

St. Catherine University

**SOPHIA**

---

Graduate Occupational Therapy Research and  
Projects

Occupational Therapy

---

4-2019

## Examining the Lived Experience of Mild Cognitive Impairment: An Evidence-Based Practice Project

Kaitlyn Kurtz

Rachel Matuseski

Ava McKee

Vincent Murphy

Megan Peterson

*See next page for additional authors*

Follow this and additional works at: [https://sophia.stkate.edu/ot\\_grad](https://sophia.stkate.edu/ot_grad)



Part of the [Occupational Therapy Commons](#)

---

---

**Author**

Kaitlyn Kurtz, Rachel Matuseski, Ava McKee, Vincent Murphy, Megan Peterson, Rachel Polland, Leigha Rudd, Elly Ryan, Maddie Troske, and Julie D. Bass

---

# Examining the Lived Experience of Mild Cognitive Impairment: An Evidence-Based Practice Project

Kaitlyn Kurtz, Rachel Matuseski, Ava McKee, Vincent Murphy, Megan Peterson,  
Rachel Polland, Leigha Rudd, Elly Ryan, & Maddie Troske

Faculty Advisor: Julie D. Bass, PhD, OTR/L, FAOTA  
St. Catherine University

EBP Project completed in partial fulfillment of the requirements  
for the Evidence-Based Practice Course  
in the Graduate Occupational Therapy Programs

Spring, 2019

Recommended APA citation:

Kurtz, K., Matuseski, R., McKee, A., Murphy, V., Peterson, M., Polland, R., Rudd, L., Ryan, E., Troske, M., & Bass, J.D. (2019). *Examining the lived experience of Mild Cognitive Impairment (MCI): An evidence-based practice project*. Retrieved from <https://sophia.stkate.edu/>

Keywords: mild cognitive impairment, mild neurocognitive disorder, functional cognition, occupational therapy, lived experience, perspectives, self-report, qualitative

**Table of Contents**

**Introduction..... 3**

    Evidence Based Practice ..... 3

    The EBP Project ..... 3

    The EBP Process ..... 3

    Four EBP Projects: Mild Cognitive Impairment and Functional Cognition ..... 4

    EBP Practical Dilemma: Mild Cognitive Impairment and Functional Cognition..... 4

    Appraisals of Best Evidence, Themes, and Recommendations ..... 5

    References ..... 7

**EBP Question ..... 10**

**Executive Summary ..... 11**

    Minnesota Occupational Therapy Association Continuing Education Presentation..... 11

    Themes ..... 14

    Summary and Implications for Practice ..... 18

    Table of EBP Resources ..... 21

    References ..... 24

**Appendix A. Initial Appraisals ..... 32**

## Introduction

### Evidence Based Practice

Evidence based practice is defined as the integration of knowledge from professional and clinical expertise, patient/client unique values and circumstances, and best research evidence (Straus, Richardson, Glasziou, & Haynes, 2005). The EBP courses in the St. Catherine University occupational therapy programs emphasizes skill building in finding, analyzing, and synthesizing research.

### A definition of Evidence-Based Practice (EBP)



(Straus, Richardson, Glasziou & Haynes, 2005)



### The EBP Project

Occupational therapy graduate students at St. Catherine University complete an EBP project in partial fulfillment of the requirements for a course on Evidence-Based Practice.

### The EBP Process

- Begins with a practice dilemma
- Dilemma is framed as an EBP question and PICO  
P (population/problem) I (intervention) C (comparison group) O (outcome(s) of interest)
- Background learning
- Search for the best evidence
- Initial appraisal and critical appraisal of the evidence
- Summary of themes from the evidence
- Recommendations for practice
- Next steps – implementation in practice

**Four EBP Projects: Mild Cognitive Impairment and Functional Cognition**

1. Descriptive, predictive, and risk factors
2. Perspectives and experiences
3. Screening and assessment
4. Interventions and programs

**EBP Practical Dilemma: Mild Cognitive Impairment and Functional Cognition*****Hypothetical EBP Case Related to Mild Cognitive Impairment and Functional Cognition***

Juan is a 75- year old male who has been diagnosed with mild cognitive impairment. Juan is in good general health but his family has noticed problems that are typical of functional cognition impairment. The health care agency you work for has seen a growing number of individuals with this diagnosis and is asking occupational therapy to become involved in program development for this population.

You have been asked to provide an in-service to staff on mild cognitive impairment and functional cognition and assist in the development of an evidence-based program for individuals with mild cognitive impairment. You are asked to gather evidence related to:

- Descriptive, predictive, and risk factors
- Perspectives and experiences on the lived experience
- Screening and assessments
- Interventions and programs

***Background Information on Mild Cognitive Impairment and Functional Cognition***

Functional cognition has been defined as:

- “how an individual utilizes and integrates his or her thinking and processing skills to accomplish everyday activities in clinical and community living environments” (AOTA, n.d.)
- “fundamental to the performance of complex everyday activities, which are more commonly referred to as instrumental activities of daily living (IADL)” (Wesson et al., 2016)

The occupational therapy lens on functional cognition became more important after the passage of the Centers for Medicare & Medicaid Services (CMS) IMPACT Act. The CMS IMPACT Act requires data collection in the “areas of functional status, cognitive status, falls, and skin integrity” (AOTA, 2015). The American Occupational Therapy Association (AOTA) has advocated that CMS collect data on functional cognition (functional status, cognitive status, and changes in functional and cognitive status) (AOTA, 2015). Recent occupational therapy initiatives related to functional cognition have focused on conducting quantitative and qualitative research on functional cognition, developing performance-based assessments on functional cognition, and developing evidence-based interventions to address functional cognition.

Mild cognitive impairment (MCI) is also known as mild neurocognitive disorder, mNCD, in the DSM 5 (American Psychiatric Association, 2013). The prevalence of mNCD is estimated as low as 6-7% (Sachdev, 2015) and as high as 15-20% (Minnesota Board of Aging, 2019). MCI has been defined as:

- "...changes in cognition exceeds the normal, expected changes related to age" (Mehta, 2018, para. 1)
- "...the interim state of cognition beyond that of the normal aging process, yet not sufficient to warrant a diagnosis of dementia" (Caliendo & Hilar, 2018, para. 1)
- "memory impaired, but otherwise functioning well" (Caliendo & Hilar, 2018, para. 1).

Four primary types of MCI have been proposed: amnesic MCI single domain, amnesic MCI multiple domain, non-amnesic MCI single domain, and non-amnesic MCI multiple domain (Peterson, 2009). The criteria for a diagnosis of MCI include subjective memory complaints, objective memory impairment, normal or preserved general cognition, intact activities of daily living, and no presence of dementia (Caliendo & Hilar, 2018). Additional diagnostic criteria include memory loss, language disturbance, attention deficit, and decreased visuospatial skills (Mehta, 2018).

A number of governmental agencies and national organizations have provided MCI resources and programs, including:

- AARP Brain Health and Wellness <https://www.aarp.org/health/brain-health/>
- CDC Healthy Brain Initiative <https://www.cdc.gov/aging/healthybrain/index.htm>
- NIH Cognitive and Emotional Health Project: The Healthy Brain <https://trans.nih.gov/CEHP/>
- AHRQ Practice Guidelines <https://effectivehealthcare.ahrq.gov/topics/cognitive-decline/research-protocol>
- National Academies of Science, Engineering and Medicine <http://nationalacademies.org/hmd/reports/2017/preventing-cognitive-decline-and-dementia-a-way-forward.aspx>
- Alzheimer's Association [https://www.alz.org/alzheimers-dementia/what-is-dementia/related\\_conditions/mild-cognitive-impairment](https://www.alz.org/alzheimers-dementia/what-is-dementia/related_conditions/mild-cognitive-impairment)
- HABIT: Healthy Action to Benefit Independence & Thinking <https://www.cityofroseville.com/2727/Activities>
- What is Brain Health? <https://brainhealth.nia.nih.gov/>
- U of MN Nursing ACT Trial (exercise and cognitive training) <https://www.nursing.umn.edu/act-trial>

### **Appraisals of Best Evidence, Themes, and Recommendations**

After searching and finding evidence available from library databases and alternative sources, students conducted an initial appraisal to evaluate the quality and relevance of the evidence and select the best research for further review. Then they conducted critical appraisals of the best formal reviews of primary research (e.g., systematic reviews, meta-analyses) and/or primary/original research studies using the AOTA CAP form (American Occupational Therapy Association, 2016). One of the steps in the CAP process is to evaluate the strength or level of the research design and the types of conclusions that are possible from each design.

*Initial Appraisal*

- Quality of the evidence
  - type of evidence
  - research design
  - investigator qualifications
  - journal/publication/website
- Relevance of the evidence
  - PICO

*Critical Appraisal*

- Reviews of primary research
  - systematic reviews, meta-analysis
  - review process and approach
  - consistent and inconsistent findings
- Primary research studies AOTA CAP
  - Level 1: randomized controlled trials
  - Level 2: two groups, nonrandomized/cohort and case control
  - Level 3: nonrandomized, pretest/posttest and cross-sectional
  - Level 4: single subject
  - Level 5: case report

After completing initial and critical appraisals, themes are summarized related to the EBP question and other findings that emerged from the evidence. Recommendations for practice and reflection on participating in an EBP project are identified in the conclusions.



## References

- Agency for Health Care Research and Quality (2016). Interventions for preventing cognitive decline, mild cognitive impairment, and Alzheimer's disease. Retrieved from <https://effectivehealthcare.ahrq.gov/topics/cognitive-decline/research-protocol>
- American Occupational Therapy Association (2017). Podcast: Functional cognition can promote value of OT in post-acute care. Retrieved from <https://www.aota.org/Advocacy-Policy/Federal-Reg-Affairs/News/2017/podcast-functional-cognition-value-post-acute-care.aspx>
- American Occupational Therapy Association. (2015). AOTA requests that Medicare collect IMPACT Act data on functional cognition. Retrieved from <https://www.aota.org/advocacy-policy/federal-reg-affairs/news/2015/request-medicare-impact-data-functional-cognition.aspx>
- American Occupational Therapy Association. (2016). AOTA'S evidence exchange: Guidelines to critically appraised paper (CAP) worksheet. Retrieved from <https://www.aota.org/~//media/Corporate/Files/Practice/EvidenceExchange/CAP%20Guidelines%20for%20Evidence%20Exchange.pdf>
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5®)*. American Psychiatric Pub.
- Belchior, P., Korner-Bitensky, N., Holmes, M., & Robert, A. (2015). Identification and assessment of functional performance in mild cognitive impairment: A survey of occupational therapy practices. *Australian Occupational Therapy Journal*, 62(3), 187-196.

Caliendo, T. & Hilas, O. (2018). Mild cognitive impairment overview and update. Retrieved from <https://journalce.powerpak.com/ce/mild-cognitive-impairment-overview-and>

Mehta, S. for Medscape (2018). Mild cognitive impairment. Retrieved from <https://emedicine.medscape.com/article/1136393-overview>

National Academies of Science, Engineering and Medicine. (2017). Preventing cognitive decline and dementia: A way forward. Retrieved from <http://nationalacademies.org/hmd/reports/2017/preventing-cognitive-decline-and-dementia-a-way-forward.aspx>

Petersen, R. C. (2004). Mild cognitive impairment as a diagnostic entity. *Journal of Internal Medicine*, 256(3), 183-194.

Petersen, R. C. (2009). Early diagnosis of Alzheimer's disease: is MCI too late?. *Current Alzheimer Research*, 6(4), 324-330.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3098139/>

Sachdev, P. S., Lipnicki, D. M., Kochan, N. A., Crawford, J. D., Thalamuthu, A., Andrews, G., Brayne, C., Matthews, F. E., Stephan, B. C., Lipton, R. B., Katz, M. J., Ritchie, K., Carrière, I., Ancelin, M. L., Lam, L. C., Wong, C. H., Fung, A. W., Guaita, A., Vaccaro, R., Davin, A., Ganguli, M., Dodge, H., Hughes, T., Anstey, K. J., Cherbuin, N., Butterworth, P., Ng, T. P., Gao, Q., Reppermund, S., Brodaty, H., Schupf, N., Manly, J., Stern, Y., Lobo, A., Lopez-Anton, R., Santabárbara, J., Cohort studies of memory in an international consortium (COSMIC) (2015). The prevalence of mild cognitive impairment in diverse geographical and ethnocultural regions: The COSMIC Collaboration. *PloS one*, 10(11), e0142388. doi:10.1371/journal.pone.0142388. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4634954/>

Straus, S. E., Richardson, W. S., Glasziou, P., & Haynes, R. B. (2005). How to practice and teach EBM. *Evidence-Based Medicine. Third edition. Elsevier*, 13-29.

Wesson, J., Clemson, L., Brodaty, H., & Reppermund, S. (2016). Estimating functional cognition in older adults using observational assessments of task performance in complex everyday activities: A systematic review and evaluation of measurement properties. *Neuroscience & Biobehavioral Reviews*, 68, 335-360. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0149763415302608>

Winblad, B., Palmer, K., Kivipelto, M., Jelic, V., Fratiglioni, L., Wahlund, L. O., ... & Arai, H. (2004). Mild cognitive impairment—beyond controversies, towards a consensus: report of the International Working Group on Mild Cognitive Impairment. *Journal of Internal Medicine*, 256(3), 240-246. Retrieved from <https://onlinelibrary.wiley.com/doi/pdf/10.1111/j.1365-2796.2004.01380.x>

**All EBP Projects are available at <http://sophia.stkate.edu/>.**

**EBP Question**

What are the perspectives, experiences, and self-reports of adult individuals, groups, or populations who have MCI or report problems with Functional Cognition (and / or their caregivers)?

