

Frames of Mind

Practical Approaches to Cognitive Health Planning

From the Frames of Mind Expert Video Series | Frames of Mind is a cognitive health video series featuring experts in brain health and Alzheimer's disease, offering practical strategies and education for healthcare providers.

Dr. Pandey explores the value of developing a cognitive health plan for patients in midlife and provides practical considerations to help clinicians support their patients' future cognitive health.



Hemant Pandey, MD

Clinical Researcher and Cognitive Neurologist

“By taking charge of brain health, patients can help preserve their cognition and independence longer.”

- Dr. Hemant Pandey

KEY LEARNINGS

Identifying Patients at Risk^{1,2}

- ✓ Identifying dementia risk factors early and addressing potentially modifiable factors may support cognitive health over time
- ✓ Consider proactively developing a cognitive health plan using the steps below as outlined by Dr. Pandey



Additional information on risk assessment tools is presented in the Frames of Mind video featuring Dr. Miia Kivipelto

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Incorporate Cognitive Assessment Into Routine Clinical Care³⁻⁷

- ✓ **Use targeted screening questions** to identify subtle functional or cognitive changes
- ✓ **Develop a cognitive baseline** before age 65 and reassess regularly to help accelerate detection of potential impairment
- ✓ **Use validated assessment tools when appropriate**
 - **MMSE** for moderate-to-severe cognitive impairment
 - **SLUMS** or **MoCA** for mild cognitive impairment
- ✓ **Consider digital cognitive screening tools** to support efficiency in workflow
- ✓ **Incorporate caregiver-friendly tools for functional assessment**
 - **FAQ**
 - **MCI-ADL**



Address Potentially Modifiable Risk Factors^{1,5}

- ✓ Evaluate patients for comorbidities and consider addressing potentially modifiable dementia risk factors* using best clinical practice; potential areas to explore with your patients include:



Sleep



Diet



Exercise



Cognitive
Stimulation



Social
Isolation



Mental
Health



Additional information on risk factors and brain-healthy behaviors is presented in the Frames of Mind videos featuring Dr. Rosemary Laird, Dr. Sharon Cohen, and Dr. Smitta Patel



Assess Underlying Causes When Cognitive Impairment Is Detected^{5,9}

- ✓ Establish a plan for additional evaluation to support timely clinical care planning
- ✓ Consider incorporating plasma or CSF biomarkers for additional information in appropriate patients experiencing cognitive decline
- ✓ Refer to a specialist when appropriate



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THE FULL VIDEO

*Now is the time to frame your
patients' cognitive future*

“ If I had to sum it up, primary care providers, with the support of specialists and allied healthcare professionals, are uniquely placed to detect, modify, and treat Alzheimer’s disease. ” - Dr. Hemant Pandey



This document summarizes key learnings from a single Frames of Mind video. It is intended for educational purposes only. This material should not replace independent clinical judgement. To explore the speaker’s full perspective, please view the complete video at: <https://e.lilly/4v6Y0gk>.

*These represent a subset of potentially modifiable factors highlighted in the accompanying video. Nonmodifiable factors include age, genetics, and family history.¹⁰

CSF=cerebrospinal fluid. FAQ=Functional Activities Questionnaire. MCI-ADL=Mild Cognitive Impairment Activities of Daily Living scale. MMSE=Mini-Mental State Examination. MoCA=Montreal Cognitive Assessment. SLUMS=Saint Louis University Mental Status Examination.

1. Livingston G, et al. *Lancet*. 2024;404(10452):572-628. 2. Ngandu T, et al. *Lancet*. 2015;385(9984):2255-2263. 3. Cordell CB, et al. *Alzheimers Dement*. 2013;141-150. 4. Creavin S, et al. *J Alzheimers Dis*. 2022;1241-1248. 5. Atri A, et al. *Alzheimer’s Dement*. 2025;21(6):e14333. 6. Cummings-Vaughn LA, et al. *J Am Geriatr Soc*. 2014;62:1341-1346. 7. Thompson LI, et al. *Alzheimers Dement*. 2025;21:e70966. 8. Jekel K, et al. *Alzheimers Res Ther*. 2015;7(1):17. 9. Mielke MM, et al. *Alzheimers Dement*. 2024;20:8216-8224. 10. Alzheimer’s Association. *Alzheimers Dement*. 2025;21(4):e70235.