

Class Materials

Handouts for this session

Please call 419-865-6131 if you do not the handouts for this session ASAP.

Presenter

Barbara Brock

Published Research Author,
President of Communication Art, Inc.



Welcome

**“Powerful Reality Comprehension
Clock Test”**

Educational Session

GOAL

Identify value of standardized assessment that can identify resident’s cognitive factor

Describe various settings where RCCT can be administered

Identify valid and reliable data gleaned form the RCCT that drives memory impaired resident’s care plans

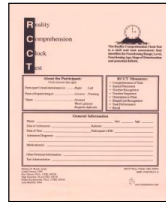
Explain the significance of potential memory deficits revealed through clock drawings and their impact on care planning.

RCCT

Dementia Tools

Reality Comprehension Clock Test

Skill and task assessment for
Alzheimer’s and other types
of dementia



RCCT results
triggers into
Dementia
Populations Gift
of Purpose

**ALL THE WORK
IS DONE FOR
YOU!**

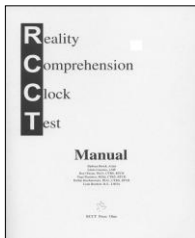
Dementia Populations Gift of Purpose

Social Model that contains Brain
Stimulating Exercises for dementia
resident/clients.

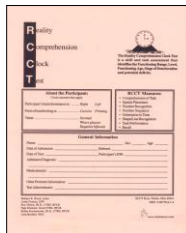


Reality Comprehension Clock Test (1999 RCCT Brock, B., et al)

RCCT was standardized in 1999



RCCT Instruction
Manual



RCCT Test Booklet

Reality Comprehension Clock Test

RCCT

Designed to pick up where the
Mini Mental Status Exam leaves off.

RCCT
Nick named the
“PINK”
Clock Test

RCCT- 1999. Brock,B. et al



Policy

If resident scores 23 or lower on the
Folstein Mini Mental Status Exam

Administer
the
RCCT

Are BEHAVIORS managing your day?

or

Are you managing the BEHAVIORS ?

Assumptions

Can Be
Wrong !

Just because residents speak well

Doesn't necessarily mean they think well!

Just because residents don't speak

Doesn't necessarily mean they don't think!

"Alzheimer's From The Inside Out"

Author, Richard Taylor Ph.D.

Quote

*"I believe individuals who are confronted by the
advancing stages of the disease withdraw
prematurely because it is easier, it's safer, and they
do not know what else to do".*

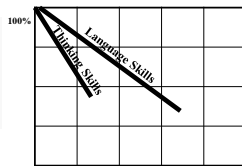
Recommended reading for health care
professionals and families of residents.

richardtaylorphd@gmail.com



DEMENTIA

Robs people of their
LANGUAGE SKILLS
THINKING SKILLS



But they don't lose these skills on the same level at the same time.

RCCT Data

And actual clock drawing by the resident/client helps caregivers and family members identify the difference of opinions as to....

➤ How much the individual understands.....

➤ And how capable they are of taking care of themselves.

Facility Census as of _____ is _____

MDS

Section B 2a Cognitive Patterns-Memory
Short Term Memory

Section B4 Cognitive Patterns
Cognitive Skills/Daily Decision Making

Question?

Do you have any diagnosis, symptoms, syndromes or other issues that effect 80% of your residents ?

MDS

Section B 2a Cognitive Patterns-Memory
Short Term Memory

80%

Section B4 Cognitive Patterns
Cognitive Skills/Daily Decision Making

Facility Census as of _____ is _____

MDS

3.0

October 2010

Brief Interview for Mental Status BIMS

13- 15 Cognitively intact.
8 – 12 Moderately impaired.
0 – 7 Severe Impairment.

Question?

Do you have any diagnosis, symptoms, syndromes or other issues that effect 80 % of your residents/clients ?

MDS 3.0

October 2010

Brief Interview for Mental Status BIMS

13- 15 Cognitively intact.
8 – 12 Moderately impaired.
0 – 7 Severe Impairment.



Cognitive Care

Cognitive Factor

- > Functional Age
- > Stage of Dementia
- > Potential Memory Deficits

Are you developing CARE PLANS based on each resident's COGNITIVE FACTOR?

