

## Quick Guide to the Mini Mental State Exam (MMSE)

<b>Description:</b>	The Mini Mental State Examination (MMSE) is a tool that can be used to systematically and thoroughly assess mental status. It is an 11-question measure that tests five areas of cognitive function: orientation, registration, attention and calculation, recall, and language. The MMSE takes 5-10 minutes to administer.
<b>Purpose:</b>	The MMSE is a screening instrument for cognitive impairment. When used repeatedly the instrument is able to measure changes in cognitive status.
<b>Target Population:</b>	Adults
<b>Languages:</b>	
<b>Scoring and Interpreting:</b>	The maximum score on the MMSE is 30. A score of 23 or lower is indicative of cognitive impairment. The MMSE relies heavily on verbal response and reading and writing. Therefore, patients that are hearing or visually impaired, have low English literacy, or those with other communication disorders may perform poorly even when cognitively intact.
<b>When to use:</b>	As indicated to assess mental status.
<b>Recommended Interventions:</b>	When results suggest problems, identify the patient's primary support person(s) and began planning with them to assure patient safety, adjust communication strategies, and implement changes that support optimal quality of life. Offer on-going re-assessment to the PCP, who may plan additional interventions and benefit from on-going assessment information.

# The Mini-Mental State Exam

Patient \_\_\_\_\_ Examiner \_\_\_\_\_ Date \_\_\_\_\_

Maximum Score

5 ( )

### Orientation

What is the (year) (season) (date) (day) (month)?

5 ( )

Where are we (state) (country) (town) (hospital) (floor)?

3 ( )

### Registration

Name 3 objects: 1 second to say each. Then ask the patient all 3 after you have said them. Give 1 point for each correct answer. Then repeat them until he/she learns all 3. Count trials and record.  
Trials \_\_\_\_\_

5 ( )

### Attention and Calculation

Serial 7's. 1 point for each correct answer. Stop after 5 answers.  
Alternatively spell "world" backward.

3 ( )

### Recall

Ask for the 3 objects repeated above. Give 1 point for each correct answer.

2 ( )

### Language

Name a pencil and watch.

1 ( )

Repeat the following "No ifs, ands, or buts"

3 ( )

Follow a 3-stage command:

"Take a paper in your hand, fold it in half, and put it on the floor."

1 ( )

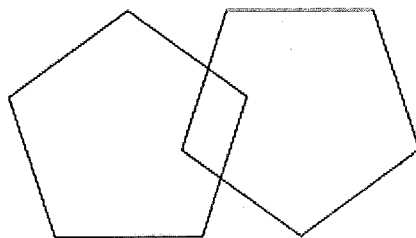
Read and obey the following: CLOSE YOUR EYES

1 ( )

Write a sentence.

1 ( )

Copy the design shown.



\_\_\_\_\_

Total Score

ASSESS level of consciousness along a continuum \_\_\_\_\_

Alert Drowsy Stupor Coma