



EDITOR'S CORNER

INSOMNIA (MAY 2008)

Q: Since “behavioural therapy” is the most effective treatment in the long term, what is really practical in the office?

A: As the module noted, a meta-analysis of 59 studies of behavioural therapy found that sleep restriction, along with stimulus control techniques, were most likely to improve sleep over a six-month follow-up. Restricting the amount of time spent in bed to only the actual sleeping time has been shown to work – with or without CBT.^{1,2} This was the rationale for the second suggestion in the patient handout — Try to avoid “time in bed without sleeping.”



How: First find out when the patient needs to get up. If the patient needs to get up at 6 AM and reports sleeping for only six hours per night, advise him/her to go to bed around midnight– which likely is later than s/he currently is. Consider using the patient handout to reinforce the advice.

Although some patients find this approach quite difficult, most find that within two or three weeks they are sleeping better. After the first two to four weeks, increase the “time in bed” by half an hour every five days. However, if the quality of sleep deteriorates, restrict time-in-bed again.

—MG/LM

1. Benca RM. Diagnosis and treatment of chronic insomnia: a review. *Psychiatr Serv* 2005; 56(3):332-343. PM:15746509.
2. Arroll B, Fernando A, Falloon K. Sleep disorder (insomnia). *BMJ*

DEMENTIA (FEBRUARY 2008)

Q: Is it possible to get copies of the different screening tests, eg MOCA, DemTect?

A: This is a very timely question, as the most recent Canadian guidelines on diagnosis of dementia¹ state: “A range of brief cognitive tests, including the Montréal Cognitive Assessment, the DemTect, the 7-Minute Screen, the General Practitioner Assessment of Cognition and the Behavioural Neurology Assessment Short Form, may be more accurate than the Mini-Mental State Examination in discriminating between dementia and the normal state. There is insufficient evidence to recommend one test over the others [grade B recommendation, level 2 evidence; new recommendation].”

To find these tests:

- The MoCA (Montreal Cognitive Assessment) is available for free download in pdf format from <http://www.mocatest.org/> Both the test and the instructions are posted on this site, and it is available in many languages!
- DemTect is described in several references.^{2,3,4} However, the form itself is not provided, and we have been unable to find an easy source of the actual screening test. If anyone knows how to obtain DemTect, please advise us and we can inform others.
- The 7-Minute screen is actually a package of four brief tests (Enhanced Cued Recall, Temporal Orientation, Verbal Fluency, and Clock Drawing). It is described in several articles.^{5,6}
- General Practitioner Assessment of Cognition is provided as an appendix in the original article.⁷
- Behavioural Neurology Assessment Short Form is available from http://www.baycrest.org/Behavioural_Neurology/7517.asp, accessed Jan. 26, 2009.
—AF/DH/JW

1. Feldman HH, Jacova C, Robillard A, Garcia A, Chow T, Borrie M, Schipper HM, Blair M, Kertesz A, Chertkow H. Diagnosis and treatment of dementia: 2. Diagnosis. *Can Med Assoc J*, Mar 2008; 178: 825 – 836.
2. Kalbe E, Kessler J, Calabrese P, et al. DemTect: a new, sensitive cognitive screening test to support the diagnosis of mild cognitive

impairment and early dementia. *Int J Geriatr Psychiatry* 2004;19:136-43. PMID: 14758579.

3. Kessler, Calabrese, et al. DemTect effective in screening for mild cognitive impairment and mild dementia. *Evid Based Ment Health* 2004;7:70.
4. Lerner AJ. DemTect: 1-year experience of a neuropsychological screening test for dementia. *Age Ageing* 2007 May;36(3):326-7. PMID: 17296602.
5. PR Solomon, A Hirschhoff, B Kelly, M Relin, M Brush, et al. A 7 Minute Neurocognitive Screening Battery Highly Sensitive to Alzheimer's Disease. *Arch Neurol* 1998;55:349-355.
6. E F J Meulen, B Schmand, J P van Campen, S J de Koning, R W Ponds, P Scheltens, F R Verhey. The seven minute screen: a neurocognitive screening test highly sensitive to various types of dementia. *J Neurol Neurosurg Psychiatry* 2004;75:700-705.
7. Brodaty, H., Pond, D., Kemp, NM., Luscombe, G., Harding, L., Merman, K., & Huppert, F. (2002). The GPCOG: a new screening test for dementia designed for general practice. *J Am Geriatrics Soc* 2002;50(3):530-534.
8. Pond D. Brodaty H. Diagnosis and management of dementia in general practice. *Australian Family Physician* 2004;33(10):789.

Did You See?

HEPATITIS C (FEBRUARY 2008)



Bundled with the January 2009 Canadian Family Physician were two items related to Hepatitis C: (1) Primary Care Management of Chronic Hepatitis C, Professional Desk Reference 2009 and (2) Healthy Living with Hepatitis C, a patient resource published by the Canadian Liver Foundation.

The 6-page Professional Desk Reference was produced by the College of Family Physicians and the Public Health Agency of Canada. This updated PDR provides an expanded and detailed list of risk factors and clinical cues for hepatitis C, as well as three algorithms to guide your approach with patients.

RESEARCH UPDATE contact Stefanie Roder at 905.525.9140 ext. 22223 roders@mcmaster.ca

THANK YOU to all our PBSG and PBIL members who are participating in our research study!

We now have enough participants for our research study on the impact of the learning environment on personal practice reflections. This study is part of a two-year research project supported by the Society for Academic Continuing Medical Education (SACME) under the guidance of Dr. Heather Armson, the principal investigator.

FOUNDATION NEWS AND NOTICES

Mainpro-C Credit Records

Official Study Credit Records will continue to be sent directly to facilitators for distribution to members. Please note that credits will be issued within 30 business days after receiving a completed Attendance Record from your group's facilitator.



Administration Fee Changes

Effective May 1, 2009, administration fees will be changing for the following items:

- Reissuing Official Study Credit Records: \$20 per academic year required
- Issuing Official Study Credit Records early: \$25, plus submission of paperwork by the member requiring the credits issued early and the Attendance Record from the facilitator. Please contact our office for details.

Payment can be made over the phone using Visa, MasterCard or American Express. Invoices will not be sent for these administration fees.

FACILITATOR TRAINING WORKSHOPS contact Heather Haywood 800.661.3249 haywood@mcmaster.ca

Spring and Fall 2009 (Tentative dates - minimum registration required to proceed)

Saturday, April 18 Hamilton - Full	Saturday, April 25 Calgary - Full	Saturday, April 25 Ottawa - Still Open	Saturday, May ? (TBD) Vancouver - Still Open
Saturday, October 17 Hamilton - Open	Saturday, October 24 Calgary - Open	Saturday, October 24 Halifax - Open	To avoid disappointment Book Early!

UPCOMING MODULES Do you have a module topic suggestion? Send to: fmpe@mcmaster.ca

- Cancer Prevention: the role of Nutrition • DNR: what does it really mean? • Sexually Transmitted Infections

Visit our Website at www.fmpe.org or call (800) 661-3249