Cognitive Assessment Tools

*No one test establishes
the presence of Dementia*

1975 Mini Mental Status Exam (MMSE)

1998 Seven Minute Screen

92, 95, 99 Allen Cognitive Battery

1999 Reality Comprehension Clock Test (RCCT)

Research and Published Articles

Standardized Reality Comprehension Clock Test (RCCT 1999 Brock, B., et al)

Journal of Gerontological Nursing

"Visual Spatial Abilities and Fall Risk. An Assessment for Individuals With Dementia"
Published Sept. 2005

O.T Practice *"In the Swim"* Published-March 2005

Provider Magazine *"Clocks Tell More Than Time"* Published Feb. 2006

Eli's MDS Alert *"Take Time To Catapult Cognitive Care Plans to A New Level"*
Published July 2006

WTOL Channel 11 *"Medical Breakthrough"* Aired Feb. 2, 2007

Featuring the Reality Comprehension Clock Test (RCCT)

O.T. Practice- *"Exploring the Effects of a Swim Program for Clients with Down Syndrome."* Published Feb. 5, 2007

Nursing Home Digest (Ohio) *"Reality Comprehension Clock Test Proven Capable of Identifying Risk of Fall in Alzheimer's and other Dementia Patients"* Published. Feb. 2007

RCCT

**Does not diagnose
dementia.**

RCCT 1999 Brock, B. et al

What makes the RCCT different from other clock drawing tests?

While viewing a sample drawing of a clock, resident is asked to replicate it.

Test contains a specific scoring method .

RCCT

Evaluates Four Functional Categories

VALUE of the RCCT

IDENTIFIES:

Fall Risk

Functional Age

Functioning Range

Continence Status

Stage of Deterioration

Potential Memory Deficits



RCCT Rules

- Administrator of RCCT is required to be certified by completing the RCCT 4 hr. educational workshop.
- Annual re-certification is required.
- Must administered the RCCT one with one.
- Administrator of the RCCT must score the test.

Abbreviations:

- RCCT** Reality Comprehension Clock Test
- FA** Functional Age
- GDS** Global Deterioration Stage
- VSS** Visual Spatial Score

Reality Comprehension Clock Test

Authors of RCCT

B. Brock, Artist
L. Cousino, LSW
Roy Olsson, PhD, CTRS, RTCR
Page Rostetter, M.Ed., CTRS, RTCR
Ruthie Kucharewski, PhD., CTRS, RTCR
Lynn Buchele, B.A., NHA

- Cost Effective**
- Quick Screening Tool**
- Non-Threatening**
- Portable**
- Easy to Administer**
- Easy to Score**

RCCT

Assesses Four Areas of Cognitive Functioning.

Maximum score in each category

Visual Task Performance	20
Visual Spatial Functioning	23 Fall Risk
Number Awareness	15
Orientation/Memory	9
RCCT Total	67

RCCT Applications

- Geriatrics
- Pre-school and School aged children
- Cognitive impaired groups

Power of the RCCT

Early intervention with clients diagnosed with cognitive problems allows clients and families to:

- take precautions to reduce secondary problems
- establish support systems
- benefit from self-help programs
- treat symptoms associated with dementia
- devise strategies to minimize legal and financial problems.



RCCT currently being used in:

Physician's offices
Long Term Care Facilities
Assisted Living Facilities
Adult Day Cares
Mental Health Clinics
MR/DD Workshops
Home Health Care Agencies
Adult Protective Services
Non Medical Home Care
OT Private Practice
Geriatric Care Managers Private Practice
Physical Therapists

**Various settings
where RCCT
can be utilized.**

RCCT

Administration of RCCT

When score on

Mini Mental is 23 or below.

*Pre-Admission

*Admission

*Quarterly

*Annually

* Upon Significant Change

RCCT Policy

If BIMS score in
Section C0500 = <13 or 99

Administer the RCCT

RCCT

Administered by

OT's, Speech Therapists, RN's, LPN's, Licensed Social Workers,
Kinesiotherapist Registered, Recreational Therapists, Art Therapists,
Activity Professionals, Health Care Professionals who have completed the 4
hour RCCT Workshop

RCCT copyright 1999.