## Executive Summary Minnesota Occupational Therapy Association Continuing Education Presentation

**Examining the Lived Experience of Mild Cognitive Impairment (MCI)**

Kathlyn Kurtz, Rachel Mattuszek, Ava McKee, Vincent Murphy, Megan Peterson, Rachel Pollard, Leigha Rudd, Ely Ryan, & Maddie Troske

**EBP Question:**

What are the perspectives, experiences, and self-reports of adult individuals, groups, or populations who have MCI or report problems with Functional Cognition (and/or their caregivers)?

**Approach to Research**

- Evidence Based Practice (EBP) is a balance of:
  - Best available research
  - Practitioner's expertise
  - Client & family's experience, values, and situation (Brown, 2017)
- Qualitative research uses a naturalistic tradition with an emphasis on understanding phenomena in the **real world**. (Brown, 2017)

**Examples of Evidence Resources**

- **Governmental & Major Foundations:**
  - Alzheimer's Association
  - National Institutes of Health
  - PCORI
- **OT Specific Resources:**
  - OTJR
  - AOTA SIS Quarterly Practice Connections: **Productive Aging**
  - AJOT
- **Interprofessional Journals, Databases, Professional Associations:**
  - Aging & Mental Health
  - Evidence-Based Complementary and Alternative Medicine

**Examples of Search Process**

- **Databases Used:** CINAHL, EBSCOhost, MEDLINE: PubMed, OT Search, PsychINFO, ScienceDirect, OT Seeker, OT Organizations, Google Scholar, PCORI
- **Most helpful search strategies:** using relevant filters (e.g. age, peer-reviewed), citation tracking
- **Most helpful keywords:**
  - Mild Cognitive Impairment
  - Qualitative
  - Older adults
  - Occupational therapy
  - Caregivers
  - Quality of life
  - Lived experiences

**Initial Appraisal of Best Evidence**

- **35 Primary Research Studies**
- **8 Reviews of Primary Research**
- **2 Conceptual/Theoretical Articles**

**Overview of Critical Appraisals of Best Evidence**

**Critical Appraisal Papers (CAPs)**

- **Meta-Representational Awareness in Mild Cognitive Impairment: An Interpretive Phenomenological Analysis** (Roberts & Clare, 2013)
- **Cognitive Impairment and Its Consequences in Everyday Life: Experiences of People with Mild Cognitive Impairment or Mild Dementia and Their Relatives** (Johansson, Marcusson, & Winblad, 2015)
- **Priority of Treatment Outcomes for Caregivers and Patients with Mild Cognitive Impairment: Preliminary Analyses** (Barrios, Gonzalez, Hanna, Lunde, Fields, Locke, & Smith, 2016)
- **The Process of Decline in Advanced Activities of Daily Living: A Qualitative Exploratory Study in Mild Cognitive Impairment** (De Vriest et al., 2012)

**Overview of Critical Appraisals of Best Evidence**

**Critical Appraisal Papers (CAPs) (con't)**

- **Making Sense of Mild Cognitive Impairment: A qualitative exploration of the patient's experience** (Langer et al., 2006)
- **Care Partner Responses to the Onset of Mild Cognitive Impairment** (Bissegger & Roberto, 2020)
- **The Impact of Memory Change on Daily Life in Normal Aging and Mild Cognitive Impairment** (Parks, Troyer, Malone, & Murphy, 2016)
- **Trajectories of Care: Spouses Coping with Changes Related to Mild Cognitive Impairment** (Roberto, McCann, & Bleszner 2013)

**Reviews of Primary Research**

- **Living with Ambiguity: A Metasynthesis of Qualitative Research on Mild Cognitive Impairment** (Somenzari et al., 2015)

**Critical Appraisal 1**

**The Impact of Memory Change on Daily Life in Normal Aging and Mild Cognitive Impairment**  
(Parks, Troyer, Malone, & Murphy, 2016)

- What is the impact of memory changes on the daily lives of individuals with normal aging and MCI?
- Mild memory changes have an impact on several aspects of daily life:
  - feelings and views of the self
  - relationships with others
  - work and leisure activities
  - use of compensatory behaviors.

**Critical Appraisal 2**

**Meta-Representational Awareness in Mild Cognitive Impairment: An Interpretive Phenomenological Analysis**  
(Roberts & Clare, 2013)

- What is the level of awareness & psychological impact of living with MCI and resulting coping strategies of people with MCI?
- Aware of memory and cognitive difficulties but appraisal of abilities influenced by psychological and social factors
  - Fear & uncertainty
  - Coping strategies:
    - Interdependence
    - Denial of difficulty
    - "Life goes on" attitude

### Critical Appraisal 4

**The Process of Decline in Advanced Activities of Daily Living: A Qualitative Explorative Study in Mild Cognitive Impairment**  
(De Vriendt et al., 2012)

- How does ADL performance decline in patients with MCI?
- All participants reported problems in performance, though subtle, when more complex ADL activities were completed, including:
  - Leisure
  - Self development
  - Semi-professional work

### Critical Appraisal 3

**Making Sense of Mild Cognitive Impairment: A Qualitative Exploration of the Patient's Experience**  
(Lingler et al., 2006)

- What are the individual's experience of living with and making sense of the diagnosis of MCI?
- Individuals assigned a diverse range of meanings to their diagnosis
- Three key contextual factors were influential in shaping perceptions of meaning:
  - expectations of normal cognitive aging
  - personal experience with dementia
  - concurrent health problems.

### Critical Appraisal 5

**Living with Ambiguity: A Metasynthesis of Qualitative Research on Mild Cognitive Impairment**  
(Gomersall et al., 2015)

- What is the experience of being diagnosed & living with MCI from the perspective of an individual with the condition?
- A major theme identified: the experience of living with ambiguity
  - Challenges were experienced in understanding the meaning behind the diagnosis of MCI and the associated prognostic implications

### Critical Appraisal 6

**Cognitive Impairment and its Consequences in Everyday Life: Experiences of People with MCI or Mild Dementia and their Relatives**  
(Johansson, Marcussson, & Wressle, 2015)

- How does MCI or mild dementia impact everyday life and the need for support for those diagnosed and their relatives?
- Changes in cognition and activity patterns (often reported to a greater extent by relatives)
- Uncertain of ability, yet avoided the topic
- Differences in perception of relatives' support
- Relatives' burden and sadness
  - Family support groups got mixed appraisal: Informative, but felt inappropriate for some subgroups

### Critical Appraisal 7

**Priority of Treatment Outcomes for Caregivers and Patients with Mild Cognitive Impairment: Preliminary Analyses**  
(Barrios, González, Hanna, Lunde, Fields, Locke, & Smith, 2016)

- How do caregivers and patients with Mild Cognitive Impairment (MCI) prioritize behavioral outcomes?
- On average at the MCI stage, patient **quality of life and self-efficacy** were most important to both patients with MCI and caregivers.
- This information is helpful for OTs because it sheds light on how some patients & caregivers prioritize outcomes, thus allowing us to develop meaningful and patient-centered intervention goals.

### Critical Appraisal 8

**Trajectories of Care: Spouses Coping with Changes Related to Mild Cognitive Impairment**  
(Roberto, McCann, & Bleszner 2013)

- In what ways does daily life change for married couples in which one partner has MCI?
- Information about marital role changes and care-related trajectories associated with MCI
  - Adjusting to maintaining
  - Partner to manager
  - Intertwined to parallel
  - Interdependency to dependence

### Critical Appraisal 9

**Care Partner Responses to the Onset of Mild Cognitive Impairment**  
(Bleszner & Roberto, 2010)

- Two research questions:
  - How do family members manage behavioral changes resulting from MCI? and
  - What is the impact of having a relative with MCI on care partners' psychological well-being?
- Coping strategies and supportive social networks can help family members manage behavioral changes resulting from MCI
- Care partners reported depressive symptoms along with stress, intrapsychic strain, burden and changes in their relationship with the person with MCI (including, frustration, distress, and anxiety)

### Theme 1: Confusing Diagnostic Process

Patients & caregivers have reported confusion after receiving a diagnosis of Mild Cognitive Impairment (MCI), including a lack of information about the condition, ambiguity about the course of its progression, & unclear directions on what to do next (Gomersall et al., 2015; Roberts & Clare, 2013).

- Various diagnostic criteria are available (American Psychiatric Association, 2013; Corner & Bond, 2006; Peterson, 2004)
- Unclear diagnostic messages are relayed to individuals & caregivers (Gomersall et al., 2015; Peterson, 2004)
- Consistent advice & direction is hard to come by (Bleszner & Roberto, 2010)

### Theme 2: Change in Identity

Most individuals with MCI described experiencing shifts in their identities, including an altered self-concept, as well as changes in their emotions and abilities.

- Negative self-evaluations (Parikh, Troyer, Malone, & Murphy, 2016; Roberts & Clare, 2013)
- Feelings of fear and uncertainty (Lingler, 2006; Parikh, Troyer, Malone, & Murphy, 2016; Roberts & Clare, 2013).
- Satisfaction that it was not dementia (Lingler, 2006).
- Changes in abilities (de Vriendt et al., 2012; Parikh, 2016; Roberts & Clare, 2013).

### Theme 3: Changes in Caregiver Role and Social Relationships


Social relationships for individuals with MCI may change over time for a variety of reasons as the roles and environments of the two parties shift.

- Frustration, fear, & sadness strain relationships (Bleszner & Roberto, 2010; Parikh, 2016)
- Caregiver stress & strain (Bleszner & Roberto, 2010; Roberto, McCann, & Bleszner, 2013)
- Social withdrawal and social exclusion (Bleszner & Roberto, 2010; Parikh, Troyer, Malone, & Murphy, 2016; and Roberto, McCann, & Bleszner, 2013)
- Interruptions in caregiver social lives (Bleszner & Roberto, 2010; Parikh, Troyer, Malone, & Murphy, 2016; and Roberto, McCann, & Bleszner, 2013)

### Theme 4: Coping Strategies

With a diagnosis of MCI often comes new emotions, challenges, and daily adjustments for both the individuals and those around them.

- Common compensatory techniques (De Vriendt et al., 2012; Johansson, Marcusson, & Wressle, 2015; Parikh, Troyer, Malone, & Murphy, 2016)
- "Life goes on" (De Vriendt et al., 2012; Roberts & Clare, 2013)
- Caregiving coping strategies (Bleszner & Roberto, 2010; Morris et al., 2008)



### Recommendations for OT and Interprofessional Programs



- Facilitate discussions about diagnosis
- Prevent occupational & social disruption
- Consider role of caregiver
- Promote healthy coping skills

### Summary and Reflection

- **Limitations:**
  - Ambiguity of diagnostic criteria
  - Small sample sizes
  - Underrepresentation of populations
- **Strengths:**
  - Variety of perspectives
  - Variety of temporal contexts
  - First-hand testimonials about daily experience

*The lived experience of individuals with MCI and their caregivers is important to consider when providing patient-centered care.*

### References

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.

Bleszner, R., & Roberto, K. A. (2010). Care partner responses to the onset of mild cognitive impairment. *The Gerontologist*, 50(1), 11-22. doi:10.1093/geronl/gp068

De Vriendt, P., Goris, E., Corneli, E., Velghe, A., Petrovic, M., Meis, T., ... Meis, T. (2012). The process of decline in advanced activities of daily living: A qualitative explorative study in mild cognitive impairment. *International Psychogeriatrics*, 24(6), 974-986. doi:10.1017/S1041610211002766

Gomerath, T., Axelt, A., Nygård, L., Sjöström, A., Mihalidis, A., & Haug, A. (2015). Living with ambiguity: A meta-analysis of qualitative research on mild cognitive impairment. *The Gerontologist*, 55(5), 892-902.

Johansson, M. M., Marcusson, J., & Wressle, E. (2015). Cognitive impairment and its consequences in everyday life: Experiences of people with mild cognitive impairment or mild dementia and their relatives. *International Psychogeriatrics*, 27(6), 949-958. doi:10.1017/S1041610215000058

### References

Lai, C. K. (2005). What's in a label? An exploration of the psychosocial impact on an individual diagnosed with Mild Cognitive Impairment. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, 1(1), 55S.

Lingler J.H., Nightingale, M.C., Erlen, J.A., Kane, A.L., Reynolds, C.F., Schutz, R., & Dekosky, S.T. (2006). Making Sense of Mild Cognitive Impairment: A qualitative exploration of the patient's experience. *The Gerontologist*, 46(6), 791-800.

Morris, J. L., Hu, L., Hunikner, A., Liptak, A., Seaman, J. B., & Lingler, J. H. (2018). Patient and Family Members' Subjective Experiences of a Diagnostic Evaluation of Mild Cognitive Impairment. *Journal of Patient Experience*, 2374373518818204.

Parikh, Preetam K., Troyer, Angela K., Malone, Andrea M., and Murphy, Kelly J. (2016). The impact of memory change on daily life in normal aging and mild cognitive impairment. *The Gerontologist*, 56(5), 877-885.

Petersen, R. C. (2004). Mild cognitive impairment as a diagnostic entity. *Journal of Internal Medicine*, 256(3), 183-194.

