



Cognitive Health Assessment 認知能力評估



2022/01 Revised 修訂

Map 路線圖



Hong Kong Adventist Hospital – Stubbs Road
 香港港安醫院—司徒拔道

40 Stubbs Road, Hong Kong
 香港司徒拔道40號
 (852) 3651 8789
 cohealth@hkah.org.hk



Service Information
 服務詳情



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4 During the Assessment 評估過程

The Cognitive Health Assessment involves an interview, physical examination, and neuropsychological assessment. Family members are highly recommended to participate in the assessment since they are more likely to be aware of signs and symptoms of possible dementia that are not readily apparent to clinical staff.

The minimum duration of the entire assessment is two hours, including up to **90 minutes with our specialist.**

「認知能力評估」包括面談、身體檢查和認知能力測試三部分。我們由衷建議家人一起參與，因為靠日常觀察更容易知道有沒有出現認知障礙症的徵兆。如果能提供精確的觀察和先前日常生活能力的比較，對診斷有很大幫助。

整個評估需時兩小時或以上，當中有**90分鐘由本院專科醫生負責。**



4 認知能力自我篩查問卷 (AD8)

以下8條問題可以幫助初步評估認知障礙症，尤其針對初期的認知能力變化。唯目前沒有任何工具能有效而簡短地評估進一步檢查的需要，因此，如果確診是否患有認知障礙症，應尋求專科醫生協助，接受專業評估。

| 請謹記，這裡的「有改變」是指過去幾年因為認知能力（思考和記憶力）出現問題而帶來的改變。 | 有改變 | 無改變 | 不知道 |
|---|-----|-----|-----|
| 1. 判斷困難，例如無法下決定、判斷出錯、難以決定財務安排、思考出現問題等。 | | | |
| 2. 對活動或嗜好的興趣下降。 | | | |
| 3. 相同的問題、故事和說話不斷重複。 | | | |
| 4. 學不會或很難才學會使用工具、設備和儀器，例如電腦、音響、微波爐和遙控器。 | | | |
| 5. 忘記正確的月份和年份。 | | | |
| 6. 處理財務變得困難和吃力，例如計算銀行賬戶的收支、報稅和繳費。 | | | |
| 7. 記不住正確的約會時間。 | | | |
| 8. 日常出現思考或/和記憶問題。 | | | |
| 答「有改變」的項目總數 | | | |

英文版 The AD8. (2005) Alzheimer's disease Research Center, Washington University, St. Louis, Missouri. Retrieved from www.alz.org/documents_custom/ad8.pdf

結果

| 回答「有改變」的項目 | 臨床研究得出的參考值 |
|------------|------------|
| 0-1項 | 認知能力正常 |
| 兩項或以上 | 可能有認知障礙症 |

4 Cognitive Health Assessment 認知能力評估

The Cognitive Health Assessment at Hong Kong Adventist Hospital – Stubbs Road is specifically designed to assess the cognitive abilities of you and your family to identify the risk of dementia as early as possible.

Dementia is quite common in Hong Kong. It is a clinical syndrome that is characterized by progressive acquired global impairment of cognitive skills and the ability to function independently. Patients usually show varying levels of behavior disruption at some point in the illness. Although there is currently no cure, early treatment can delay cognitive decline.

認知障礙症又稱「腦退化症」或「失智症」，患者會逐漸喪失認知能力，在香港頗為常見。香港港安醫院—司徒拔道特設的認知能力評估，能及早發現認知障礙症的徵兆，以及早治療。

隨着病情發展，認知障礙症患者的日常行為會受影響，甚至喪失自理能力。這些影響於哪個階段開始出現，受影響的程度有多深，每個患者是不一樣的。雖然現時沒有根治的方法，但及早發現和治療可以有效減慢退化的速度。

4 What is Dementia? 甚麼是認知障礙症？

Dementia, also known as cognitive impairment, is caused by many diseases. Alzheimer's disease, vascular dementia, and dementia with Lewy bodies (DLB) together account for around 90% of cases. Incidence and prevalence of dementia are strongly age-dependent.

The collateral damage from dementia can be extensive. Cognitive functions commonly encompass memory, language, object identification, operations, and planning, so an impairment of any cognitive function can affect everyday life, work, and social activities.

認知障礙症是由一連串病症組成的症候群（或稱「綜合症」），其中九成是由阿爾茲海默氏症、血管性認知障礙症和路易氏體型腦退化症導致的。

認知障礙症影響患者的認知能力，例如記憶力、語言能力、辨認日常用品的能力、執行能力和計劃能力等等。這些認知能力當中任何一項有缺損，都足以影響患者的日常生活、工作和社交。

4 Why is Early Assessment Important? 及早評估有多重要？

Memory loss or behavior change may or may not be caused by dementia. An early assessment of cognitive impairment offers several benefits:

1. A **negative result** can alleviate concerns, at least at that point in time.
2. A **positive result** may warrant further evaluation, which may lead to:
 - + Treatment of the underlying disease or health condition
 - + More effective management of comorbid conditions
 - + The addressing of potential risks and prevention strategies
 - + Appropriate information and referrals given to the caregiver

All the above may slow cognitive decline, limit its daily impact, and maintain the patient's quality of life. They may also help reduce the burden on the caregiver (often a family member).