Permission to duplicate denied.

Copyright fines apply

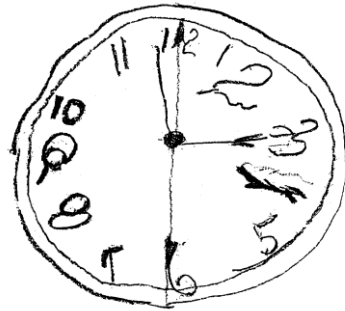
An original RCCT must be kept with individual's
private medical information

Preview RCCT Scoring Method



RCCT

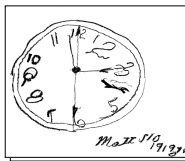
**Valid and Reliable
Scoring Method**



This is the clock MATT drew.

*Matt 5/10
19/97*

How much brain power (functioning skills and abilities) does Matt have left as a result of his dementia?



RCCT identifies Functional Age (remaining brain power) in Years and Months.

**Matt's total RCCT
score identifies his
Functioning Age**

RCCT starts at 8.7 years and
accesses down to 4.7 years.

Matt's RCCT
score is 43

**43 on RCCT Functioning
Age chart**

Reveals a

Functioning Age of 7.3

**What stage of dementia is Matt
experiencing?**

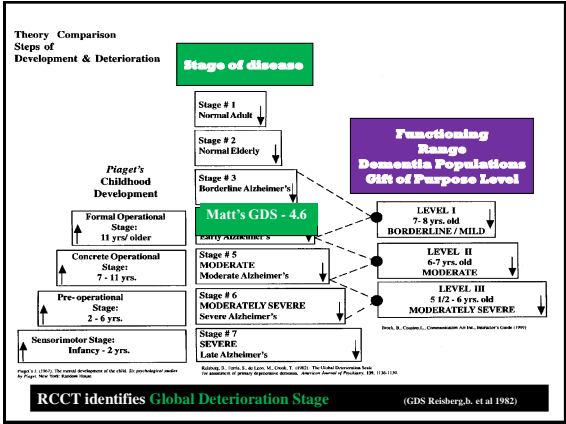
**Matt's total RCCT score identifies his
Stage of Dementia.**

There are seven stages identified in
Dr. Barry Reisberg's Global Deterioration Scale.

Reisberg, B. et al 1982

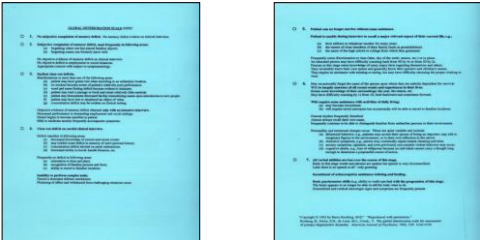


RCCT identifies Matt's Stage of Dementia



Reisberg's Global Deterioration Scale

Each stage describes skills the person has lost due to the disease.



Reisberg, B., Ferris, S.H., deLeon, M. J. & Crook, T., 1982 The global deterioration scale for assessment of primary degenerative dementia. *AMJ Psychiatry*, 139:1136-1139

Matt is in the 4.6 stage of dementia

Is Matt a Fall Risk? RCCT identifies Serious or Severe Risk of Fall

How does the RCCT identify Fall Risk ?

Researched Published Article

Journal of Gerontological Nursing

*"Visual Spatial Abilities and Fall Risk
An Assessment for Individuals With Dementia"* Published Sept. 2005

