

The Development of a Cardiology-Cognitive Clinic at the Rush Heart Center for Women

Eric R. Silverman, MS2¹, Caroline Volgman², Raj Shah, MD¹, Annabelle S. Volgman, MD¹, Neelum T. Aggarwal, MD¹

¹Rush University Medical Center, Chicago, IL, ²Vanderbilt University, Nashville, TN, .

Background

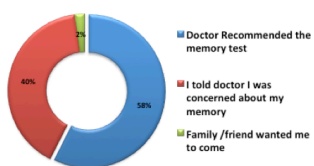
- There is an increase in utilization of multidisciplinary clinics for providing comprehensive Heart Care to women patients.
- The Cardiology-Cognitive Clinic is a model for risk management of heart disease and preservation of optimal brain health with goals including:
 - Collaboration with multiple providers from a variety of specialties
 - Delivering personalized, patient centered care in an outpatient women cardiology setting
- Here we report on the design of a new clinic located within the Rush Heart Center for Women (RHCW) at Rush University Medical Center.

Methods

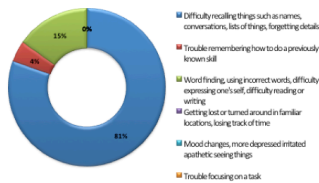
- 150 patients who visited the RHCW for their routine visit received a "RHCW Cardio-Cognitive Folder" that focused on key areas to Heart and Brain health, printed educational materials, and a list of ongoing research studies enrolling at Rush.
- After reviewing these materials, patients were asked to fill out a survey to assess level of interest in participating in such studies.
- In addition, a total of 47 patients underwent a cognitive and neurological evaluation with a cognitive neurologist.
- Cognitive testing included an abbreviated cognitive screen to detect mild cognitive impairment and/or cognitive dysfunction.

Figures

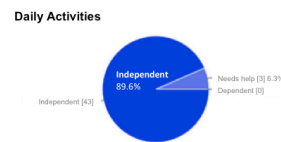
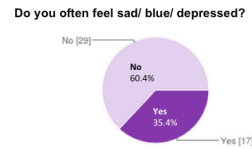
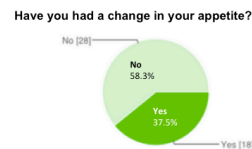
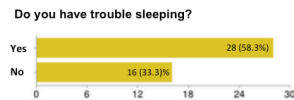
Reason for Visit



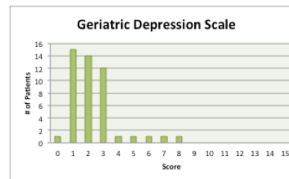
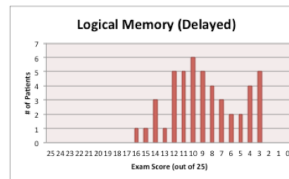
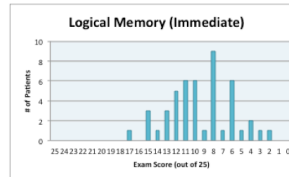
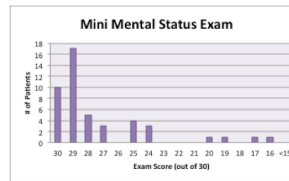
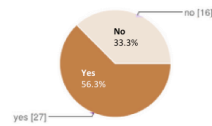
History of Memory/Thinking Changes



Survey



Family history of dementia- AD, senility



Results

- A total of 120 patients turned in completed surveys.
- 83 patients (89% female; 56 Caucasian, 20 African American, 3 Asian/Pacific Islander, 4 non response) indicated that they would like to be contacted for future research studies.
- Most patients who responded to being contacted for research were in the 50-59 or the 60-69 year old age group.
- To date, a total of 18 persons were contacted by phone, completed a brief survey, and are presently being evaluated for clinical trial eligibility.
- Of the 47 patients seen by the cognitive neurologist at the RHCW, 25% had some form of cognitive impairment noted on examination, consistent with mild cognitive impairment.
- Examination findings were communicated to both the patients and their RHCW health providers in real time collaboration, to discuss management strategies and/or clinical trial participation.

Conclusions

- The multidisciplinary clinic provides cognitive health screening along with cardiac evaluations, with an emphasis on:
 - Maintenance of cognitive function
 - Stroke prevention
 - Improving quality of life with healthy brain and cardiac lifestyles.
- In this patient population, the prevalence of cognitive impairment is not negligible and further longitudinal assessments are needed to characterize the impairment and sequelae.

