General Practitioner Assessment of Cognition (GPCOG) Score

This test was designed as a GP screening tool for dementia. There are two components: a cognitive assessment conducted with the patient, and an informant questionnaire (only considered necessary if the results of the cognitive section are equivocal, i.e. score 5-8 inclusive).

Results >8 or < 5 on the GPCOG patient section were assumed to be cognitively intact or impaired, respectively. For patients requiring an informant questionnaire, scores of 3 or less out of 6 in this section indicates cognitive impairment.  

GPCOG Patient Examination
Unless specified, each question should only be asked once.

Name and address for subsequent recall
"I am going to give you a name and address. After I have said it, I want you to repeat it. Remember this name and address because I am going to ask you to tell it to me again in a few minutes: John Brown, 42 West Street, Kensington"

(Allow a maximum of 4 attempts but do not score yet)

Time Orientation
What is the date? (accept exact only)

Clock Drawing (visuospatial functioning) use a paper with a printed circle.
Please mark in all the numbers to indicate the hours of a clock (correct spacing required).
For a correct response (above), the numbers 12, 3, 6, and 9 should be in the correct quadrants of the circle and the other numbers should be approximately correctly placed.
Please mark in hands to show 10 minutes past eleven o'clock (11:10).
For a correct response (above), the hands should be pointing to the 11 and the 2, but do not penalise if the respondent fails to distinguish the long and short hands.

Information
Can you tell me something that happened in the news recently? (recently = in the last week)

Respondents are not required to provide extensive details, as long as they demonstrate awareness of a recent news story.
If a general answer is given, such as "war", "a lot of rain", ask for details.
If unable to give details, the answer should be scored as incorrect.
Recall
What was the name and address I asked you to remember?
Score for each of the 5 components - John, Brown, 42, West Street, Kensington.

GPCOG Patient Score = /9

GPCOG Informant Interview
Ask the informant: "Compared to a few years ago"

Does the patient have more trouble remembering things that have happened recently?

Does he or she have more trouble recalling conversations a few days later?

When speaking, does the patient have more difficulty in finding the right word or tend to use the wrong words more often?

Is the patient less able to manage money and financial affairs (e.g., paying bills, budgeting)?

Is the patient less able to manage his or her medication independently?

Does the patient need more assistance with transport (either private or public)?

Score 1 point for each "no" answer.

Informant Score = /6

Combined (overall) score = /15

Mini-Cog Assessment Instrument

To administer the Mini-Cog Assessment Instrument

Explain to the person that they should listen carefully to and remember three unrelated words. The three words are then spoken to them, and the person is asked to repeat the words.

Ask the person to mark, on a circle, the hours of a clock then draw the minute and hour hands to show 11:10.

Ask the person to repeat again the three words that they were given at the start.

To interpret the Mini-Cog Assessment Instrument

Give 1 point for each word the person correctly remembers after the clock drawing test. Consider the clock drawing test to be normal if all numbers are present in the correct sequence and position, and the hands display the requested time.

Interpret a score of zero as suggestive of dementia.

Interpret scores of 1 or 2 with abnormal clock drawing test as suggestive of dementia.

Interpret scores of 1 or 2 with normal clock drawing test as a negative screen for dementia.

Interpret a score of 3 as a negative screen for dementia.