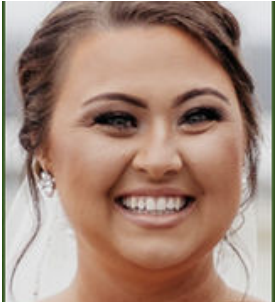


THE
BRAINIAC



Greetings from
Cognitive and Mental Health SIG Chair:

Hello Members of the CMH SIG,

Thank you to all those members who have been active on our quarterly calls and taskforce. The CMH SIG is hosting the November Journal Club covering the article “Progression of Gait Changes in Older Adults With Mild Cognitive Impairment: A Systematic Review.” See page 4 for registration information. Additionally, the CMH SIG is busy working on many projects right now including an informational video taskforce focused on providing educational videos on standardized measures related to CMH for members. We also have many new fact sheets that are coming out on various topics which were recommended by members. As always, my email is open, feel free to email any ideas and feedback!

Alex Alexander, PT, DPT GCS

In This Issue:

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JC Registration Info

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for PT Professionals

National Depression and Health Screening Month: October

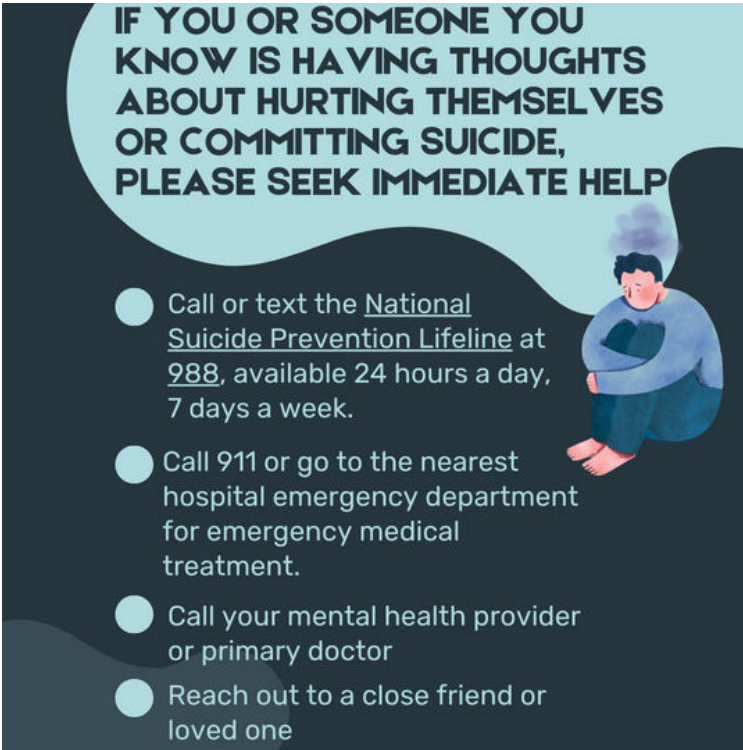
Depression affects about 16 million American adults every year. About 1 out of every 6 adults will have depression at some time in their life. Anyone can get depressed, and depression can happen at any age and in any type of person.

What are symptoms of depression?

- Feeling sad or anxious often or all the time
- Not wanting to do activities that used to be fun
- Feeling irritable, easily frustrated, or restless
- Having trouble falling asleep or staying asleep
- Waking up too early or sleeping too much
- Eating more or less than usual or having no appetite
- Experiencing aches, pains, headaches, or stomach problems that do not improve with treatment
- Having trouble concentrating, remembering details, or making decisions
- Feeling tired, even after sleeping well
- Feeling guilty, worthless, or helpless
- Thinking about suicide or hurting yourself

Possible treatments include psychotherapy/counseling and medications. Therapy may focus on improving overall health, overcoming fears/insecurities, coping with stress, and identifying things that worsen your depression. Medications such as antidepressants increase neurotransmitters in the brain such as serotonin and noradrenaline to improve mood and emotion.

