing.)
- Occupational Assessment Services, Inc. (n.d.). *What is a vocational rehabilitation counselor?* <https://www.oasinc.org/what-is-a-vocational-rehabilitation-counselor>

Thank You!