### References

Roberto, K. A., McCain, B. R., & Bleszner, R. (2013). Trajectories of care: Spouses coping with changes related to mild cognitive impairment. *Dementia: The International Journal of Social Research and Practice*, 12(1), 45-62. doi:10.1177/1471301212412133

Roberts, J. L., & Clare, L. (2013). Meta-representational awareness in mild cognitive impairment: An interpretative phenomenological analysis. *Age & Mental Health*, 17(3), 300-309. doi:10.1080/13607863.2012.732033

Talero, K.A., Amann, T., & Smayda, S.A. (2004). The lived experience of cognitive impairment. *Journal of Psychosocial Nursing*, 42(11), 14-18. Retrieved from https://web-a.ebscohost.com/pearl.state.edu/ehost/detail?vid=18&sid=4ba716c8-42ca-4bc-aa67-bcc443014c064d&sessionid=40066&data-unipkg=5U22Whw3Q28G2Z03&3&3&AN=105663998&db=ch

## **Themes**

### ***Introduction***

The research question that we explored was: What are the perspectives, experiences, and self-reports of individuals, groups, or populations who have MCI or report problems with Functional Cognition, and also the experiences of their caregivers and relatives. Evidence based practice requires us to balance three sources of data to inform our treatment decisions: the best available research, the practitioner's experience and expertise, and the client and family's experiences, values, and their situation. The third source—the client's and family's experiences—will be assessed when we spend time with our clients, building rapport, asking open-ended questions, and better understanding what is most important to them. Though this can only be done with our clients present, we can glimpse at real-life experiences by reviewing the body of relevant qualitative research. Qualitative research uses a naturalistic tradition with an emphasis on understanding phenomena in the real world.

In the case of MCI, “caregiving” is a relative term. True caregiving services are rarely needed unless there are other conditions present. For this presentation, we can think of caregivers broadly as the important people in the lives of people with MCI, including spouses, relatives, other loved ones and supportive partners.

### ***Confusing Diagnostic Process***

Both patients and caregivers have reported confusion after receiving a diagnosis of Mild Cognitive Impairment (MCI), including a lack of information about the condition, ambiguity about the course of its progression, and unclear directions on what to do next (Gomersall et al., 2015; Roberts & Clare, 2013). Across clinical fields, various diagnostic criteria are available to evaluate MCI-associated symptoms (American Psychiatric Association, 2013; Peterson, 2004),



and amongst neuroscientists and other health care providers, debate remains about distinguishing “normal aging” from “disease” (Corner & Bond, 2006). With the ambiguity related to diagnosis, unclear messages may be communicated to patients and their caregivers, contributing to further confusion and anxiety. In a qualitative case study, one individual who had recently been diagnosed with MCI recalled, “I was told I had some sort of dementia, but we weren’t sure whether that was different or normal for someone my age. That wasn’t made clear. We’re still not clear about what will happen” (Corner & Bond, 2006, p. 7). A complementary mixed-method study of 106 care partners found that consistent and specific advice and information for individuals with MCI and their caregivers is important (Blieszner & Roberto, 2010).

### *Change in Identity*

Many individuals with MCI described experiencing shifts in their identities, including an altered self-concept, as well as changes in their emotions and abilities. Regardless of the level of understanding of their diagnosis, many individuals were aware of the changes in their cognition, which elicited negative self-evaluations and feelings of frustration, depression, inadequacy, and unreliability (Parikh, Troyer, Maione, & Murphy, 2016; Roberts & Clare, 2013). Some individuals with MCI described feelings of fear and uncertainty, not knowing how their cognitive abilities and memory will decline in the future and whether their condition will progress to dementia or not (Lingler, 2006; Parikh, Troyer, Maione, & Murphy, 2016; Roberts & Clare, 2013). On the other hand, some felt satisfaction in finding professional validation of the symptoms they were experiencing, and the absence of the dementia diagnosis was comforting (Lingler, 2006). In addition to changes in self-concept and emotions, some individuals with MCI reported changes in their abilities, which included difficulty performing cognitively demanding work, volunteer, hobby, and leisure activities. These changes caused a decrease in performance,

satisfaction, and a negative impact on social participation (De Vriendt et al., 2012; Parikh, 2016; Roberts & Clare, 2013).

### *Changes in Caregiver Role and Social Relationships*

Social relationships for individuals with MCI may change over time for a variety of reasons as the roles and environments of the two parties shift. Emotions such as frustration, fear, and sadness can strain relationships as they begin to feel more one-sided or problematic, especially in instances where the relationship was rocky to begin with (Blieszner & Roberto, 2010; Parikh, 2016). One wife explained her frustration:

I just get aggravated and scream, lots of times, because he won't cooperate. And then, I get very, very angry. And, I don't like that, because that has never been a part of me. So, that has been my biggest problem. I guess it's because, all of my life, things have been in control. And, now they are not (Blieszner & Roberto, 2010).

Many people in the caregiver role also reported stress and strain on their own daily lives and activities, as well as during community social situations where unfamiliar settings sparked feelings of fear, powerlessness, and vulnerability in both caregivers and individuals with MCI (Blieszner & Roberto, 2010; Roberto, McCann, & Blieszner, 2013). Overall, many individuals with MCI described experiences of social withdrawal and social exclusion due to the memory problems associated with MCI (Blieszner & Roberto, 2010; Parikh, Troyer, Maione, & Murphy, 2016; and Roberto, McCann, & Blieszner, 2013). In addition, caregivers of individuals with MCI reported interruptions in their social lives because of increased responsibility to care for their spouses (Blieszner & Roberto, 2010; Parikh, Troyer, Maione, & Murphy, 2016; and Roberto, McCann, & Blieszner, 2013).

### *Coping Strategies*

With a diagnosis of MCI may come new emotions, challenges, and daily adjustments for both the individuals and those around them. In order to manage these new realities in a healthy

and productive way, many individuals with MCI reported finding certain ways to compensate, either fully or partially (Parikh, Troyer, Maione, & Murphy, 2016). Common compensatory techniques included memory aids such as lists and calendars, relying on their spouse to remember, and using physical reminders such as putting medication in a visible location (De Vriendt et al., 2012; Johansson, Marcusson, & Wressle, 2015; Parikh, Troyer, Maione, & Murphy, 2016). Through interviews, researchers found that another coping strategy used by some individuals with MCI was to adopt a “life goes on” attitude regarding the experience of their symptoms (De Vriendt et al., 2012; Roberto, McCann, & Blieszner, 2013; Roberts & Clare, 2013). The concept of “life goes on” was highlighted in one participant’s words when he stated: “I feel complete and I am satisfied with my activities. I know objectively, I am doing less than before, and not that good anymore, but it feels OK. It doesn’t feel like I am performing less or poorer...” (De Vriendt et al., 2012, p. 10). The caregivers of individuals with MCI also have a need for coping strategies to manage the physical, emotional, and psychosocial requirements of the role (Blieszner & Roberto, 2010). Caregivers provide vital support to individuals after a diagnosis of MCI, and they should be provided with education and counseling, as well as mental and physical health service to deal with the stress and anxiety related to caregiving (Blieszner & Roberto, 2010). In addition to formal supports, caregivers also benefited from being able to share their experiences with a relative or friend in their everyday lives (Morris et al., 2008; Blieszner & Roberto, 2010).

### **Summary and Implications for Practice**

Every person and caregiver's experience with MCI is unique, and it fluctuates as people move from diagnosis to gaining life experience with this condition. As occupational therapists, it is important to consider all aspects of care for individuals with MCI, and this includes listening to their lived experiences. The majority of our research spoke to the daily challenges that are faced by caregivers, loved ones, and persons diagnosed with MCI. Qualitative research that focuses on the lived experience is critically important to consider alongside literature regarding definitions and prevalence, assessments, and interventions. Our themes encompass the confusing diagnostic process of MCI, changes in identity for persons with MCI, changes in the caregiver role and social relationships, and coping strategies.

Of important note from the literature was the ambiguity of the MCI diagnosis, which appeared to be the root of much uncertainty and frustration for clients, caregivers, and practitioners. For many clients, an unclear diagnosis caused confusion regarding their prognosis, and many could not differentiate MCI from dementia, leading to misunderstanding regarding their abilities. A review of the qualitative literature revealed a wide range in the progression of MCI, each with a different outcome. As practitioners working with this population, occupational therapists need to consider the individuality of each client with MCI and help educate clients on their abilities related to their diagnosis. Thus, occupational therapy practitioners are just one of many medical professionals that require a certain level of understanding of what to expect from MCI so that practitioners can provide education and guidance to their clients.

When planning treatment for individuals with MCI, occupational therapy practitioners should consider social context and the potentially broad impact that the diagnosis has on their lives. An MCI diagnosis commonly affects individuals' relationships and their caregiving needs.

However, caregiver burden is common, so practitioners need to consider the needs and occupational balance of both patients with MCI and their caregivers. Because occupational therapy practitioners are familiar with family-centered care, they may be particularly well suited to incorporate interventions that acknowledge and minimize caregiver strain into treatment plans. Practitioners need to be aware that individuals with MCI commonly experience negative feelings and self-perceptions; the impact of these cognitive and emotional experiences on motivation and occupational performance must be considered when providing client-centered care.

Individuals with MCI are at risk of withdrawing from various meaningful occupations, such as work, leisure, and social participation, due to lost interest and feelings of fear or vulnerability with their capabilities. Interventions can be aimed towards preventing this withdrawal and occupational deprivation. The various coping strategies reported as successful by individuals with MCI can guide intervention when working with individuals with MCI. Occupational therapists also need to be aware of the grieving process that occurs after receiving a new diagnosis, which is particularly relevant to MCI because of the inconsistencies and confusion related to the diagnosis of MCI.

Limitations of the research we gathered include inconsistencies in how MCI is defined across the literature and a narrow range of participant demographics. As is typical of qualitative research in general, in most studies, sample sizes were relatively small. Rather than seeing this as a limitation in the veracity of study findings, it reminds us of the depth of information accessible in the lived experience of each individual. Each client that comes into our care can teach us things that are case-specific and things that are generalizable, and it is our charge to provide them with active listening and opportunities to share; without this, we cannot provide competent

treatment. The role of social support systems (i.e. caregivers, spouses, and other relatives) was highlighted in many studies, but those individuals with MCI who lack such support, and may be particularly vulnerable, were an underrepresented population in research. Strengths of our research include the incorporation of different perspectives (caregiver versus patient/client), variety of temporal contexts including moment of diagnosis and beyond, and first-hand testimonials about daily experiences that can be incorporated to inform clinical practice. Different types of qualitative studies involved in our research ranged from phenomenological, systematic reviews, narrative, mixed-methods, and ethnographic studies. Our research, combined with that of our peers, provides a look into the many facets of MCI.

**Table of EBP Resources**

Table 1.

*Government and Major Foundation Resources Addressing Mild Cognitive Impairment and Functional Cognition*

Title/Name	Brief Description	Source
National Institutes of Health	Includes the National Institute on Aging, named as “the primary Federal agency supporting and conducting Alzheimer's disease research”	National Institutes of Health <a href="https://www.nia.nih.gov">https://www.nia.nih.gov</a>
	Includes MedlinePlus which offers consumer information on cognitive impairment	
Mayo Clinic	Mayo Clinic doctors conduct extensive research on mild cognitive impairment, Alzheimer's disease and other dementias, and conduct clinical trials	Mayo Clinic <a href="http://www.mayoclinic.org">www.mayoclinic.org</a>
	Includes symptoms, causes, diagnostic criteria, and treatment	
Centers for Disease Control and Prevention	One of the major operating components of the United States Department of Health and Human Services.	Centers for Disease Control and Prevention <a href="http://www.cdc.gov">www.cdc.gov</a>
	Publishes findings of original research, and provides health information for professional and consumers.	
World Health Organization	The World Health Organization works worldwide to promote health and wellness. Houses articles presenting research and evidence regarding mental health and cognitive impairment.	World Health Organization <a href="http://www.who.int">www.who.int</a>
Alzheimer's Association	The leading voluntary health organization in Alzheimer's care, support and research	Alzheimer's Association <a href="http://www.alz.org">www.alz.org</a>
	Includes information on stages and resources related to Alzheimer's Disease	

Table 2.

*Occupational Therapy Resources Addressing Mild Cognitive Impairment and Functional Cognition*

Title/Name	Brief Description	Source
Scandinavian Journal of Occupational Therapy	A journal for occupational therapy practitioners containing peer-reviewed articles, such as a study that examines technology among older adults with mild cognitive impairment.	Taylor and Francis <a href="http://www.tandfonline.com">www.tandfonline.com</a>
British Journal of Occupational Therapy	A peer-reviewed journal for occupational therapists. Contains an article which discusses the risk of dementia among individuals with mild cognitive impairment and the use of lifestyle change for prevention.	Sage Publications <a href="https://journals.sagepub.com">https://journals.sagepub.com</a>
OTJR: Occupation, Participation, and Health	Provides peer-reviewed research articles for occupational therapy practitioners, such as a study that examines the use of activity-based goals and client-centered care with older adults with mild cognitive impairment.	American Occupational Therapy Foundation <a href="http://www.aotf.org">www.aotf.org</a>
AOTA Productive Aging: SIS Quarterly Practice Connections	Provides examples of cognitive assessment tools that could be used in the acute care setting, intervention strategies, and application of tools and strategies	The American Occupational Therapy Association <a href="http://www.aota.org">www.aota.org</a>
The American Journal of Occupational Therapy (AJOT)	Publishes peer-reviewed research examining the effectiveness and efficiency of occupational therapy practice, such as an article that examines instrumental activities of daily living performance and role satisfaction in people with and without mild cognitive impairment	<a href="https://ajot.aota.org/index.aspx">https://ajot.aota.org/index.aspx</a>



Table 3.