See the [CDC website](#) for more details



IF YOU OR SOMEONE YOU KNOW IS HAVING THOUGHTS ABOUT HURTING THEMSELVES OR COMMITTING SUICIDE, PLEASE SEEK IMMEDIATE HELP

- Call or text the [National Suicide Prevention Lifeline](#) at [988](#), available 24 hours a day, 7 days a week.
- Call 911 or go to the nearest hospital emergency department for emergency medical treatment.
- Call your mental health provider or primary doctor
- Reach out to a close friend or loved one

National Alzheimer's Disease Awareness Month: November

Signs of Alzheimer's and Dementia	Typical Age-Related Changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

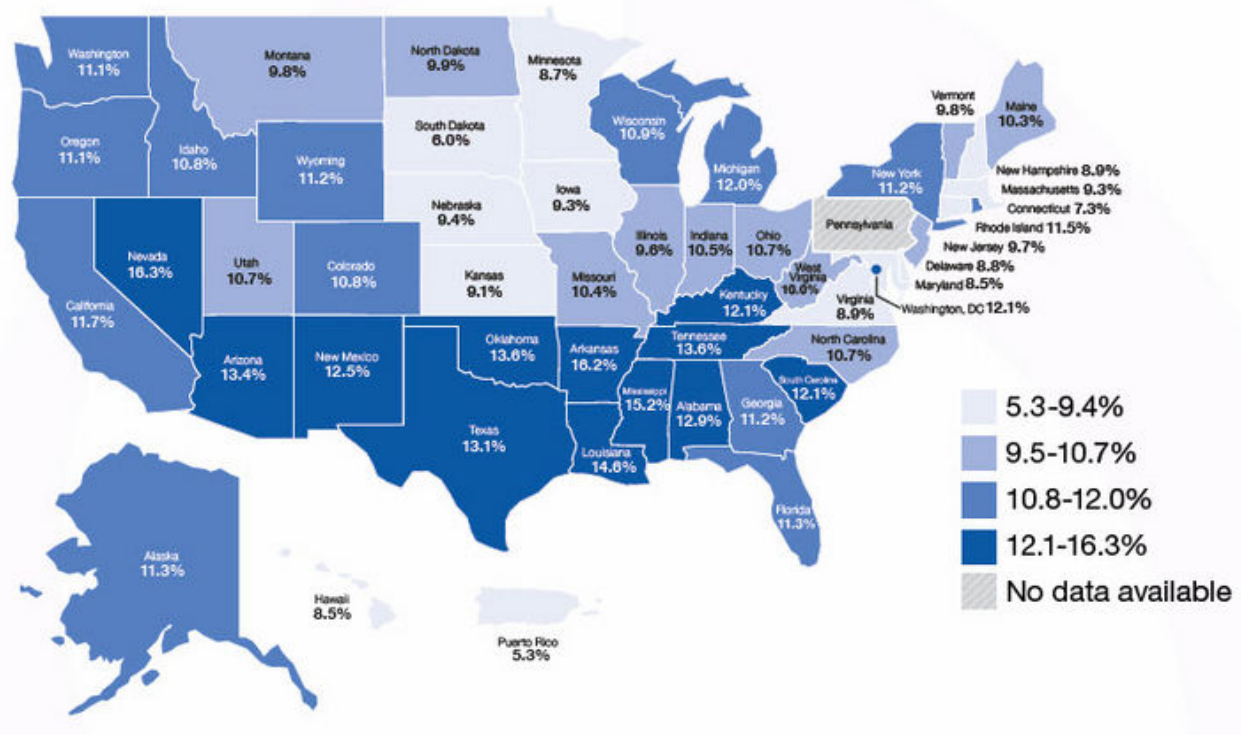
See the [Alzheimer's Association website](#) for more details

Early Detection of Cognitive Decline

- Subjective Cognitive Decline (SCD) is the self-reported experience of worsening or more frequent confusion or memory loss that is one of the earliest noticeable symptoms of Alzheimer's disease and related dementias.
- SCD can impact daily activities and should be discussed with the healthcare team to best determine how to manage

Prevalence of Subjective Cognitive Decline in the U.S.

