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.

**Class Materials**

**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.

**Dementia Tools**

Reality Comprehension Clock Test

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

Dementia Populations Gift of Purpose

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

RCCT results triggers into Dementia Populations Gift of Purpose

ALL THE WORK IS DONE FOR YOU!

**Reality Comprehension Clock Test**

RCCT was standardized in 1999

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

RCCT Instruction Manual

RCCT Test Booklet

RCCT-1999. Brock, B. et al

**RCCT**

Nick named the “PINK” Clock Test

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

**Welcome**

“Powerful Reality Comprehension Clock Test”

Educational Session
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

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**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.

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**Question?**

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

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**Facility Census as of _______ is _____**

**MDS**

- **Section B 2a**  Cognitive Patterns-Memory
  - Short Term Memory
- **Section B4**  Cognitive Patterns
  - Cognitive Skills/Daily Decision Making

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**Facility Census as of _______ is _____**

**MDS**

- **Brief Interview for Mental Status**
  - **BIMS**
    - 13-15 Cognitively intact.
    - 8 – 12 Moderately impaired.
    - 0 – 7 Severe Impairment.

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**Question?**

Do you have any diagnosis, symptoms, syndromes or other issues that effect 80 % of your residents/clients?
Are you developing CARE PLANS based on each resident's COGNITIVE FACTOR?

Cognitive Care

Cognitive Factor

- Functional Age
- Stage of Dementia
- Potential Memory Deficits

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

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

- EIF'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

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)

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

Communication Art, Inc.
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Phone: 419-865-6131
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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
- Peg Rosen, M.Ed., CTRS, RTCR
- Ruthie Kacharowski, PhD, CTRS, RTCR
- Lynn Buchele, B.A., NHA

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

Assesses Four Areas of Cognitive Functioning.

<table>
<thead>
<tr>
<th>RCCT</th>
<th>Maximum score in each category</th>
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</thead>
<tbody>
<tr>
<td>Visual Task Performance</td>
<td>20</td>
</tr>
<tr>
<td>Visual Spatial Functioning</td>
<td>23</td>
</tr>
<tr>
<td>Fall Risk</td>
<td>20</td>
</tr>
<tr>
<td>Number Awareness</td>
<td>15</td>
</tr>
<tr>
<td>Orientation/Memory</td>
<td>9</td>
</tr>
<tr>
<td>RCCT Total</td>
<td>67</td>
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</table>

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 Care
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 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

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

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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.

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

Matt’s RCCT score is 43 on RCCT Functioning Age chart Reveals a Functioning Age of 7.3

Valid and Reliable Scoring Method

This is the clock MATT drew.

Matt’s total RCCT score identifies his Functioning Age

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.

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 HCR ManorCare Foundation

Visual Spatial Score

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

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

![Clock Drawing]

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.

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**Potential Memory Deficits**

Impact on Care Planning

Interpreting clock drawings

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**Rehabilitative Potential**

**RCCT Score 29**
FA 6.4
GDS 3.3
VSS 1

**RCCT Score 61**
FA 8.4
GDS 3.8
VSS 21
**Left Side Neglect**

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

<table>
<thead>
<tr>
<th>RCCT Score</th>
<th>FA</th>
<th>GDS</th>
<th>VSS</th>
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<tr>
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**Perseveration**


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<tr>
<td>28</td>
<td>6.3</td>
<td>5.3</td>
<td>3</td>
</tr>
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**Sensory Processing Deficit**

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?

<table>
<thead>
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<th>FA</th>
<th>GDS</th>
<th>VSS</th>
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<tbody>
<tr>
<td>29</td>
<td>6.4</td>
<td>5.3</td>
<td>0</td>
</tr>
</tbody>
</table>

**INFECTIONS**

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

<table>
<thead>
<tr>
<th>January</th>
<th>April</th>
</tr>
</thead>
<tbody>
<tr>
<td>UTI on Medication</td>
<td>No UTI. No medication</td>
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</table>

**Sometimes it isn’t dementia!**

When language skills don’t match thinking skills

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<th>FA</th>
<th>GDS</th>
<th>VSS</th>
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</thead>
<tbody>
<tr>
<td>15</td>
<td>5.5</td>
<td>5.9</td>
<td>3</td>
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</table>

<table>
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<th>GDS</th>
<th>VSS</th>
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</thead>
<tbody>
<tr>
<td>17</td>
<td>5.7</td>
<td>5.8</td>
<td>3</td>
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</table>

<table>
<thead>
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<th>RCCT Score</th>
<th>FA</th>
<th>GDS</th>
<th>VSS</th>
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<tbody>
<tr>
<td>55</td>
<td>8.0</td>
<td>4.0</td>
<td>15</td>
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<table>
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<th>RCCT score</th>
<th>RCCT score</th>
<th>RCCT score</th>
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</thead>
<tbody>
<tr>
<td>15</td>
<td>17</td>
<td>55</td>
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</table>
Support Interventions with RCCT Data

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

Help for those who do not speak!

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

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 this person have with their ADL’s?

Help for those who do not speak!

RCCT 53
FA 7.9
GDS 4.1
VSS 13
RCCT 46
FA 7.4
GDS 4.5
VSS 13
RCCT 25
FA 6.2
GDS 5.5
VSS 4

Fall Risk

RCCT 46
FA 7.4
GDS 4.5
VSS 14

Fall Risk

RCCT 25
FA 6.2
GDS 5.5
VSS 4

Fall Risk

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Fall Risk

RCCT 46
FA 7.4
GDS 4.5
VSS 14

Fall Risk

RCCT 25
FA 6.2
GDS 5.5
VSS 4

Fall Risk

RCCT 48
FA 7.6
GDS 4.4
VSS 14
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

Gift of Purpose
A Social Model for individuals who are experiencing Alzheimer’s or other types of dementia

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
Valid, reliable RCCT data drives memory impaired care plans.

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