*Interdisciplinary Journals, Databases, and Professional Associations Addressing Mild Cognitive Impairment and Functional Cognition*

Title/Name	Brief Description	Source
Aging & Mental Health	Publishes peer-reviewed journals related to the relationship between aging & mental health such as a study analyzing caregiver burden in mild cognitive impairment.	SCU Library: <a href="https://clicksearch.stkate.edu">https://clicksearch.stkate.edu</a>
American Journal of Public Health	Publishes peer reviewed and double blind peer reviewed articles. Articles are of original research, program evaluations, analytical reviews, and research methods focusing on health policy analysis and reports. They are an academic journal primarily looking at public health with biomedical and core nursing perspectives.  This includes research on a typical day with mild cognitive impairment.	SCU Library: CINAHL Plus with Free Text <a href="https://web.a.ebscohost.com">https://web.a.ebscohost.com</a>
Nutrition, Metabolism, & Cardiovascular Diseases	The official Journal of the Italian Society of Diabetology, the Italian Society for the Study of Atherosclerosis and the Italian Society of Human Nutrition.	SCU Library: Elsevier ScienceDirect Journals Complete <a href="https://sciencedirect.com/">https://sciencedirect.com/</a>
Neuropsychology	Published by the American Psychological Association in the United States. Has peer reviewed journals and articles as an online publication. Focused on neurological disorders and brain damage. This includes mild cognitive impairment and functional markers.	SCU Library: Proquest: Psych Articles <a href="https://search.proquest.com">https://search.proquest.com</a>
Evidence-Based Complementary and Alternative Medicine	Publishes peer reviewed articles on topics including Alzheimer's Disease, Cognition Disorders, Acupuncture methods and points, MRI, and Brain Mapping. This journal seeks to apply the study of complementary and alternative medicine modalities, particularly traditional Asian healing systems.	SCU Library; CINAHL Plus with Free Text <a href="https://web.a.ebscohost.com">https://web.a.ebscohost.com</a>

## References

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.
- Apostolova, L. G., & Cummings, J. L. (2008). Neuropsychiatric manifestations in mild cognitive impairment: A systematic review of the literature. *Dementia and Geriatric Cognitive Disorders*, 25, 115-126. doi: 10.1159/000112509
- Banningh, L. W. J. W., Vernooij-Dassen, M. J., Vullings, M., Prins, J. B., Rikkert, M. G. O., & Kessels, R. P. (2013). Learning to live with a loved one with mild cognitive impairment: effectiveness of a waiting list controlled trial of a group intervention on significant others' sense of competence and well-being. *American Journal of Alzheimer's Disease & Other Dementias*, 28(3), 228-238.
- Banningh, L. W. J., Vernooij-Dassen, M., Rikkert, M. O. and Teunisse, J. (2008), Mild cognitive impairment: coping with an uncertain label. *Int. J. Geriatr. Psychiatry*, 23, 148-154. doi:10.1002/gps.1855
- Barrios, P., González, R., Hanna, S., Lunde, A., Fields, J., Locke, D., & Smith, G. (2016). Priority of treatment outcomes for caregivers and patients with mild cognitive impairment: *Preliminary analyses. Neurology and Therapy*, 5(2), 183-192. doi:10.1007/s40120-016-0049-1
- Bárrios, H., Narciso, S., Guerreiro, M., Maroco, J., Logsdon, R., de Mendonça, A. (2013). Quality of life in patients with mild cognitive impairment. *Aging & Mental Health*, 17(3), 287-292. doi: 10.1080/13607863.2012.747083

- Beard, R. L., & Neary, T. M. (2013). Making sense of nonsense: Experiences of mild cognitive impairment. *Sociology of Health & Illness*, 35(1), 130-146. doi:10.1111/j.1467-9566.2012.01481.x
- Berg, A. I., Wallin, A., Nordlund, A., & Johansson, B. (2013). Living with stable MCI: Experiences among 17 individuals evaluated at a memory clinic. *Aging & Mental Health*, 17(3), 293-299. doi:10.1080/13607863.2012.751582
- Blieszner, R., & Roberto, K. A. (2010). Care partner responses to the onset of mild cognitive impairment. *The Gerontologist*, 50(1), 11–22. doi:10.1093/geront/gnp068
- Branger, C., Burton, R., O’Connell M.E., Stewart, N., & Morgan, D. (2016). Coping with cognitive impairment and dementia: Rural caregivers’ perspective. *Dementia*, 15(4), 814-831. <https://doi.org/10.1177/1471301214539956>
- Cahill, S. & Diaz-Ponce, A. M. (2011). ‘I hate having nobody here. I’d like to know where they all are’: Can qualitative research detect differences in quality of life among nursing home residents with different levels of cognitive impairment?. *Aging & Mental Health*, 15(5), 562-572. doi:10.1080/13607863.2010.551342
- Carlozzi, N.E., Sherman, C.W., Angers, K., Belanger, M.P., Austin, A.M., & Ryan, K.A. (2018). Caring for an individual with mild cognitive impairment: a qualitative perspective of health-related quality of life from caregivers. *Aging & Mental Health*, (22)9, 1190-1198. <http://dx.doi.org.pearl.stkate.edu/10.1080/13607863.2017.1341468>
- Chandler, M., Parks, A., Marsiske, M., Rotblatt, L., & Smith, G. (2016). Everyday impact of cognitive interventions in mild cognitive impairment: A systematic review and meta-analysis. *Neuropsychology Review*, 26(3), 225-251. doi:10.1007/s11065-016-9330-4

- Chen, H. C., Chan, S. W. C., Yeh, T. P., Huang, Y. H., Chien, I. C., & Ma, W. F. (2019). The spiritual needs of community-dwelling older people living with early-stage dementia—a qualitative study. *Journal of Nursing Scholarship*, *51*(2), 157-167. doi: 10.1111/jnu.12454
- Colbeck, M., Fogarty, D., & Funk, S. (2016). Learning to live with multiple sclerosis cognitive impairment and how it influences readiness for group cognitive intervention. *Disability and Health Journal*, *9*(4), 638-645. doi:10.1016/j.dhjo.2016.04.010
- Corner, L., & Bond, J. (2006). The impact of the label of mild cognitive impairment on the individual's sense of self. *Philosophy, Psychiatry, & Psychology*, *13*(1), 3-12. doi: 10.1353/ppp.2006.0036
- Dean, K., & Wilcock, G. (2012). Living with mild cognitive impairment: the patient's and carer's experience. *International Psychogeriatrics*, *24*(6), 871-881. doi: 10.1017/S104161021100264X
- De Vriendt, P., Gorus, E., Cornelis, E., Velghe, A., Petrovic, M., Mets, T., . . . Mets, T. (2012). The process of decline in advanced activities of daily living: A qualitative explorative study in mild cognitive impairment. *International Psychogeriatrics*, *24*(6), 974-986. doi:10.1017/S1041610211002766
- Gomersall, T., Astell, A., Nygård, L., Sixsmith, A., Mihailidis, A., & Hwang, A. (2015). Living with ambiguity: A metasynthesis of qualitative research on mild cognitive impairment. *The Gerontologist*, *55*(5), 892-912. doi: 10.1093/geront/gnv067
- Gomersall, T., Smith, S. K., Blewett, C., & Astell, A. (2017). "It's definitely not Alzheimer's": Perceived benefits and drawbacks of a mild cognitive impairment diagnosis. *British Journal of Health Psychology*, *22*(4), 786-804. doi: 10.1111/bjhp.12255

- Gordon, M., Lenderking, W., Duhig, A., Chandler, J., Lundy, J., Miller, D., . . . Frank, L. (2016). Development of a patient-reported outcome instrument to assess complex activities of daily living and interpersonal functioning in persons with mild cognitive impairment: The qualitative research phase. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association, 12*(1), 75-84. doi:10.1016/j.jalz.2015.04.008
- Hailu, T., Cannuscio, C. C., Dupuis, R., & Karlawish, J. (2017). A typical day with mild cognitive impairment. *American Journal of Public Health, 107*(6), 927-928. doi:10.2105/AJPH.2017.303752
- Hasselkus, B.R., & Murray, B.J. (2007). Everyday occupation, well-being, and identity: The experience of caregivers in families with dementia. *American Journal of Occupational Therapy, 61*(1), 9-20.
- LeBlanc, A., Bourbonnais, F., Harrison, D., & Tousignant, K. (2018). The experience of intensive care nurses caring for patients with delirium: A phenomenological study. *Intensive & Critical Care Nursing, 44*, 92-98. doi:10.1016/j.iccn.2017.09.002
- Letts, L., Edwards, M., Berenyi, J., Moros, K., O'Neill, C., O'Toole, C., & McGrath, C. (2011). Using occupations to improve quality of life, health and wellness, and client and caregiver satisfaction for people with Alzheimer's disease and related dementias. *American Journal of Occupational Therapy, 65* (5), 497-504. doi:10.5014/ajot.2011.002584
- Lingler J. H., Nightingale, M. C., Erlen, J. A., Kane, A. L., Reynolds, C. F., Schulz, R., & Dekosky, S. T. (2006). Making sense of mild cognitive impairment: A qualitative exploration of the patient's experience. *The Gerontologist, 46*(6), 791-800. doi:10.1093/geront/46.6.791

- Johansson, M. M., Marcusson, J., & Wressle, E. (2015). Cognitive impairment and its consequences in everyday life: Experiences of people with mild cognitive impairment or mild dementia and their relatives. *International Psychogeriatrics*, 27(6), 949-958. doi:10.1017/S1041610215000058
- Kim, E., Kim, J., & An, M. (2016). Experience of dementia-related anxiety in middle-aged female caregivers for family members with dementia: A phenomenological study. *Asian Nursing Research*, 10(2), 128-135. doi:10.1016/j.anr.2016.02.001
- Lai, C. K. (2005). What's in a label? An exploration of the psychosocial impact on an individual diagnosed with mild cognitive impairment. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, 1(1), S55. doi: 10.1016/j.jalz.2005.06.124
- Maki, Y., Yamaguchi, T., Yamagami, T., Murai, T., Hachisuka, K., Miyamae, F., . . . Yamaguchi, H. (2014). The impact of subjective memory complaints on quality of life in community-dwelling older adults. *Psychogeriatrics*, 14(3), 175-181
- Mattos, M. K., Nilsen, M. L., & Lingler, J. H. (2018). Experiences surrounding an early-stage cognitive diagnosis in rural-dwelling older adults. *Research in Gerontological Nursing*, 11(4), 181-189. doi:10.3928/19404921-20180628-03
- McCulloch, S., Robertson, D., & Kirkpatrick, P. (2016). Sustaining people with dementia or mild cognitive impairment in employment: A systematic review of qualitative evidence. *The British Journal of Occupational Therapy*, 79(11), 682-692. doi:10.1177/0308022616665402
- Moebs, I., Gee, S., Miyahara, M., Paton, H., & Croucher, M. (2017). Perceptions of a cognitive rehabilitation group by older people living with cognitive impairment and their

- caregivers: A qualitative study. *Dementia*, 16(4), 513-522. doi: 10.1177/1471301215609738
- Moon, H., Townsend, A. L., Whitlatch, C. J., & Dilworth-Anderson, P. (2016) Quality of life dementia caregiving dyads: Effects of incongruent perceptions of everyday care and values. *The Gerontologist*, 57(4), 657-666.
- Morris, J. L., Hu, L., Hunsaker, A., Liptak, A., Seaman, J. B., & Lingler, J. H. (2018). Patients' and family members' subjective experiences of a diagnostic evaluation of mild cognitive impairment. *Journal of Patient Experience*, 1-8. doi:10.1177/2374373518818204
- Parikh, P. K., Troyer, A. K., Maione, A. M., and Murphy, K. J. (2016). The impact of memory change on daily life in normal aging and mild cognitive impairment. *The Gerontologist*, 56(5), 877-885. doi: 10.1093/geront/gnv030
- Peach, T., Pollock, K., Van der Wardt, V., Das Nair, R., Logan, P., & Harwood, R. (2017). Attitudes of older people with mild dementia and mild cognitive impairment and their relatives about falls risk and prevention: A qualitative study. *PLoS ONE*, 12(5), E0177530.
- Persson M, & Zingmark K. (2006). Living with a person with Alzheimer's disease: experiences related to everyday occupations. *Scandinavian Journal of Occupational Therapy*, 13(4), 221–228.
- Petersen, R. C. (2004). Mild cognitive impairment as a diagnostic entity. *Journal of Internal Medicine*, 256(3), 183-194. doi: 10.1111/j.1365-2796.2004.01388.x
- Petry, H., Ernst, J., Steinbrüchel-Boesch, C., Altherr, J., & Naef, R. (2018). The acute care experience of older persons with cognitive impairment and their families: A qualitative study. *International Journal of Nursing Studies*, doi:10.1016/j.ijnurstu.2018.11.008

- Portacolone, E., Johnson, J. K., Covinsky, K. E., Halpern, J., & Rubinstein, R. L. (2018). The effects and meanings of receiving a diagnosis of mild cognitive impairment or Alzheimer's disease when one lives alone. *Journal of Alzheimer's Disease, 61*(4), 1517-1529. doi:10.3233/JAD-170723
- Pusswald, G., Tropper, E., Kryspin-Exner, I., Moser, D., Klug, S., Auff, E., Lehrner, J. (2015). Health-related quality of life in patients with subjective cognitive decline and mild cognitive impairment and its relation to activities of daily living. *Journal of Alzheimer's Disease, 47*(2), 479-486. doi:10.3233/JAD-15028
- Roberto, K. A., McCann, B. R., & Blieszner, R. (2013). Trajectories of care: Spouses coping with changes related to mild cognitive impairment. *Dementia: The International Journal of Social Research and Practice, 12*(1), 45-62. doi:10.1177/1471301211421233
- Roberts, J. L., & Clare, L. (2013). Meta-representational awareness in mild cognitive impairment: An interpretative phenomenological analysis. *Age & Mental Health, 17*(3), 300-309. doi:10.1080/13607863.2012.732033
- Talerico, K. A., Amann, T., & Smoyak, S. A. (2004). The lived experience of cognitive impairment. *Journal of Psychosocial Nursing, 42*(11), 14-18.
- Vick, J. B., Amjad, H., Smith, K. C., Boyd, C. M., Gitlin, L. N., Roth, D. L., ... Wolff, J. L. (2018). "Let him speak:" a descriptive qualitative study of the roles and behaviors of family companions in primary care visits among older adults with cognitive impairment. *International Journal of Geriatric Psychiatry, 33*(1), e103-e112.
- Wen, M. H., Mao, H. F., Chang, L. H., & Chiu, M. J. (2016). A qualitative study of the instrumental activities of daily living for mild cognitive impairment and caregivers. *American Journal of Occupational Therapy, 70*(4), DOI: 7011500057p1-7011500057p1.