Figure 1: Adults 45 years of age and older with Subjective Cognitive Decline



See the [CDC website](#) for more details



Physical activity and depression: Towards understanding the antidepressant mechanisms of physical activity

Authors: Aaron Kandola, Garcia Ashdown-Franks, Joshua Hendrikse, Catherine M. Sabiston, Brendon Stubbs

October 2019

Physical activity can treat and prevent depressive symptoms, but its antidepressant mechanisms are yet to be established. In this review, we comprehensively assess key biological and psychosocial mechanisms through which physical activity exerts antidepressant effects, with a particular focus on exercise. Exercise, a subset of physical activity, influences a range of biological and psychosocial processes also implicated in the pathophysiology of depression. We focus on the capacity for exercise to elicit changes in neuroplasticity, inflammation, oxidative stress, the endocrine system, self-esteem, social support and self-efficacy. We also discuss how a better understanding of these mechanisms can inform the way we design and implement exercise-based interventions to maximize their antidepressant effects on an individual basis. We conclude by presenting a conceptual framework of the key biological and psychosocial mechanisms underlying the relationship between physical activity and depressive symptoms, and the moderators and confounders that may influence it.

To investigate this article further, check it out here:

Kandola A, Ashdown-Franks G, Hendrikse J, Sabiston CM, Stubbs B. Physical activity and depression: Towards understanding the antidepressant mechanisms of physical activity. *Neurosci Biobehav Rev.* 2019;107:525-539. doi:10.1016/j.neubiorev.2019.09.040



APTA Geriatrics November Journal Club

Prior to the online event, attendees are asked to read the selected article "Progression of Gait Changes in Older Adults With Mild Cognitive Impairment: A Systematic Review" from the *Journal of Geriatric Physical Therapy*. Registration is free and required to get access to the zoom link. Click [here](#) to register. See you there!

- LIVE Event
- Date: 14 November, 2023
- Time: 8:00 pm - 9:30 pm EST
- CEUs: 0.15

KICK-START the CONVERSATION

Many older adults may not know how to start a discussion about depressive symptoms or their cognition. As physical therapy professionals, we have the opportunity to start the conversation about our patient's quality of life of patients and how that pertains to depressive symptoms and overall cognitive health. Just talking with someone and having an open and authentic conversation can be an important step in helping them get the support or treatment they may need.

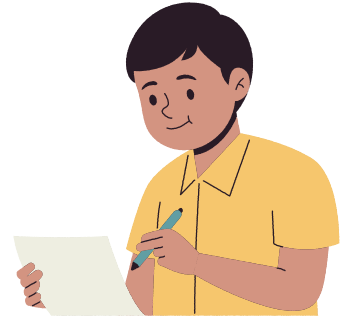
Tips on How to Start (and Continue) a Conversation About Depressive Symptoms and Overall Cognitive Health

- Facilitate a safe and welcoming space for them to be open and honest with their feelings.
- Assist them in writing down the major points the individual wants to address at their appointment, including symptoms, medical conditions, and questions.
- Listen actively and let them know that you are concerned and appreciate their willingness in sharing with you.
- Offer and educate them on support services and resources that may assist them in decreasing their stress, finding medical support, and how (when appropriate) to have conversations with their family members.
- American Foundation for Suicide Prevention Crisis Hotline:
Call or Text 988

Source: American Foundation for Suicide Prevention



DEPRESSION AND GLOBAL COGNITION SCREENS



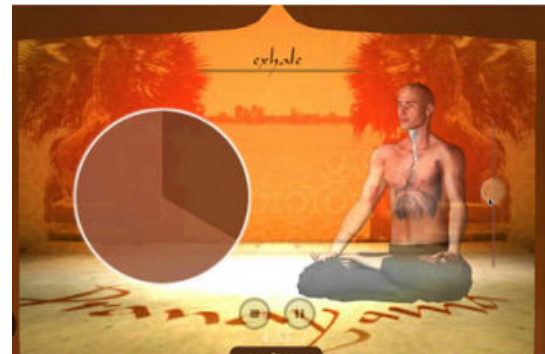
- **Depression Screening Tools**
 - **Geriatric Depression Scale (GDS)**
 - 15-question geriatric-specific screening tool
 - Duration: 5-7 minutes, administered in writing to patient or verbally making it a tool excellent for use in those with hearing or visual impairments.
 - **Patient Health Questionnaire (PHQ-9)**
 - 9-question depression screening tool
 - Duration: 3 minutes
 - **Hospital Anxiety and Depression Scale (HADS)**
 - 14-question anxiety and depression screening tool for all adults over 16 years old
 - Duration: 2-5 minutes
 - More information on all of these tests can be found [here](#)
- **Free General Cognition Screening Tools to Access Global Cognition**
 - **6 Item Cognitive Impairment Test (6CIT)**
 - 6-question screening tool
 - Duration: 3 – 4 minutes
 - **Caregiver Completed AD8 Dementia Screening Interview (cAD8)**
 - 8-question screening tool
 - Duration: 5 minutes
 - **Mini – Cog**
 - Includes 3-item recall and clock drawing
 - Duration: 3 minutes
 - **Ottawa 3DY (O3DY)**
 - Include 4 orientation questions
 - Duration: 2-3 minutes
 - **Short Blessed Test (SBT)/Orientation-Memory-Concentration Test**
 - 6-item screening tool
 - 5 minutes
 - **Saint Louis University Mental Status (SLUMS)**
 - 30-point test that looks at the domains of orientation, executive function, memory, and attention.
 - Duration: 10 minutes
 - More information on these general cognition screening tools and additional proprietary tools can be found within the [Cognitive and Mental Health Special Interest Group Toolkit](#)