記憶力衰退和日常行為改變可能源於認知障礙症，但也可能是別的原因所致。及早接受有關評估，無論結果如何，都是百利而無一害的。

1. 如果評估出**不是**認知障礙症所致，便可以暫時釋除疑慮。
2. 如果評估出**是**認知障礙症，可作進一步找出病源，然後對症下藥：
 - + 治療潛藏的疾病或健康問題
 - + 有效地處理或適當控制各種徵狀
 - + 防範或解決潛在的健康或日常生活隱患
 - + 轉介患者往尋求合適的專業人士治療或幫助，照顧者或家人亦可取得充足資訊

這些對策能夠減慢認知能力退化，和避免病症對日常生活的影響範圍不斷擴大，且有助減輕照顧者（往往是家人）的負擔。

4 Who Should Be Evaluated? 誰需要評估？

Dementia is commonly found in people over 65, especially those with Alzheimer's disease. However, middle-aged people can also suffer from this condition.

65歲以上人士可說是認知障礙症的高危族，尤其是阿爾茲海默氏症患者。不過，中年人亦有機會患上。

Ten Warning Signs 認知障礙症的10個警號

- + Short-term memory loss that affects everyday activities
短期記憶力下降，影響日常生活
- + Difficulty in completing familiar tasks
過去熟悉的工作，現在做卻感到吃力
- + Declining language skills in both speaking and understanding
語言表達和理解有困難
- + Confusion with time or direction
對日期、時間和方位感到混亂
- + Impairment in visual and spatial perception
難以辨別距離、空間、光暗和顏色
- + Decreased or poor judgment
判斷能力減弱
- + Deterioration of logical thinking and difficulty with numbers and calculations
思考和計算時感到吃力
- + Misplacement of frequently used items
隨處亂放東西
- + Mood swings and strange behavior
情緒和行為變得異常或怪異
- + Lack of motivation



4 Cognitive Self-assessment Tools (AD8)

The following eight-question test is designed to detect early cognitive changes associated with common dementia. However, no single tool is recognized as the optimal brief assessment to determine if a full dementia evaluation is needed. For a definitive diagnosis of mild cognitive impairment or dementia, individuals should be evaluated further by a specialist.

| Remember, "Yes, a change" indicates that there has been a change in the last several years caused by cognitive (thinking and memory) problems. | Yes, a change | No change | N/A, don't know |
|--|---------------|-----------|-----------------|
| 1. Problems with judgment (e.g., problems making decisions, bad financial decisions, problems with thinking) | | | |
| 2. Less interest in hobbies/activities | | | |
| 3. Repeats the same things over and over (questions, stories, or statements) | | | |
| 4. Trouble learning how to use a tool, appliance, or gadget (e.g., VCR, computer, microwave, remote control) | | | |
| 5. Forgets the correct month or year | | | |
| 6. Trouble handling complicated financial affairs (e.g., balancing checkbook, income taxes, paying bills) | | | |
| 7. Trouble remembering appointments | | | |
| 8. Daily problems with thinking and/or memory | | | |
| TOTAL AD8 SCORE | | | |

The AD8. (2005) Alzheimer's Disease Research Center, Washington University, St. Louis, Missouri. Retrieved from www.alz.org/documents_custom/ad8.pdf

Result

| Score | Based on clinical research, the following cut points are provided: |
|--------------|--|
| 0-1 | Normal cognition |
| 2 or greater | Cognitive impairment is likely to be present |



Cognitive Health Assessment



Cognitive Health Assessment

(Managed by a hospital-designated specialist)



1. Detailed Medical History and Physical Examination by Specialist
2. Blood Pressure Test
3. Body Mass Index (BMI) Measurement and Analysis
4. Visual Acuity Test by Nurse
5. Neuropsychological Assessment by Specialist
 - + Major Cognitive Domains
 - + Behavioral and Psychological Symptoms
 - + Mood
 - + Caregiver Status
6. Explanation of the Report and Personalized Recommendation(s) by Specialist

Original Price: ~~HK\$3,000~~

Special Price: HK\$2,400

Important Information

- + Appointments are required. To book or cancel an appointment, please contact our staff at least 24 hours in advance.
- + Family members or prior/current caregiver(s) are highly recommended to participate in the assessment along with the patient.
- + Extra charges may be incurred if medication, additional examinations, or laboratory tests not included in the package are required. For details, please contact our staff.
- + Hong Kong Adventist Hospital – Stubbs Road reserves the right to amend or change details of the above information without prior notice.

Appointment and Enquiries

For further information or to make an appointment, please contact us on (852) 3651 8789, email cohealth@hkah.org.hk, or visit our website at www.hkah.org.hk.

2022/01 Revised

認知健康評估

4 認知健康評估 (由本院指定專科醫生主理)

4

1. 詳細病歷評估及身體檢查
2. 量血壓
3. 計算並分析體質指數
4. 視力檢查，由醫護人員主理
5. 腦神經心理評估，由專科醫生主理
 - + 主要認知領域
 - + 行為及心理徵狀
 - + 情緒
 - + 照顧者狀況
6. 專科醫生解釋報告及提出個人化建議

原價：HK\$3,000

優惠價：HK\$2,400

注意事項

- + 敬請預約。如需更改或取消預約，務請最少24小時前通知本院職員。
- + 本院由衷建議家人或照顧者陪同參加者接受上述評估。
- + 如需額外藥物、檢查或化驗，均須額外收費。詳情請向本院職員查詢。
- + 香港港安醫院—司徒拔道保留更改及刪改上述資料權利，而毋須另行通知。

預約及查詢

如欲進一步查詢或預約，歡迎致電(852) 3651 8789，或電郵至 cohealth@hkah.org.hk，亦可瀏覽本院網站 www.hkah.org.hk。

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認知健康評估