Research funded by a grant from
HCRManorCare Foundation

Visual Spatial Score VSS

**Maximum score in the
Visual Spatial category is 23**

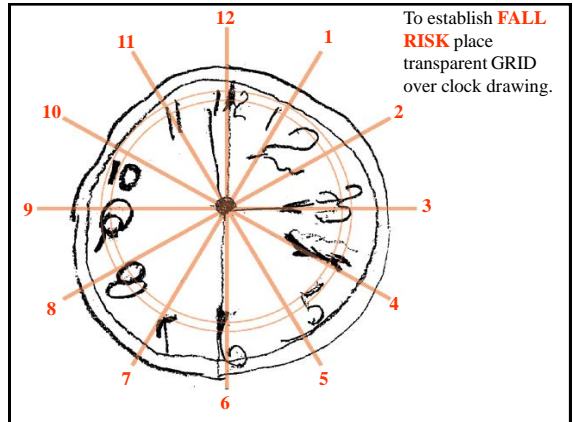


FALL RISK

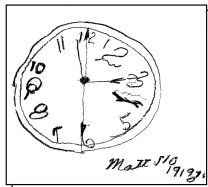
VSS 9 Low Visual Spatial Deficit
SERIOUS FALLS SITUATION

VSS 5 High Visual Spatial Deficit
SEVERE FALLS SITUATION

Three times more likely to fall
 within a fall prevention environment



MATT scored **15** in the Visual Spatial category on his RCCT



- VSS Score is in teen numbers Possible stumbles, slips or tripping
- Serious falls situation Visual Spatial Score of 9 or below
- Severe falls situation Visual Spatial Score of 5 or below

Matt's Fall Risk score is 15 out of 23 in the Visual Spatial category on the RCCT.

Matt is a Yellow flag.
 Be alert to possible falls.

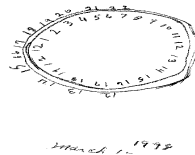
Why did the resident draw their clock that way?

Potential Memory Deficits

Impact on Care Planning

Interpreting clock drawings

Rehabilitative Potential



RCCT Score 29
FA 6.4
GDS 5.3
VSS 1

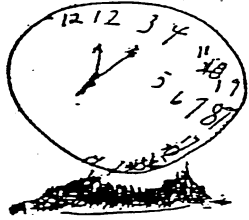


RCCT Score 61
FA 8.4
GDS 3.8
VSS 21



Behaviors: Eating, dressing striking others, gets lost in facility

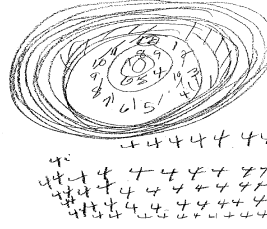
Left Side Neglect



RCCT Score 22
FA 6.0
GDS 5.6
VSS Full Risk 0

Behaviors: Repeats things. Does same action over and over. Gets stuck on task. Cognitive ability? Can she understand you? Is this person Safe Alone?

Perseveration

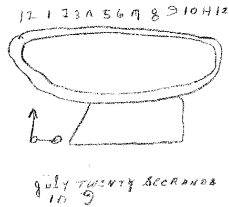


RCCT Score 28
FA 6.3
GDS 5.3
VSS Full Risk 3

Fairly good language skills

Behaviors: Lack of visual spatial awareness. Can't identify things as a whole, such as their place setting. How do these deficits affect resident's care plan?

Sensory Processing Deficit



RCCT Score 29
FA 6.4
GDS 5.3
VSS Full Risk 0

INFECTIONS

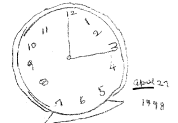
Behaviors: Infections can influence cognitive status. Effects may be temporary or long term.

January
UTI on Medication



RCCT Score 27
FA 6.3
GDS 5.4
VSS 3

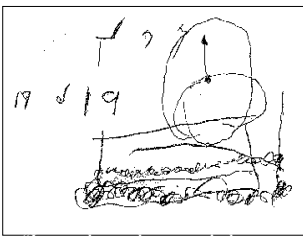
April
No UTI. No medication



RCCT Score 47
FA 7.5
GDS 4.4
VSS 15

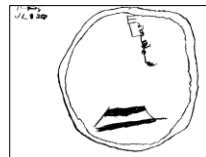
When language skills don't match thinking skills

Behaviors: Toileting, Functional Incontinence., May be combative. Depressed

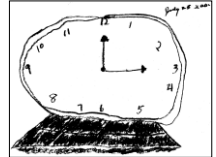


RCCT Score 15
FA 5.5
GDS 5.9
VSS Full Risk 3

Sometimes it isn't dementia !




