

Lilly A MEDICINE COMPANY

EPISODE 4

NEURIZONS

Exploring the Brain Health Frontier

Embedding Brain Health Into Routine Patient Care



Dr. Scott Joy, an internal medicine physician who specializes in chronic care management, joins host Dr. Bert Vargas to share his personal experiences integrating his patients' brain health into their routine care. Together, they discuss strategies for leading productive conversations with patients about managing and monitoring their cognitive health.

PRACTICAL INSIGHTS

The existing barriers and recommended next steps for primary care, as discussed in Episode 4, are outlined below.

1 **Early detection of a patient's cognitive decline and cognitive evaluation opportunities** may be missed due to a lack of consistent, routine counseling on brain health.

- **Discuss brain health holistically,** highlighting the potential influence of lifestyle factors on long-term cognitive function.
- **Incorporate cognitive screening tests** into annual wellness visits to support routine assessment of brain health.

2 **Time constraints and competing priorities** during PCP visits may limit opportunities for in-depth discussions about brain health and comprehensive cognitive evaluation.

- **Leverage updated documentation standards** to reduce administrative burden and create more opportunities for patient-focused care.
- **Develop standardized brain health** templates and order sets to support cognitive screening and diagnostic evaluation workflows.

3 **Delays in accessing specialist evaluation** may reinforce the value of primary care involvement in the cognitive diagnostic pathway.

- **Conduct a comprehensive cognitive evaluation** that may include cognitive screening, laboratory testing (including blood-based biomarkers, as appropriate), and neuroimaging to help inform diagnostic evaluation and referral decisions.
- **Collaborate with neurology specialists** to review findings, support the diagnostic evaluation process, and facilitate access to specialist care.

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PCP=primary care provider.

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