

Cognitive testing with the GPCOG

The GPCOG has two components: a six-item cognitive assessment conducted with the patient (takes less than five minutes to administer) and an informant questionnaire (not always required).

GPCOG patient examination:¹⁰

Unless specified, each question should be only asked once

Recall

1. Give the patient a name and address and ask them to repeat it and remember it as you will ask them to recall it again e.g. John Brown, 42 West Street, Kensington.
(Allow a maximum of four attempts to repeat the address).

Time orientation

2. What is the date? *1 point. Exact only*

Clock drawing (visuospatial functioning) Use a page with printed circle

3. Please mark in all the numbers to indicate the hours of a clock. *1 point. Correct spacing required.*
4. Please mark in hands to show 10 minutes past 11 o'clock. *1 point*
5. Ask the patient to tell you something that happened in the news recently (in the past week) *1 point*

Recall

6. Ask the patient to recall the name and address from Question 1.
1 point for each of: John, Brown, 42, West Street, Kensington

Score = 9 no cognitive impairment, interview not necessary
Score = 5–8 proceed to informant interview
Score = 0–4 cognitive impairment, interview not necessary

GPCOG informant interview:¹⁰

Ask the informant: "Compared to a few years ago":

1. Does the patient have more trouble remembering things that have happened recently?
2. Does he or she have more trouble recalling conversations a few days later?
3. When speaking, does the patient have more difficulty in finding the right word or tend to use the wrong words more often?
4. Is the patient less able to manage money and financial affairs (e.g. paying bills, budgeting)?
5. Is the patient less able to manage his or her medication independently?
6. Does the patient need more assistance with transport (either private or public)?

Score one point for each "no" answer

Score = 4–6 no cognitive impairment
Score = 0–3 cognitive impairment detected

 The GPCOG is available from: www.patient.info/doctor/general-practitioner-assessment-of-cognition-gpcog-score. For a PDF version, see: www.comprehensivcare.co.nz/wp-content/uploads/2013/01/GPCog-.pdf