Woolmore-Goodwin, S., Klobeck, M., Zecevic, A., Fogarty, J., & Gutmanis, I. (2016). Caring for a person with amnesic mild cognitive impairment. *American Journal of Alzheimer's Disease and Other Dementias*, *31*(2), 124-131. doi:10.1177/1533 317515594507

### Appendix A. Initial Appraisals

Type of article	Overall Type: Primary Research Specific Type: Interpretive phenomenological approach
APA Reference	LeBlanc, A., Bourbonnais, F., Harrison, D., & Tousignant, K. (2018). The experience of intensive care nurses caring for patients with delirium: A phenomenological study. <i>Intensive &amp; Critical Care Nursing</i> , 44, 92-98. doi:10.1016/j.iccn.2017.09.002
Abstract	“Objectives: The purpose of this research was to seek to understand the lived experience of intensive care nurses caring for patients with delirium. The objectives of this inquiry were: 1) To examine intensive care nurses’ experiences of caring for adult patients with delirium; 2) To identify factors that facilitate or hinder intensive care nurses caring for these patients. Research methodology: This study utilised an interpretive phenomenological approach as described by van Manen. Setting: Individual conversational interviews were conducted with eight intensive care nurses working in a tertiary level, university-affiliated hospital in Canada. Findings: The essence of the experience of nurses caring for patients with delirium in intensive care was revealed to be finding a way to help them come through it. Six main themes emerged: It’s Exhausting; Making a Picture of the Patient’s Mental Status; Keeping Patients Safe: It’s a Really Big Job; Everyone Is Unique; Riding It Out With Families and Taking Every Experience With You. Conclusion: The findings contribute to an understanding of how intensive care nurses help patients and their families through this complex and distressing experience.” (p. 92)
Author	Credentials: PhD Position and Institution: Post-Doctoral fellow at the University of Ottawa Heart Institute, Division of Prevention and Rehabilitation Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: scholarly journal Publisher: Elsevier
Date and Citation History	Date of publication: 2018 Cited By: 18
Stated Purpose or Research Question	“The purpose of this research was to seek to understand the lived experience of intensive care nurses caring for patients with delirium. The objectives of this inquiry were: 1) to examine intensive care nurses’ experiences of caring for adult patients with delirium; and 2) to identify factors that facilitated or hindered intensive care nurses caring for these patients.” (p. 93)
Author’s Conclusion	“This study examined intensive care nurses’ experiences of caring for patients with delirium. The essence of the experience was revealed to be: finding a way to help them come through it. In spite of the many challenges faced while caring for these patients, nurses found a way through the complexity to provide individualised, person-centred care to patients and their families.” (p. 97)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Moderate relevance Rationale: This article delivers qualitative information regarding the lived experience of nurses caring for patients with delirium, a transient form of dementia that occurs due to fever, intoxication, or other disorders.
Overall Quality of Article	Overall Quality of Article: High quality Rationale: quality publisher, established author

Type of article	Overall Type: Conceptual / Theoretical Article Specific Type: Measure development
APA Reference	Gordon, M., Lenderking, W., Duhig, A., Chandler, J., Lundy, J., Miller, D., . . . Frank, L. (2016). Development of a patient-reported outcome instrument to assess complex activities of daily living and interpersonal functioning in persons with mild cognitive impairment: The qualitative research phase. <i>Alzheimer's &amp; Dementia: The Journal of the Alzheimer's Association</i> , 12(1), 75-84. doi:10.1016/j.jalz.2015.04.008
Abstract	“INTRODUCTION: As drug development research efforts move toward studying patients earlier in the course of Alzheimer's disease (AD), it is important to incorporate the patient's perspective into measurement of outcomes. METHODS: This article summarizes the qualitative work of the Patient-Reported Outcome Consortium's Cognition Working Group in the development of a new self-reported outcome measure in persons with mild cognitive impairment (MCI) due to suspected AD, herein referred to as MCI. RESULTS: The draft measure captures the patient's voice for two functional domains, complex activities of daily living and interpersonal functioning. DISCUSSION: This work represents a series of initial steps in the development of this rating scale. The next steps are to conduct psychometric analysis and evaluate the role of insight.” (p. 75)
Author	Credentials: MD, FAAN Position and Institution: Boehringer Ingelheim Pharmaceuticals, Inc., Ridgefield, CT, USA Publication History in Peer-Reviewed Journals: extensive
Publication	Type of publication: scholarly peer-reviewed journal Publisher: Elsevier
Date and Citation History	Date of publication:2016 Cited By: 8
Stated Purpose or Research Question	“The aim of the Cognition Working Group (WG) of the Critical Path Institute's PRO Consortium was to develop a new PRO instrument to be qualified by the FDA as a “fit for purpose” efficacy end point in clinical trials of patients with MCI.” (p. 76)
Author's Conclusion	“This article summarizes early qualitative methods and findings used to support development of a new PRO measure for the assessment of function in patients with MCI.” (p. 81)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: High relevance Rationale: This article provides insight into the self-reported functioning of persons with MCI in activities of daily living (ADLs) and interpersonal functioning.
Overall Quality of Article	Overall Quality of Article: Good quality Rationale: author extensively published, quality publisher, published in last 5 years

Type of article	Overall Type: Primary Research Specific Type: Descriptive phenomenological study
APA Reference	Kim, E., Kim, J., & An, M. (2016). Experience of dementia-related anxiety in middle-aged female caregivers for family members with dementia: A phenomenological study. <i>Asian Nursing Research</i> , 10(2), 128-135. doi:10.1016/j.anr.2016.02.001
Abstract	“Purpose: In Korea, most elderly with dementia receive care from family members, yet little research is available on the experience of dementia-related anxiety in middle-aged female caregivers for a family member with dementia. The purpose of this study was to describe the lived experience of dementia-related anxiety in middle-aged female caregivers for family members with dementia. Methods: A descriptive phenomenological study was conducted. A purposive sampling strategy was used to recruit participants. Twelve middle-aged women (40–59 years, mean age = 51.90 years) who were family caregivers were interviewed from February 2014 to August 2014. Data were collected through semistructured interviews and analyzed using Giorgi’s method. Results: The essential structure of the phenomenon was a fear of losing self-identity. The main essence was represented by six components: keenly feeling the effects of aging because of memory deficit, continuous comparison of the family member’s behavior with that of the participant’s, Finding it painful to see a family member with dementia as he/she does not know how this will end, not knowing the conclusion of the disease process, reducing the risk of dementia, and trying to change one’s lifestyle from what it used to be in the past. Conclusions: The study provides the essential structure of the experience on dementia-related anxiety that caregivers of a family member with dementia have. The findings could help healthcare providers and researchers have better understanding of dementia-related anxiety and give more attention to the caregivers to relieve their anxiety.” (p. 128)
Author	Credentials: RN, PhD Position and Institution: College of Nursing, Chonnam National University, Gwangju, South Korea Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: scholarly peer-reviewed research journal Publisher: Elsevier
Date and Citation History	Date of publication: 2016 Cited By: 6
Stated Purpose or Research Question	“The study purpose was to describe the lived experience of DRA in middle-aged caregivers who have taken care of an FMWD.” (p. 129)
Author’s Conclusion	“To summarize, the caregivers (a) experience memory deficits and this reminds them that they are aging, (b) are afraid of possibly losing their self-identity as a result of dementia because they have seen what is happening to their family member and know that dementia has a genetic component, (c) have difficulty seeing their family member change in physical appearance and suffer decreased mental acuity, (d) have increased anxiety about losing their self-identity because they do not know how the disease process will end, (e) want to escape from the likelihood of dementia in order to keep their self-identity, and (f) try to change their lifestyle behaviors and life attitudes in a positive manner to improve their chances of avoiding dementia.” (p. 133)
Overall Relevance to PICO Question	Overall Relevance to PICO: Strong relevance Rationale: Directly related to EBP question examining the qualitative experience of caregivers of older adults with mild cognitive impairment (early stage dementia).
Overall Quality of Article	Overall Quality of Article: Good quality article Rationale: Established author, quality publisher, published within last 5 years

Type of article	Overall type: Primary Research Study Specific type: Qualitative, Grounded Theory design
APA Reference	Johansson, M. M., Marcusson, J., & Wresslgordone, E. (2015). Cognitive impairment and its consequences in everyday life: Experiences of people with mild cognitive impairment or mild dementia and their relatives. <i>International Psychogeriatrics</i> , 27(6), 949-958. doi:http://dx.doi.org/10.1017/S1041610215000058
Abstract	<p>“Background: The aim of this study was to explore experiences of cognitive impairment, its consequences in everyday life and need for support in people with mild cognitive impairment (MCI) or mild dementia and their relatives.</p> <p>Methods: A qualitative approach with an explorative design with interviews was chosen. The participants included five people with MCI and eight people with mild dementia and their relatives. All participants were recruited at a geriatric memory clinic in Sweden. The Grounded Theory method was used.</p> <p>Results: The following categories emerged: noticing cognitive changes; changed activity patterns; coping strategies; uncertainty about own ability and environmental reactions; support in everyday life; support from the healthcare system; consequences in everyday life for relatives; and support for relatives. The main findings were that people with MCI and dementia experienced cognitive changes that could be burdensome and changed activity patterns. Most of them, however, considered themselves capable of coping on their own. The relatives noticed cognitive changes and activity disruptions to a greater extent and tried to be supportive in everyday life. Degree of awareness varied and lack of awareness could lead to many problems in everyday life.</p> <p>Conclusions: Perceived cognitive impairment and its consequences in everyday life were individual and differed among people with MCI or dementia and their relatives. Thus, healthcare professionals must listen to both people with cognitive impairment and their relatives for optimal individual care planning. Support such as education groups and day care could be more tailored towards the early stages of dementia. (PsycINFO Database Record (c) 2016 APA, all rights reserved) (Source: journal abstract)” (p. 949)</p>
Author	Authored 5 published articles, per Google Scholar search Maria M. Johansson, Occupational Therapist, Department of Geriatric Medicine, University Hospital
Publication	International Psychogeriatrics is the official journal of the International Psychogeriatric Association. It is a multidisciplinary, peer-reviewed journal for researchers, clinicians, and educators in the field of psychogeriatrics. Impact factor: 2.261 Publisher: Cambridge University Press
Date and Citation History	Published 2015 Cited by 20, per Google Scholar
Stated Purpose or Research Question	“The aim of this study was to explore experiences of cognitive impairment, its consequences in everyday life and need for support in people with mild cognitive impairment (MCI) or mild dementia and their relatives.” (p. 949)
Author’s Conclusion	Perceived cognitive impairment and its consequences in everyday life were individual and differed among people with MCI or dementia and their relatives. Thus, healthcare professionals must listen to both people with cognitive impairment and their relatives for optimal individual care planning. Support such as education groups and day care could be more tailored towards the early stages of dementia.” (p. 958)
Overall Relevance to PICO	Overall relevance to PICO: High Relevance Rationale: The qualities of the subjects in this study and the methods used make this a highly relevant article for our purposes.
Overall Quality	Good quality Rationale: Recent publication date, Author with impressive credentials though relatively sparse publication history, the content is very relevant for our PICO inquiry

Type of article	Overall type: Primary research study Specific type: Longitudinal phenomenological study, Grounded Theory design
APA Reference	Roberto, K. A., McCann, B. R., & Blieszner, R. (2013). Trajectories of care: Spouses coping with changes related to mild cognitive impairment. <i>Dementia: The International Journal of Social Research and Practice</i> , 12(1), 45-62. doi: <a href="http://dx.doi.org/10.1177/1471301211421233">http://dx.doi.org/10.1177/1471301211421233</a>
Abstract	“Mild cognitive impairment (MCI) refers to non-normative changes in memory and cognition. While researchers are beginning to address the social consequences of MCI, no investigations have tracked how married couples respond to MCI over time as symptoms stabilize or become more severe. Guided by life course and symbolic interactionist tenets, we examined how 40 older couples in the United States adjusted to daily life after one partner was diagnosed with MCI and how their marital roles and relationship changed over a three- to four-year period. Data were collected from 2004 through 2010. All couples experienced an initial period of transition in coping with MCI where they made adjustments in their daily lives and interactions. Following this adjustment period, four trajectories of care emerged depending on the extent of the older adult’s decline and the spouse’s response. We conclude that changes associated with MCI affect role identity and have consequences for spousal relationships. (PsycINFO Database Record (c) 2016 APA, all rights reserved) (Source: journal abstract)” (p. 45)
Author	Karen A Roberto University Distinguished Professor, Virginia Tech Cited by 4651
Publication	<i>Dementia</i> is an international peer reviewed journal that acts as a major forum for social research of direct relevance to improving the quality of life and quality of care for people with dementia and their families. For the first time an international research journal is available for academics and practitioners that has as its primary paradigm the lived experience of dementia. Impact factor: 1.671 Publisher: Sage
Date and Citation History	Published online 2011, in print 2013 Cited 26 times, per Google Scholar
Stated Purpose or Research Question	“Guided by life course and symbolic interactionist tenets, we examined how 40 older couples in the United States adjusted to daily life after one partner was diagnosed with MCI and how their marital roles and relationship changed over a three- to four-year period.” (p. 45)
Author’s Conclusion	“We conclude that changes associated with MCI affect role identity and have consequences for spousal relationships.” (p. 45)
Overall Relevance to PICO	Overall relevance: Strong Rationale: This study is reporting on the experience of subjects whose situations relate very closely to the subject of our own case study.
Overall Quality	Overall quality: Very good Rationale: Study published by reputable publisher within the last 10 years by an well established author. The content of the study’s findings is relevant to our case.

