1-205 Folstein upon admission

TIPS Question:

Is it important to do a mini-mental exam (Folstein) upon admission to measure a resident's mental status or cognitive function in order to assist nurses with assessments and plan of care?

Response:

It is very important to determine a resident's level of cognitive functioning. This can be done at admission for a baseline measure, as well as periodically throughout care if there is a change in either 1) the resident's cognitive status or 2) the resident's care i.e. new medication. Try not to administer the mini-mental status examination too close to admission if the resident is not "settled in" to the facility. You would want results that are realistic and not contaminated by extraneous factors i.e. anxiety.

When planning care for a resident it is very important to know the individual's capabilities. When nurses are aware of this, they can plan their care accordingly. The manual talks about "environmental press" which refers to demands made on an individual versus their abilities. If these two things are unequal, it creates anxiety in the individual and usually increases challenging behaviours. When the environment is better matched with the resident's cognitive abilities, then the resident experiences less anxiety and, therefore, de-escalates. Also, staff feel less frustrated when they understand that a resident's behaviour is due to cognitive impairment, not purposeful intent. Often, care providers are surprised to find that certain residents that appear "high functioning" perform quite poorly on the mini-mental status examination. This is very important information to have when interacting, treating and planning care of a resident

Please note: *TIPS information should be used similar to the way you would use information from a text book! TIPS is not intended to serve as an individual consultation service! PIECES participants should use this information in context and always work closely with the family physician involved in the care of the resident or client and with other Partners In Care to find solutions to individual resident/client issues.*