RCCT score 17
FA 5.7
GDS 5.8
VSS Full Risk 0



RCCT score 55
FA 8.0
GDS 4.0
VSS 15

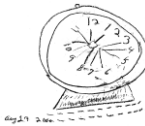


Assisted Living Resident



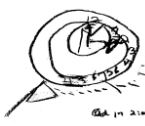
June 2000

RCCT	53
FA	7.9
GDS	4.1
VSS	13



August 2000

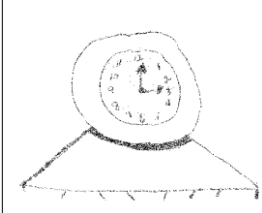
RCCT	46
FA	7.4
GDS	4.5
VSS	Full Mark 8



October 2000

RCCT	25
FA	6.2
GDS	5.5
VSS	Full Mark 4

Help for those who do not speak!



RCCT drawing example

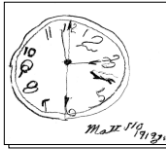
RCCT	48
FA	7.6
GDS	4.4
VSS	14

Behaviors: Does not use language to communicate. May be depressed. May isolate themselves.

What kind of problems would t

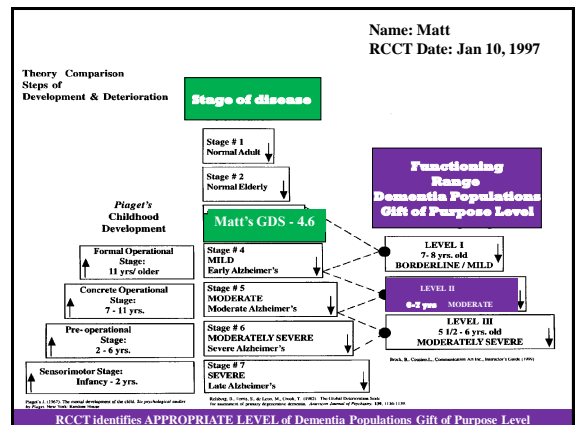
Support Interventions with RCCT Data

How do we know which brain exercises Match Matt's cognitive ability?



Matt's RCCT score identifies appropriate level of brain exercises he can understand.

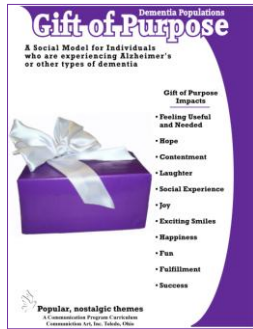
Matt's total RCCT score identifies which level of brain exercises are appropriate for him.



Dementia Populations Gift of Purpose

Social Model for Alzheimer's and other types of dementia.

- ▶ Designed with a Purpose for the memory impaired.
- ▶ Instills feelings of being useful and needed.
- ▶ Goal: More enjoyable, contented days!
- ▶ Monitored Participation



Appropriate Level of Cognitive Brain Exercises

Dementia Populations Gift of Purpose is designed for stages 3,4,5, and 6 dementia.

There are three levels of brain exercises for memory impaired residents. Levels I, II, III



Enroll Matt in Level II

“Alzheimer’s From the Inside Out”

Author: Richard Taylor PhD.
richardtaylorphd@gmail.com

Quote:

“Purpose driven purpose filled days”.

Are you providing these types of days for your memory impaired residents?

Website: richardtaylorphd.com

Give Me A Purpose

The most IMPORTANT part for the Resident/Client in Cognitive Care is a MEANINGFUL PURPOSE

QUESTION ?

Are you conducting interventions for dementia residents that are:

Person centered?

Purposeful for resident?

On a cognitive level at which resident can succeed?

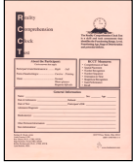
Therapeutic and brain stimulating?

Valid, Reliable RCCT data drives memory impaired Residents Care Plans

Matt’s RCCT Assessment



Support Interventions with data.



Valid, reliable RCCT data drives memory impaired care plans.

Residents participation monitored each time they participate in Dementia Populations Gift of Purpose programs



Thank You !

For attending the educational session

Barbara Brock

Published Research Author, President,



Communication Art, Inc.

For Information call: 419-865-6131

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Web site www.clocktestrcct.com