Mental Health Resources

- Help your patient develop a Time Management Plan. Help them identify what they value, what barriers may be present, and set priorities & boundaries.
- Identify Life Stressors - investigate what stressors are present, eliminate what stressors can be eliminated, and help your patient with making a commitment for developing a plan to address the stressors
- Discuss a plan for healthy eating and hydration to maintain energy levels and support mental health from the inside out
- Identify and establish a support network for individuals who are trusted, and can offer support on an ongoing or as needed basis
- Check out these additional stress & relaxation behavior change resources:
 - <https://my.clevelandclinic.org/health/articles/16773-stress--relaxation-behavior-change-resources>

Helpful Apps & Websites

Pranayama
Breathing
Saagara
Universal
Breathing App



Insight Timer

- 10-Minute Meditation for Beginners:
 - <https://www.youtube.com/watch?app=desktop&v=U9YKY7fdwyg>
- Daily Calm: 10-Minute Mindfulness Meditation
 - <https://www.youtube.com/watch?v=ZToicYcHIOU>

Mental Health for PT Professionals



A day in the life of physical therapy providers is dedicated to caring for patients, educating care partners, and serving alongside other healthcare professionals. However, for one to be a care partner, we truly must also remember to prioritize our health. The COVID-19 pandemic has contributed to feelings of burnout, fatigue, and anxiety, hitting hard on our well-being as health care providers.

Between October 2021 and February 2022, the APTA Fit for Practice Initiative provided weekly programming available in video, podcast, or article, at no cost to all PTs, PTAs, and students, within four areas:

- Movement: <https://www.apta.org/fit-for-practice/movement>
- Resiliency: <https://www.apta.org/fit-for-practice/resiliency>
- Restoration: <https://www.apta.org/fit-for-practice/restoration>
- Practice Health: <https://www.apta.org/fit-for-practice/practice-health>

Here are some additional tips for prioritizing your health:

1. Spend time with friends and family.
2. Engage in regular exercise and other restorative activities. (Yup, Take your own advice!)
3. Identify the issues that you can and cannot control at work.
4. Keep tabs on your personal emotion and mental health barometer, take the
5. signal when it's time to rest.
6. Look for warning signs of burnout out and seek professional assistance resources like your employer's human resources or mental health professional services.
7. Protect your personal boundaries - home/personal time vs. work time. remember to take time away from work to recharge.



For more information,
visit **APTA Fit for Practice** at:
<https://www.apta.org/fit-for-practice>

<https://healthtalk.unchealthcare.org/6-tips-for-healthcare-workers-facing-burnout/t>

TAKE ACTION

Let your patients know that you have skills to work with individuals with cognitive impairment by updating your “Find a PT” Information on the APTA website:

- Log-In to Your APTA Account
- Click on Online Profile
- Select Find a PT
- Update your Professional Information



We would love to hear about your good news, too!

To be included in the next edition of *The Brainiac*, for discussion suggestions for the newsletter, or to assist in its development, please send your information to:

Alex Alexander – Chair cognitiveandmentalhealthsig@gmail.com

Rashelle Hoffman – Vice Chair Rashellehoffman@creighton.edu

