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Memoria, fluidez y orientación: prueba de cribado de deterioro cognitivo en 5 minutos

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PALABRAS CLAVE

Cribado de deterioro
cognitivo;
Chile;
Demencias;
Español

Resumen

Antecedentes: En los próximos 20 años se duplicará la cantidad de personas con deterioro cognitivo (DC) apremiando su pronta detección.

Objetivos: Validar una prueba de cribado de DC aplicable en < de 5 min.

Métodos: Adultos ≥ 60 años reclutados desde la comunidad y las clínicas de memoria de la zona urbana de Santiago de Chile fueron clasificados clínicamente en: dementes, DC leve (DCL) y sin DC (SDC). Se evaluó la validez de un nuevo test, MEFO, consistente en la evaluación de: memoria (3 puntos), fluidez fonética (2 puntos) y orientación (6 puntos) contrastado con los resultados del MMSE.

Resultados: Se evaluó a 214 personas: 49 con demencia, 47 con DCL y 118 SDC. El MEFO diferenció a los 3 grupos clínicos entre sí, mientras que el MMSE no permitió discriminar DCL de SDC. El área bajo la curva ROC en el MEFO para diferenciar los grupos SDC versus: a) demencia fue = 0,97; b) DC (dementes + DCL) fue = 0,89; y c) DCL fue = 0,80; siendo estos valores para el MMSE de 0,95, 0,84, y 0,73, respectivamente. Un punto de corte (PC) del MEFO = 6/7 distinguió a las personas con demencia con una sensibilidad (S) = 86% y una especificidad (E) = 96%; y un PC = 8/9 distinguió a aquellos con DC con una: S = 83% y E = 75%.

Conclusiones: El MEFO resultó una prueba confiable y válida para diferenciar a personas con demencia y DC, similar al MMSE en estos casos, pero con mayor utilidad para distinguir a los pacientes con DCL y de menor duración de aplicación.

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