

Dementia - Management

The six item Cognitive Impairment Test (6-CIT)

- To administer the six-item cognitive impairment test (6-CIT)
 - **Ask:** *What year is it?*
 - Score 4 if incorrect.
 - **Ask:** *What month is it?*
 - Score 3 if incorrect.
 - **Say:** 'Repeat after me: John / Smith / 42 / High Street / Bedford'
 - **Ask:** *About what time is it?*
 - Score 3 if more than 1 hour wrong.
 - **Ask:** *Count backwards from 20 to 1.*
 - Score 2 if one mistake; score 4 if two or more mistakes.
 - **Ask:** *Say the months of the year in reverse.*
 - Score 2 if one mistake; score 4 if two or more mistakes.
 - **Ask:** *Repeat the address phrase requested earlier.*
 - Score 2 for each mistake; maximum score 10 for five mistakes.
- Assess the test as suggestive of dementia if the total score is 8 or more.
- A computerized version of the 6-CIT with automated scoring is available on some general practice computer systems.