Type of article	Overall type: Primary Research Study Specific type: dyadic study
APA Reference	Moon, H., Townsend, A. L., Whitlatch, C. J., & Dilworth-Anderson, P. (2016) Quality of life dementia caregiving dyads: Effects of incongruent perceptions of everyday care and values. <i>The Gerontologist</i> , 57(4), 657-666.
Abstract	<p>“Purpose of the Study: This dyadic study investigated incongruence in care recipients’ (CRs’) and caregivers’ (CGs’) perceptions of (a) CRs’ involvement in decision making and (b) how much CRs value social relations as predictors of subjective quality of life (QOL) of CRs with mild-to-moderate dementia and their primary family CGs.</p> <p>Design and Methods: A secondary analysis of cross-sectional, dyadic data from in-person interviews with 205 CRs with mild-to-moderate dementia and their primary family CGs Incongruence was operationalized in two ways: absolute difference and direction of difference. Paired t tests and multilevel modeling were used to analyze differences.</p> <p>Results: CGs reported CRs were significantly less involved in decision making and valued social relations significantly less than CRs. Greater incongruence on CRs’ values significantly predicted lower QOL of CG and CR. When CGs reported that CRs valued social relationships less than the CR himself/herself reported, CGs’ and CRs’ QOL was significantly lower compared with QOL for dyads where there was no incongruence on CRs’ values. Incongruent perceptions of CRs’ involvement in decisions were not a significant predictor of QOL.</p> <p>Implications: This study provides evidence for the importance of assessing both CRs’ and CGs’ QOL, as well as incongruence in their perceptions in domains that may affect both of their QOL.” (p. 657)</p>
Author	Heehyul Moon, University of Louisville Over 25 published works, hundreds of citations
Publication	<i>The Gerontologist</i> ®, published since 1961, is a bimonthly journal of <u>The Gerontological Society of America</u> that provides a multidisciplinary perspective on human aging by publishing research and analysis on applied social issues. Impact Factor: 4.078 Publisher: Oxford Academic
Date and Citation History	2016 Cited by 15, per Google Scholar
Stated Purpose or Research Question	“This dyadic study investigated incongruence in care recipients’ (CRs’) and caregivers’ (CGs’) perceptions of (a) CRs’ involvement in decision making and (b) how much CRs value social relations as predictors of subjective quality of life (QOL) of CRs with mild-to-moderate dementia and their primary family CGs.” (p. 657)
Author’s Conclusion	“This study provides evidence for the importance of assessing both CRs’ and CGs’ QOL, as well as incongruence in their perceptions in domains that may affect both of their QOL.” (p. 657)
Overall Relevance to PICO	Overall relevance: Moderate Rationale: The study focuses on one important element related to our PICO question. The level of specificity of this study’s scope makes it a useful piece of supportive evidence for our case study, but not a foundational one.
Overall Quality	Overall Quality: Moderate Rationale: Written by a well-established author and published in a reputable journal, this is a useful piece of supportive research that fails to provide content that will be central to the research questions for our case study.

Type of article	Overall Type: Primary Research Study Specific type: Two contrasting case studies
APA Reference	Corner, L., & Bond, J. (2006). The impact of the label of mild cognitive impairment on the individual's sense of self. <i>Philosophy, Psychiatry, &amp; Psychology</i> , 13(1), 3-12. doi:http://dx.doi.org/10.1353/ppp.2006.0036
Abstract	“Definitions of the concept of mild cognitive impairment (MCI) and suggested therapies are controversial. There are no widely acknowledged therapies and the ethical implications and methodologic issues around identifying and defining people with MCI are important concerns. The psychosocial implications for the person being labeled as having MCI have not been widely explored. This paper addresses these issues and presents data from two contrasting case studies. Key analytical themes identified in the qualitative analysis include different views about the causes of dementia (“normal aging” versus disease); fear and anxiety about dementia; how such factors influence presentation to health professionals; and the effect of a label of cognitive impairment on quality of life. Our conclusion is that the usefulness and justification for early identification of cognitive impairment in a situation that has not yet been recognized by those involved should be questioned. (PsycINFO Database Record (c) 2016 APA, all rights reserved) (Source: journal abstract)” (p. 3)
Author	Lynne Corner, Director of Engagement, Faculty of Medical Sciences, Newcastle University. at least 12 publications, extensive research background.
Publication	<i>Philosophy, Psychiatry, &amp; Psychology (PPP)</i> focuses on the area of overlap among philosophy, psychiatry, and abnormal psychology. The journal advances philosophical inquiry in psychiatry and abnormal psychology while making clinical material and theory more accessible to philosophers. <i>PPP</i> is the official journal of the Association for the Advancement of Philosophy and Psychiatry (AAPP). Publisher: John Hopkins University Press
Date and Citation History	2006 Cited by 44, per Google Scholar
Stated Purpose or Research Question	“There are no widely acknowledged therapies and the ethical implications and methodologic issues around identifying and defining people with MCI are important concerns. The psychosocial implications for the person being labeled as having MCI have not been widely explored. This paper addresses these issues and presents data from two contrasting case studies. “ (p. 3)
Author’s Conclusion	“Our conclusion is that the usefulness and justification for early identification of cognitive impairment in a situation that has not yet been recognized by those involved should be questioned. “ (p. 3)
Overall Relevance to PICO	Overall relevance: moderate relevance Rational: <i>A recurring theme in the research we have found for this article is about the inconsistent and controversial nature of the diagnosis process. This adds to that research.</i>
Overall Quality	Overall Quality: Moderate Rationale: <i>The credentials of the author and status of the publisher are of high quality. Being that this article is over 10 years old and presents concepts that have been expanded since its publishing date diminishes the strength of this evidence.</i>



Type of article	Overall type: Primary research study Specific type: Descriptive qualitative research design
APA Reference	Chen, H. C., Chan, S. W. C., Yeh, T. P., Huang, Y. H., Chien, I. C., & Ma, W. F. (2019). The spiritual needs of community-dwelling older people living with early-stage dementia—a qualitative study. <i>Journal of Nursing Scholarship</i> , 51(2), 157-167. doi: 10.1111/jnu.12454
Abstract	<p>“Purpose: To explore the spiritual needs of community-dwelling older people living with early-stage dementia.</p> <p>Design: A descriptive qualitative research design with purposive sampling was used.</p> <p>Methods: Ten older people who were receiving home care services from a mental hospital in central Taiwan were recruited. In-depth semistructured interviews were conducted and content analysis was performed.</p> <p>Findings: Four themes emerged that described the spiritual wishes and needs of older people with early-stage dementia: the wish to turn back time, the need to instill meaning into past experiences, the need to rely on faith-based strength, and the wish to have one's remaining life under control. The spiritual needs centered on a strong yearning to engage in a tug-of-war with time to reverse the impaired memory and independence.</p> <p>Conclusions: This study provides insights into the spiritual needs of older people with early-stage dementia. They struggled to maintain a balance between independence and dependence, build a sense of self and value, seek guidance and support from religious faith, and retain control over their lives.” (p. 157)</p>
Author	<p>Hsing-Chia Chen Head Nurse, Department of Nursing, Tsaotun Psychiatric Center, Ministry of Health and Welfare, Nantou, Taiwan</p> <p>Was not able to find other published work</p>
Publication	<p>Journal of Nursing Scholarship Reaching health professionals, faculty and students in 103 countries, the Journal of Nursing Scholarship is focused on health of people throughout the world. It is the official journal of the Honor Society of Nursing, Sigma Theta Tau International, and reflects the honor society's dedication to providing the tools necessary to improve nursing care globally. Impact factor: 2.662 Publisher: Wiley Blackwell</p>
Date and Citation History	<p>Published 2019 No citations, per Google Scholar *Note recent publication date*</p>
Stated Purpose or Research Question	“To explore the spiritual needs of community-dwelling older people living with early-stage dementia.” (p. 157)
Author's Conclusion	“This study provides insights into the spiritual needs of older people with early-stage dementia. They struggled to maintain a balance between independence and dependence, build a sense of self and value, seek guidance and support from religious faith, and retain control over their lives.” (p. 157)
Overall Relevance to PICO	<p>Overall relevance: Moderate Rationale: Although not a central document for the focus of our PICO question, this research provides evidence to provide framework for a supporting concept</p>
Overall Quality	<p>Overall Quality: low-moderate Rationale: From the information I found, the author is not an experienced researcher and the reputation of this journal and publisher are less impressive than some of the other research we have explored. That said, the study appears to be valid and reliable, the impact factor of the journal is 2.662, and the content of the article is relevant to our PICO question.</p>

Type of article	Overall Type: Primary Research Study Specific Type: Qualitative Study
APA Reference	Peach, T., Pollock, K., Van der Wardt, V., Das Nair, R., Logan, P., & Harwood, R. (2017). Attitudes of older people with mild dementia and mild cognitive impairment and their relatives about falls risk and prevention: A qualitative study. <i>PLoS ONE</i> , 12(5), E0177530.
Abstract	<p>“Objective To explore the perceptions of older people with mild dementia and mild cognitive impairment, and their family carers, about falling, falls risk and the acceptability of falls prevention interventions.</p> <p>Design Qualitative study involving thematic analysis of semi-structured interviews with patient and relative dyads.</p> <p>Participants and setting 20 patient/ relative dyads recruited from Memory Assessment Services and Falls Prevention Services in the United Kingdom.</p> <p>Results The findings are presented under four key themes: attitudes to falls, attitudes to falls prevention interventions, barriers and facilitators, and the role of relatives. Participants' attitudes to falls interventions were varied and sometimes conflicting. Some worried about falls, but many resisted identifying themselves as potential 'fallers', even despite having fallen, and rejected the idea of needing the help that structured interventions signify. Participants preferred to focus on coping in the present rather than anticipating, and preparing for, an uncertain future. Falls prevention interventions were acknowledged to be valuable in principle and if required in the future but often felt to be not necessary or appropriate at present.</p> <p>Conclusions This study of how persons with cognitive impairment, and their relatives, view falls risk and prevention mirror findings relating to the wider population of older persons without dementia. Participants did not generally see falls prevention interventions as currently relevant to themselves. The challenge for clinicians is how to present interventions with understanding and respect for the older person's identity. They must identify and address goals that patients and relatives value. Simplistic or paternalistic approaches will likely fail. Individualised interventions which focus on maintaining independence and preserving quality of life are more likely to be acceptable by supporting a positive self-image for patients and their relatives.” (p. 1)</p>
Author	Credentials: OT Position and Institution: Member, Nottingham CityCare Partnership Publication History in Peer-Reviewed Journals: Poor (just 2 publications in google scholar)
Publication	Type of publication: Scholarly Publisher: PLOS ONE Other: Peer reviewed but open access journal
Date and Citation History	Date of publication: 05/19/17 Cited By: 7
Stated Purpose or Research Question	“This paper presents findings from a UK study which explored the views and experiences of people with mild cognitive impairment [MCI] and mild dementia, and their relatives, about falls and what they might do to prevent them.” (p. 3)
Author's Conclusion	“This study builds on the existing literature by finding that people with cognitive impairment and their relatives are similar to the wider population of older people in expressing themselves to be amenable, in principle, to falls prevention intervention, but not much interested in practice at the present time.” (p.12)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: The study explores the attitudes of individuals with mild cognitive impairment or mild dementia regarding fall prevention, barriers/facilitators to exercise, and the role of their relatives. It also explores the perspectives of their caregivers which relates to our PICO question.
Overall Quality of Article	Overall Quality of Article: Poor Rationale: The article was published only in an open access journal. The primary author has only one other publication. In addition, the degree level they obtained was not listed (just OT was identified).

Type of article	Overall Type: Primary Research Article Specific Type: Qualitative Study, hermeneutic phenomenological approach
APA Reference	Woolmore-Goodwin, S., Kloseck, M., Zecevic, A., Fogarty, J., & Gutmanis, I. (2016). Caring for a person with amnesic mild cognitive impairment. <i>American Journal of Alzheimer's Disease and Other Dementias</i> , 31(2), 124-131. doi:10.1177/1533 317515594507
Abstract	“While much of the literature on caregiver burden has focused on caregiving for people living with Alzheimer's disease (AD) there is little information on the experience of caring for a loved one living with amnesic Mild Cognitive Impairment (aMCI), the group most likely to convert to AD. A hermeneutic phenomenological approach was used to understand the organizing principles that give experiences of being form and meaning in the lifeworld. Study findings highlight the precarious nature of caregiver role acquisition and the heterogeneity that is present among informal care providers. Specifically, the findings suggest that the wearing of multiple situational masks is required by the carer to cope with accumulated progressive losses suffered as they continually adjust to their new and evolving carer identity. Support groups specific to the carers of those living with aMCI are needed in an effort to remove these masks and to validate this unique caregiving experience.” (p. 124)
Author	Credentials: MSc Position and Institution: Research Assistant Lawson Health Research Institute Publication History in Peer-Reviewed Journals: <i>Good (9 in google search)</i>
Publication	Type of publication: Scholarly Publisher: American Journal of Alzheimer's Disease & Other Dementias Other: Peer-reviewed academic journal
Date and Citation History	Date of publication: 08/15/2015 Cited By: 4
Stated Purpose or Research Question	“This study seeks to gain a better understanding of the role of caring for a loved one diagnosed with a MCI.”(p. 125)
Author's Conclusion	“This study highlighted the importance of shared understanding and communication with peers who occupy similar life world experiences, thereby validating the phenomenological approach to the study.” (p. 130)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: This study sought to understand the lived experience of caring for an individual with amnesic mild cognitive impairment by employing a phenomenological design. The qualitative aspect of this study relates to our PICO question.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: The study was from a reputable, peer-reviewed academic source and was recently published.

