

Alzheimer Disease and Related Cognitive Impairment in Older Adults: A Narrative Review of Screening, Prevention, and Management for Manual Therapy Providers

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Objective

The aim of this narrative review was to review literature relevant to manual therapists about cognitive impairment, together with screening, potential treatment, and prevention modalities.



Methods

A literature search was conducted with the search terms “cognitive decline,” “cognitive impairment,” “screening,” and “prevention.”

Due to the volume of literature found in the PubMed search, CINAHL, AMED, and MEDLINE were excluded.

We reviewed current screening practices including functional exams, imaging, and laboratory testing. We also reviewed current potential preventive measures and treatment being implemented in practice.



Results

- 49 resources were identified and reviewed.
- The Montreal Cognitive Assessment and Mini-Mental State Exam are recommended screening tools.^{1,2}
- Imaging and laboratory testing are not recommended in screening for cognitive decline.³
- Promotion of healthy, active living through physical and mental activities may assist with prevention of cognitive decline.^{4,5}



Conclusion

Cognitive decline affects a large portion of the US population. Recognizing signs and symptoms of this condition starts with individuals, caretakers, family members, and healthcare providers. Health care providers should utilize the most appropriate screening tools to assess the presence of cognitive conditions.



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