

Mini-Mental Status Examination (MMSE)

The Mini-Mental Status Examination offers a quick and simple way to quantify cognitive function and screen for cognitive loss. It tests the individual's orientation, attention, calculation, recall, language and motor skills. Each section of the test involves a related series of questions or commands. The individual receives one point for each correct answer.

To give the examination, seat the individual in a quiet, well-lit room. Ask him/her to listen carefully and to answer each question as accurately as he/she can.

Don't time the test, but score it right away. To score, add the number of correct responses. The individual can receive a maximum score of 30 points. A score below 20 usually indicates cognitive impairment.

Instructions: Ask the questions in the order listed. Score one point for each correct response within each question or activity.

The Mini-Mental Status Examination

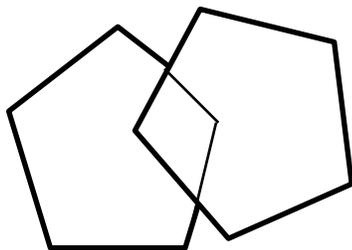
Name: _____ Amber _____

DOB: __10/26/02_____

Years of School: _____11yrs Client will be a Junior_____ Date of Exam:

Maximum Score	Patient's Score	Questions
5	4	What is the year? Season? Date? Day of the week? Month?
5	5	Where are we now: State? County? Town/city? Hospital? Floor?"
3	3	The examiner names three unrelated objects clearly and slowly, then asks the patient to name all three of them. The patient's response is used for scoring. The examiner repeats them until patient learns all of them, if possible. Number of trials: _____
5	4	I would like you to count backward from 100 by sevens. (93, 86, 79, 72, 65, ...) Stop after five answers. Alternative: Spell WORLD backwards.(D-L-R-O-W)
3	3	Earlier I told you the names of three things. Can you tell me what those were?

2	2	Show the patient two simple objects, such as a wristwatch and a pencil, and ask the patient to name them.
1	1	Repeat the phrase: 'No ifs, ands, or buts
3	3	Take the paper in your right hand, fold it in half, and put it on the floor." (The examiner gives the patient a piece of blank paper.)
1	1	Please read this and do what it says.(Written instruction is "Close your eyes.")
1	0	Make up and write a sentence about anything.(This sentence must contain a noun and a verb.)
1	1	Please copy this picture. (The examiner gives the patient a blank piece of paper and asks him/her to draw the symbol below. All 10 angles must be present and two must intersect.)



Total Score 27

The Mini-Mental Status Examination was a fast and easy method to establish a client's cognitive ability. This test helps determine a person's orientation, attention, calculation, recall, language, and motor skills. Amber was older and very willing to participate in this examination. She is a long term patient waiting for placement. She mentioned that she was only there for placement and I'm not too sure if she is on any medications. This test was a quick way to determine her intellectual capacity.

First, we sat at the table, and she was the only patient at the table. She has a reserved temperament and can be a little quiet. Amber was able to identify the year, season, day of the week. However, she wasn't able to tell us the month, and this is why she received a score of four. Amber has been at this facility for months, and I believe after being in the same place day after day that time could get away from you. Then the questions about which state, county, town/city, facility, and floor were all answered very quickly and confidently, which gave her a full score of five. Next, some questions were listed that were not related objects and presented slowly. There was a pen, a watch, and then the paper listed. Amber was asked to repeat them, and she was able to recite all three of the object. She received the full score of three on this portion.

Calculation questions were followed with the patient needing to count backward from 100 by 7. We said she is "really bad with math." So, we let her use a paper. She started to get frustrated, and I could see that she didn't even want to try. I believe she felt embarrassed because she was having a difficult time. Because she was struggling, she was then told her she could spell world backward, and she was able to accomplish that task and lost out on a point and got a four out of five on this question.

After that, we asked her to recite the three objects that were mentioned earlier, and she remembered all of them. There were three points awarded for this question. The next two task of showing the simple object and being able to repeat them, and then she repeated the phrase “No ifs, ands, or buts.” The simple objects were chair and table worth two points. She did seem a little confused about repeating the phrase “No, if’s, and, or buts,” and she was able to complete that task, and she received one point on that portion. There were not very many points given for the last two questions in this portion because it was a straightforward task.

She was then given a piece of blank paper and ask to fold it with her right hand and put it on the floor. There were three points awarded in this portion. This question aims at the client’s ability to follow directions. The following part was to have written instructions to “close your eyes,” and she could complete and received one point. This question was to test her ability to be able to follow through with written instructions.

Next, the patient was told to make up a sentence that contained a noun, and she didn’t know what a noun was. I tried to get her to write a sentence anyway, and she wouldn’t and seemed very insecure because of the lack of knowledge. She got zero out of one on this portion. Although I understand the point of this question, I feel that this might be a direct reflection on how our education systems are working. I’m aware that is isn’t the point of that question and to rather understand if she lacks intellectually. Lastly, she copied the picture shown below the scoring, and she was able to copy all angles and intersections. She took her time and was very efficient. There was one point awarded and feel this helps give an understanding of how well her hand-eye coordination is working.

In conclusion, the Mini-Mental Status Examination (MMSE) was intriguing. Amber received a score of 27 which, means that she isn't cognitively impaired. I want to try it another time because I was confused about what exactly was wanted. Although I did still complete the task, it would be interesting to complete on someone that was cognitively impaired to see how they would score and which of the questions would be difficult for them. This test is a quick and easy way to conclude a client's cognitive capacity.