Type of article	Overall Type: Primary research study Specific Type: Descriptive, qualitative design
APA Reference	Vick, J. B., Amjad, H., Smith, K. C., Boyd, C. M., Gitlin, L. N., Roth, D. L., ... Wolff, J. L. (2018). "Let him speak:" a descriptive qualitative study of the roles and behaviors of family companions in primary care visits among older adults with cognitive impairment. <i>International Journal of Geriatric Psychiatry</i> , 33(1), e103-e112.
Abstract	<p><b>“OBJECTIVE:</b> Cognitive impairment poses communication challenges in primary care. Although family "companions" commonly attend primary care visits of older adults with cognitive impairment, little is known about how their involvement affects communication. Therefore, we sought to understand how companion involvement affects the quality of primary care visit communication for older adults with cognitive impairment.</p> <p><b>METHODS:</b> Cross-sectional, descriptive qualitative study participants were as follows: (1) English-speaking adults age 65 or older with mild, moderate, or severe cognitive impairment; (2) family members or other unpaid companions who accompany older adults to primary care visits; and (3) primary care clinicians. Twenty semi-structured and in-depth qualitative interviews of older adults and their companions (N = 20 dyads) and two focus groups (N = 10 primary care clinicians) were conducted. Interviews and focus groups were transcribed and analyzed thematically.</p> <p><b>RESULTS:</b> Family companions commonly facilitate communication by advocating for patients, ensuring the accuracy of information exchange and understanding, and preserving rapport. Significant communication challenges were also identified, including patient and companion role ambiguity, competing visit agendas, and primary care clinician confusion regarding the most accurate source of information. Patients, companions, and clinicians each identified strategies to improve communication, chief among them being to identify, differentiate, and respect both patient and companion priorities and perspectives.</p> <p><b>CONCLUSIONS:</b> Family companions actively participate in primary care visits of older adults with cognitive impairment in ways that promote and inhibit effective communication. Findings suggest the need for strategies that more effectively and purposefully involve family in the care of primary care patients with cognitive impairment. “ (p. e103)</p>
Author	Credentials: MD Position and Institution: Johns Hopkins University School of Medicine, Baltimore, MD Publication History in Peer-Reviewed Journals: extensive (authored by 9 in google scholar)
Publication	Type of publication: Scholarly (peer-reviewed journal) Publisher: John Wiley & Sons, Inc. Other: peer-reviewed medical journal covering research in geriatric psychiatry
Date and Citation History	Date of publication: 2018 Google Scholar cited by: 4
Stated Purpose or Research Question	“We sought to understand how companion involvement affects the quality of primary care visit communication for older adults with cognitive impairment” (p. e103).
Author’s Conclusion	“In summary, our study suggests that the behaviors and roles of companions affect the comprehensiveness and quality of primary care communication for older adults with cognitive impairment in both positive and negative ways” (p. e111).
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: This study looked at the experiences of older adults with mild cognitive impairment, specifically in regards to quality of care and communication. This study considered the perspectives of clients, caregivers, and practitioners.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Established author, reputable journal and publisher. Published last year.

Type of article	Overall Type: Primary research study Specific Type: Qualitative design
APA Reference	Parikh, Preeyam K. (2016). The impact of memory change on daily life in normal aging and mild cognitive impairment. <i>The Gerontologist</i> , 56(5), 877-885.
Abstract	<p><b>“Purpose of the Study:</b> Older adults with age-normal memory changes and those with amnesic mild cognitive impairment (aMCI) report mild memory difficulties with everyday problems such as learning new names or remembering past events. Although the type and extent of memory changes in these populations have been well documented, little is known about how memory changes impact their everyday lives.</p> <p><b>Design and Methods:</b> Using a qualitative research design, data were collected from three focus groups of older adults with normal memory changes ( n = 23) and two focus groups of older adults with aMCI ( n = 14). A thematic analysis using the constant comparative method was used to identify the impacts of memory change on key life domains.</p> <p><b>Results:</b> Four major themes emerged from the two groups, including changes in feelings and views of the self, changes in relationships and social interactions, changes in work and leisure activities, and deliberate increases in compensatory behaviors. Participants described both positive and negative consequences of memory change, and these were more substantial and generally more adverse for individuals with aMCI than for those with age-normal memory changes.</p> <p><b>Implications:</b> There are similarities and important differences in the impact of mild memory change on the everyday lives of older adults with age-normal memory changes and those with aMCI. Findings underscore the need for clinical interventions that aim to minimize the emotional impact of memory changes and that increase leisure and social activity in individuals with aMCI.” (p. 877)</p>
Author	Credentials: MA Position and Institution: Department of Psychology, University of Toronto, Ontario, Canada Publication History in Peer-Reviewed Journals: moderate (authored by 4 articles in google scholar)
Publication	Type of publication: Scholarly (peer-reviewed journal) Publisher: Oxford University Press Other: an official journal of the Gerontological Society of America
Date and Citation History	Date of publication: 2016 Cited By: 27
Stated Purpose or Research Question	“The current study aims to build on this emerging literature by exploring whether and how mild memory difficulties associated with normal aging and aMCI impact major life domains such as their leisure and work activities and relationships. Furthermore, this study is the first to explore this question in both normal aging and aMCI populations” (p. 878).
Author’s Conclusion	“In conclusion, we obtained qualitative information about the types of impacts that memory change can have on the everyday lives of older adults with age-normal memory changes and those with aMCI. As expected, memory changes impact the lives of both groups, with the extent of impact reported to be greater and more negative in the aMCI group” (p. 884).
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: This study examined the lived experience of individuals with MCI, emphasizing the impact on daily living and major occupations. This study looked at perspectives from clients with MCI.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Moderately established author, reputable publisher and journal, published within last three years.

Type of article	Overall Type: Primary Research Study Specific Type: Qualitative Design
APA Reference	Wen, M. H., Mao, H. F., Chang, L. H., & Chiu, M. J. (2016). A qualitative study of the instrumental activities of daily living for mild cognitive impairment and caregivers. <i>American Journal of Occupational Therapy</i> , 70(4), DOI: 7011500057p1-7011500057p1.
Abstract	“Through interview with 9 pairs of clients with mild cognitive impairment and their respective caregivers, this study investigated their difficulties in instrumental activities of daily living. Based on the result, we must emphasize the client-centered evaluation in the future.” (p. 1)
Author	Credentials: MS Position and Institution: Mackay Memorial Hospital Publication History in Peer-Reviewed Journals: limited (authored by 1 article in google scholar and 1 in AOTA)
Publication	Type of publication: Scholarly (peer-reviewed journal) Publisher: American Occupational Therapy Association (AOTA) Other: official journal of the AOTA
Date and Citation History	Date of publication: 2016 Cited By: NA
Stated Purpose or Research Question	“This study aimed to compare instrumental activities of daily living (IADL) difficulties in amnesic mild cognitive impairment (MCI) between the clients’ and their family caregivers’ perspectives through interview” (paragraph 1).
Author’s Conclusion	“Although the data reported by caregivers, as some questionnaires used before, provides professionals an overview of IADL difficulties, the clients’ perspective more precisely indicated the most difficult part in their daily living” (para. 8). “The results of this study highlight the importance of considering the perspective of clients with MCI” (para. 9).
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: This study examined the experiences and self-reports of individuals with MCI and their caregivers, looking at the impact on daily living.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Unestablished author, reputable publisher and journal, published within last three years, poster session.

Type of article	Overall Type: Primary Research Study Specific Type: Phenomenological Analysis
APA Reference	Roberts, J. L., & Clare, L. (2013). Meta-representational awareness in mild cognitive impairment: An interpretative phenomenological analysis. <i>Aging &amp; Mental Health, 17</i> (3), 300-309. doi: 10.1080/13607863.2012.732033
Abstract	“Awareness in mild cognitive impairment (MCI) has been studied primarily from a quantitative perspective, which has yielded inconclusive results. A qualitative approach may provide a more in-depth profile of awareness of symptoms and changes among people living with MCI. Few qualitative studies have considered awareness in MCI; therefore, the focus here will be on the experience of living with MCI, and particularly on the psychological impact of living with memory difficulties and how these impact on daily life. Twenty five participants with a clinical diagnosis of MCI who had been informed of their diagnosis were interviewed. Interpretative phenomenological analysis was used to analyse interview transcripts. Four higher order themes were identified. An exploratory model is proposed with a dominant theme of ‘Fear and uncertainty’; this underpins ‘Interdependence’, ‘Life goes on as normal’ and ‘Disavowal of difficulty’ which are representative of coping responses resulting from appraisal of memory and cognitive difficulties. Participants did not use the term ‘MCI’, suggesting that this term had little meaning for them; nevertheless, there was a wish for a definitive explanation of the difficulties. The themes elicited from participant accounts indicate that the symptoms of MCI are perceived as a threat to psychological well-being which results in context-specific appraisal of the symptoms of MCI.” (p. 300)
Author	Credentials: PhD Position and Institution: School of Psychology, Bangor University, Bangor, UK Publication History in Peer-Reviewed Journals: moderate (authored by 1 article in google scholar, authored by several in Taylor & Francis)
Publication	Type of publication: Scholarly (peer-reviewed journal) Publisher: Routledge: Taylor and Francis Group
Date and Citation History	Date of publication: 2013 Cited By: 19
Stated Purpose or Research Question	“(1) What is the psychological impact of living with the symptoms of MCI and how do PwMCI cope with this in relation to self and/or other? (2) How does this awareness of the symptoms and the implications of having memory and/or cognitive difficulties influence the experience of MCI? (3) How do PwMCI label and describe their difficulties?” (p. 301).
Author’s Conclusion	“Participants implicitly perceived the difficulties of MCI as a threat and adopted context-specific coping strategies which were represented by the higher order themes of ‘Interdependence,’ ‘Life goes on as normal’ and ‘Disavowal of difficulty’. The higher order theme of ‘Fear and uncertainty’ dominated the analysis and resulted in the application of context-specific coping strategies” (p. 308).
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: This study used phenomenological analysis to examine the types of coping strategies used by individuals with MCI and the impact MCI has on daily living.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Moderately established author, reputable publisher and journal, published within last ten years.

Type of article	Overall Type: Primary Research Study Specific Type: Mixed Methods Design (quantitative pretest-posttest and qualitative)
APA Reference	Banningh, L. W. J. W., Vernooij-Dassen, M. J., Vullings, M., Prins, J. B., Rikkert, M. G. O., & Kessels, R. P. (2013). Learning to live with a loved one with mild cognitive impairment: effectiveness of a waiting list controlled trial of a group intervention on significant others' sense of competence and well-being. <i>American Journal of Alzheimer's Disease &amp; Other Dementias</i> , 28(3), 228-238.
Abstract	"This controlled study examines the efficacy of a comprehensive group program aimed at care partners of patients with mild cognitive impairment (MCI), which comprises elements of psychoeducation, cognitive rehabilitation, and cognitive behavioral therapy. Pre- and posttreatment quantitative and qualitative data were collected in the significant others of 84 patients with MCI, 27 of whom had first been assigned to a waiting list, thus serving as their own control group. Also, the significant others rated their sense of competence, well-being, distress, acceptance, helplessness, and awareness. Quantitative data analysis did not reveal statistically significant differences between the control and the intervention condition, but qualitative results suggest that at program completion the significant others reported gains in knowledge, insight, acceptance, and coping skills. In the present sample of significant others, the group intervention was not proven effective. Suggestions for program adjustments and alternative outcome measures are discussed." (p. 228)
Author	Credentials: PhD Position and Institution: Department of Medical Psychology, Radboud University Nijmegen Medical Centre, Nijmegen, the Netherlands Publication History in Peer-Reviewed Journals: limited (authored by 2 studies on google scholar)
Publication	Type of publication: Scholarly (peer-reviewed journal) Publisher: SAGE Publications
Date and Citation History	Date of publication: 2013 Cited By: 17
Stated Purpose or Research Question	"The aim of the current article was to evaluate the effects of our MCI intervention program in significant others of patients with MCI combining a quantitative and qualitative approach. We hypothesized that after program completion, the significant others' sense of competence would be increased and the level of distress would be reduced and their well-being would be increased" (p. 229).
Author's Conclusion	"In conclusion, our psychotherapeutic intervention for individuals with MCI and their primary care partners is feasible but has only limited beneficial effects in some-but not all-significant others. Although no statistically significant effects on outcome variables were found after the intervention relative to the waiting list control condition, qualitative analyses suggest that the program facilitated the learning process of the significant others, enabling them to take better care of their partner with MCI or loved one by helping them to change their insight into and attitude toward the MCI-related problems and discover new ways to cope with these" (p. 236).
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Moderate Rationale: Although this study was not exclusively qualitative, there are valuable results about the lived experience of individuals with MCI and their quality of care. This study provides qualitative data on the effects of an MCI intervention and the role of caregivers.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Unestablished author, reputable publisher and journal, published within last ten years.



