

Cognitive Therapy Powered By BCAT® - Prescriptive Treatment Protocol: Mild Cognitive Impairment (MCI)

Instructions: Each session, start with **The BCAT® Working Memory Exercise Book - Professional Edition (WMEB – Professional)** exercises. Residents with Normal Cognitive Functioning (BCAT® Scores 44 - 50) but with subjective memory loss would also benefit from the below prescriptive treatment approach. Education around the importance of brain health, accessing free brain health resources via the ENRICH® Brain Health program website, and prescribing a cognitive home program for each participant are core components of the BCAT® Approach.

BCAT® Scores Probable Mild Cognitive Impairment (MCI): 34 - 43

Session	Primary Therapy Interventions <i>BCAT® Test System & WMEB - Professional Edition</i>	Supplemental Therapy Interventions <i>BrainSharp™ and the Digital Working Memory Exercise Platform</i>	Patient Responsibility <i>WMEB - Home Edition *Home Exercise Program</i>	Notes/Tips
1	Complete initial evaluation - Administer BCAT® & VPJ® and discuss results. Introduce ENRICH® website* Word Association 2.1, 2.2*	BrainSharp™ Maze 5 Level 1 Memory Match Places & Landmarks Level 2	Assign 1-2 exercise from: Number – Symbol	* www.enrichvisits.com Complete ENRICH® Calculator *If Word Association activities are difficult to complete, consider the Visual Cancellation activities Level 2.
2	Administer VPJ® - if not completed. Picture Sorting 1.1, 2.1 Word Sort 1.1, 2.1 Story Recall 1.2*	BrainSharp™ Maze 6 Level 1 Memory Match Postage Stamps Level 2	Assign 1-2 exercises from: Picture Sorting Level 1 or 2 Word Sort Level 1 or 2	Educate patient on how improving underlying cognitive skills will improve functional task performance. *The Story Recall exercises can be completed by reading independently or with stories read aloud by a care partner.
3	Review the ENRICH® Calculator results. Processing Instructions 1.1, 2.1 Story Recall 2.1, 2.2 The Picture Sorting 2.2	BrainSharp™ Maze 7 Level 1 Memory Match Animal Kingdom Level 2	Assign 1-2 exercises from: Processing Instructions Level 1 or 2 Story Recall Level 2	Demonstrate ENRICH® Membership sign up feature to receive free Brain Exercise of the Week and educational content about Brain Health.
4	Arrange the Picture 1.1, 2.1, 2.2 Word Association 1.1, 2.1	BrainSharp™ Maze 8 Level 1 Memory Match Places and Landmarks Level 2/3*	Assign 1-2 exercises from: Word Association Level 2 Arrange the Picture Level 2	Consider moving to Level 3 in Memory Match activities, as appropriate.
5	Landmark Details 1.1, 2.1 Linking Phrase 1.1, 1.3, 2.1	BrainSharp™ Maze 9 Level 1 Memory Match Postage Stamps Level 2/3	Assign a Taking it to the next level exercise.	
6	Re-administer BCAT® and VPJ® Discuss results with patient, family, IDT. Spot and Remember 1.1, 1.2, 2.1	BrainSharp™ Maze 10 Level 1 Memory Match Expert Cog Match*	Assign 1-2 exercises from: Spot and Remember Level 2	Consider re-administration results and impact on plan of care. If Memory Match Expert Level Cog is too difficult, return to other themes and move to Level 1-3.
7	Review ENRICH® Membership. Use BCAT® Discharge Planning Crosswalk to prescribe a Cognitive Home Exercise Program. Names and Faces 1.1, 1.2 The Picture Sorting 2.3 Picture Recall 2.1	BrainSharp™ Maze 1 Level 2 Memory Match Animal Kingdom Level 2/3	Assign Taking it to the next level exercise.	Determine appropriate resources to support cognitive home exercise program. Give handout: Cognition as a Vital Sign . Take patient/family to website to review recommended tools/purchase materials. www.enrichvisits.com Review benefits of the ENRICH® Membership and Family Matters interview Series flyer.
8	Patient/Family Education and Training Prior to Discharge. Names and Faces 1.3, 2.1 Picture Recall 2.2, 2.3	BrainSharp™ Maze 2 Level 2 Memory Match Expert Cog Match	Review handout - Cognition is a Vital Sign .	Train patient and or caregivers in utilization of cognitive home exercise program resources.