Type of article	Overall Type: Primary Research Study Specific Type: Qualitative study
APA Reference	Lingler J. H., Nightingale, M. C., Erlen, J. A., Kane, A. L., Reynolds, C. F., Schulz, R., & Dekosky, S. T. (2006). Making sense of mild cognitive impairment: A qualitative exploration of the patient's experience. <i>The Gerontologist</i> , 46(6), 791-800.
Abstract	<p><b>“PURPOSE:</b> The proposed dementia precursor state of mild cognitive impairment is emerging as a primary target of aging research. Yet, little is known about the subjective experience of living with a diagnosis of mild cognitive impairment. This study examines, from the patient's perspective, the experience of living with and making sense of the diagnosis.</p> <p><b>DESIGN AND METHODS:</b> We recruited 12 older adults with amnesic or nonamnesic mild cognitive impairment from a university-based memory disorders clinic. We conducted in-home, semistructured interviews in order to elicit rich descriptions of the personal experience of having mild cognitive impairment. We used the qualitative method of grounded theory to analyze narrative data.</p> <p><b>RESULTS:</b> Understanding and coming to terms with the syndrome, or assigning meaning, constituted a fundamental aspect of living with a diagnosis of mild cognitive impairment. This process comprised interrelated emotional and cognitive dimensions. Participants employed a range of positive, neutral, and negative phrasing in order to depict their emotional reactions to receiving a diagnosis. Cognitive representations of mild cognitive impairment included both prognosis-focused and face-value appraisals. Expectations of normal aging, personal experience with dementia, and concurrent health problems were key contextual factors that provided the backdrop against which participants assigned meaning to a diagnosis of mild cognitive impairment.</p> <p><b>IMPLICATIONS:</b> Clinicians who disclose diagnoses of mild cognitive impairment need to be mindful of the potential for varying interpretations of the information that is conveyed. Future research needs to include systematic, longitudinal investigations of illness representation and its impact on health behaviors among individuals with mild cognitive impairment.” (p. 791)</p>
Author	Credentials: PhD, FNP Position and Institution: Department of Psychiatry, Alzheimer's Disease Research Center, University of Pittsburgh School of Medicine Publication History in Peer-Reviewed Journals: 17
Publication	Type of publication: Scholarly (peer-reviewed journal) Publisher: Pubmed Other: The Gerontologist
Date and Citation History	Date of publication: December, 2006 Cited By: 110
Stated Purpose or Research Question	“The proposed dementia precursor state of mild cognitive impairment is emerging as a primary target of aging research. Yet, little is known about the subjective experience of living with a diagnosis of mild cognitive impairment. This study examines, from the patient's perspective, the experience of living with and making sense of the diagnosis.” (p.791)
Author's Conclusion	“Individuals with mild cognitive impairment assign a diverse range of meanings to their diagnosis—from equating the syndrome with Alzheimer's disease to interpreting mild cognitive impairment as a ruling out of dementia—and are at risk for both over- and underestimating the significance of their diagnoses.” (p.799).
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: This study looked into the subjective experience of individuals with mild cognitive impairment, which aligns with our PICO question related to qualitative research.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Reputable journal, relevant to PICO question, Author is established.

Type of article	Overall Type: Primary research study Specific Type: Qualitative
APA Reference	Berg, A. I., Wallin, A., Nordlund, A., & Johansson, B. (2013). Living with stable MCI: Experiences among 17 individuals evaluated at a memory clinic. <i>Aging &amp; Mental Health, 17</i> (3), 293-299. doi:10.1080/13607863.2012.751582
Abstract	“Objectives: Mild cognitive impairment (MCI) is a state of mildly impaired cognitive functioning but with an intact capability of performing basic daily activities. Few studies have targeted personal narratives from persons living with MCI, the major focus in this study is directed to methods for better predictions of the likelihood for conversion to dementia. This study directly explores experiences among individuals who have lived with MCI over seven years without converting to dementia. Methods: Seventeen individuals, who had been diagnosed with MCI across four occasions over a seven-year period at a memory clinic, were interviewed at a single occasion about their experiences of living with MCI, life events, stress, coping, psychosocial resources, and lifestyle behaviors. Results: Thematic analysis of the transcripts of the interviews resulted in themes revolving around the life situation and events related to the first visit at the memory clinic, coping with lower cognitive capacity with the aim of enhancing quality of life, and worries about dementia and further cognitive deteriorations. Conclusion: The participants’ experiences of living with MCI indicate that issues and changes in life situations such as long-term stress, retirement, loss of relatives, perceived heritability of dementia, needs to be understood in the context of the individual’s understanding and interpretation of their everyday cognitive functioning. Also, supportive long-term contacts with the specialist care unit were vital for creating a personal understanding of MCI. Addressing the intra-personal dynamics of cognitive functioning in the boundary between normal and pathological cognitive aging can also improve diagnostic accuracy.” (p. 293)
Author	Credentials: Unknown Position and Institution: Department of Psychology, University of Gothenburg, Gothenburg, Sweden Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: Scholarly (peer-reviewed journal) Publisher: Taylor & Francis Group Other: Aging and Mental Health
Date and Citation History	Date of publication: April, 2013 Cited By: 24
Stated Purpose or Research Question	“Few studies have targeted personal narratives from persons living with MCI, the major focus in this study is directed to methods for better predictions of the likelihood for conversion to dementia. This study directly explores experiences among individuals who have lived with MCI over seven years without converting to dementia.” (p.293)
Author’s Conclusion	“ The participants’ experiences of living with MCI indicate that issues and changes in life situations such as long-term stress, retirement, loss of relatives, perceived heritability of dementia, needs to be understood in the context of the individual’s understanding and interpretation of their everyday cognitive functioning” (p.293)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: This study targeted people with MCI and got personal narratives from them. This is related to the PICO question because it is qualitative.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Credentials unknown, sample size is small

Type of article	Overall Type: Primary research study Specific Type: Qualitative
APA Reference	Beard, R. L., & Neary, T. M. (2013). Making sense of nonsense: Experiences of mild cognitive impairment. <i>Sociology of Health &amp; Illness</i> , 35(1), 130-146. doi:10.1111/j.1467-9566.2012.01481.x
Abstract	“Alzheimer’s disease (AD) is a stigmatised condition popularly assumed to be a death sentence for diagnosed individuals. Consequently, people with AD are often deemed incapable (and perhaps unworthy) of contributing to the social discourse surrounding their illness experience. Data from qualitative interviews with 18 people diagnosed with the potential precursor of AD known as mild cognitive impairment (MCI) are examined. Using grounded theory methods, analysis revealed overarching themes of uncertainty concerning definitions of memory loss, MCI, and AD as well as distinctions between normal ageing and dementia. While this confusion over the terminology and prognosis mirrors the lack of scientific consensus about nosology and appropriate treatment regimens, such ambiguity creates social and psychological tensions for diagnosed individuals. Arguably, participants’ unequivocal fear of and subsequent desire to differentiate their experiences from Alzheimer’s, however, stems from the exclusively negative social constructions of AD Drawing from Goffman, these findings demonstrate the psychosocial impact of ‘framing contests’ and how ‘courtesy stigma’ can apply not only to associated persons but also associated conditions, such as MCI to AD Given the underlying nosological creep – or medicalisation – of the recent diagnostic guidelines proposing two new pre-dementia stages, understanding the illness narratives of MCI is critical.” (p. 130)
Author	Credentials: unknown Position and Institution: Department of Sociology and Anthropology, College of the Holy Cross Publication History in Peer-Reviewed Journals: extensive
Publication	Type of publication: Scholarly (peer-reviewed journal) Publisher: Sociology of Health & Illness
Date and Citation History	Date of publication: 2013 Cited By: 83
Stated Purpose or Research Question	“While this confusion over the terminology and prognosis mirrors the lack of scientific consensus about nosology and appropriate treatment regimens, such ambiguity creates social and psychological tensions for diagnosed individuals” (p.130).
Author’s Conclusion	“It is crucial to understand the perspectives of those most intimately affected in order to trace the effects of medical labels on social interactions and everyday lives. In order to address bioethical concerns, inform interventions and improve clinical encounters and quality of life for diagnosed individuals, as well as to provide appropriate services and treatment options, narratives of MCI must be explored further.” (p. 142)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: This study is looking into the stigma of Alzheimer’s and individual’s experiences of it and MCI. This relates to the PICO question because of the qualitative aspect.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Unknown credentials but extensive number of peer-reviewed articles published. Published within the last 10 years

Type of article	Overall Type: Primary research study Specific Type: Qualitative
APA Reference	Petry, H., Ernst, J., Steinbrüchel-Boesch, C., Altherr, J., & Naef, R. (2018). The acute care experience of older persons with cognitive impairment and their families: A qualitative study. <i>International Journal of Nursing Studies</i> , 96, 44-52, doi:10.1016/j.ijnurstu.2018.11.008
Abstract	<p>“Background: An increase in older persons with pre-existing cognitive impairment requiring inpatient services for co-occurring acute illness has produced a need for acute care processes to be re-designed. This in particular as this patient group is at risk of receiving insufficient care, resulting in adverse health and functional outcomes as well as family burden. Thus, to improve and sustain quality care over time, there is a need for an in-depth understanding of acute care processes from the perspective of persons with cognitive impairment and their families.</p> <p>Objectives: To generate an in-depth understanding of the experiences of acute care processes and the needs of older, hospitalized, older persons with cognitive impairment and their family members.</p> <p>Design: A qualitative study using inductive content analysis.</p> <p>Setting and participants: The study was conducted at two urban, university-affiliated tertiary care hospitals in Switzerland. Eighteen families, represented by seven older persons with cognitive impairment and 20 family members were recruited into the study from six units.</p> <p>Methods: Semi-structured, narrative individual or dyadic interviews (n = 19) were conducted over a six-month period in 2017. The interview data were analyzed using inductive content analysis strategies.</p> <p>Results: Persons with cognitive impairment and their families described a wide range of acute care experiences that oscillated between supportive and unsupportive, comprehensive and fragmented, as well as proactive family engagement and none. Seven core dimensions were identified as constituting the acute care experience from participants’ perspective. In relation to care for persons with cognitive impairment, caring attentiveness and responsiveness were important, whereas family members valued access to staff and information, participation in care, and support over time. On a system level, available resources and the hospital infrastructure were integral to their experience of hospitalisation.</p> <p>Conclusions: Participants gave manifold examples of good care. However, they reported that their specific needs and preferences were not always identified or met. Family members understood themselves as integral to the well-being of their hospitalized older member with cognitive impairment. Therefore, they need to be recognized and involved in acute care processes, and supported in their caregiving. The study shows the need and ways to move towards person- and family-centered models of care. System-wide initiatives that translate knowledge into practice and ensure a skilled workforce with sufficient resources are called for. (p. 44)</p>
Author	Credentials: PhD, RN Position and Institution: Centre of Clinical Nursing Science, University Hospital Zurich, Zurich, Switzerland Publication History in Peer-Reviewed Journals: extensive
Publication	Type of publication: Scholarly (peer-reviewed journal) Publisher: International Journal of Nursing Studies
Date and Citation History	Date of publication: December 2018 Cited By: 55
Stated Purpose or Research Question	“To improve and sustain quality care over time, there is a need for an in-depth understanding of acute care processes from the perspective of persons with cognitive impairment and their families.” (p.2)
Author’s Conclusion	“The study findings imply that efforts to increase care quality for persons with cognitive impairment and their families in acute care settings require a multi-level approach, including attention to hospital infrastructure and resources, models of family-centered, dementia-specific, geriatric models of care, and coordinated care pathways that ensure consistency and integration of care from patients and families’ perspective” (p.7)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: This study is relevant to the PICO question because it has to do with the experiences of older persons with MCI, which is exactly what the PICO question was about.
Overall Quality of Article	Overall Quality of Article: Good Rationale: established author, relevant to PICO question, published in the last year

Type of article	Overall Type: Primary Research study Specific Type: Qualitative
APA Reference	Banningh, L. W. J., , Vernooij-Dassen, M. , Rikkert, M. O. and Teunisse, J. (2008), Mild cognitive impairment: coping with an uncertain label. <i>Int. J. Geriatr. Psychiatry</i> , 23: 148-154. doi: <a href="https://doi.org/10.1002/gps.1855">10.1002/gps.1855</a>
Abstract	“Background: The recently introduced diagnostic label of Mild Cognitive Impairment (MCI) identifies patients with a cognitive decline that is more pronounced than is usual for a person's age and educational level but does not notably interfere with activities of daily living (ADL). The natural course of the syndrome is uncertain although MCI sufferers have a higher risk of developing dementia. Objectives: To investigate how patients fulfilling MCI criteria experience and cope with their cognitive decline with the secondary aim to derive key themes for a prospective MCI support-group programme. Methods: The grounded theory approach. Results: Analysis of guided interviews with eight MCI patients revealed four common themes. <i>Changes</i> related to cognitive abilities, mobility, affect, vitality and somatic complaints. <i>Attributions</i> were numerous and concerned aetiologies such as personality traits and overload of information. <i>Consequences</i> were all negative and concerned the patients themselves such as anxiety and loss of self-confidence, others such as feelings of irritation and anger towards others or activities like abandoning leisure activities. Patients applied emotion-oriented, problem-focused and avoidant <i>coping strategies</i> . Conclusion: MCI patients encounter stress-inducing practical, social and psychological difficulties. Based on the current preliminary findings, the key themes for an MCI support-group programme should include the provision of information about the syndrome's causes, course, concomitant symptoms, attributions, social consequences, and available treatments. The impact of receiving an MCI label warrants further investigation. “ (p. 148)
Author	Credentials: Unknown Position and Institution: Radboud University Nijmegen Medical Centre, Department of Medical Psychology, the Netherlands
Publication	Type of publication: Scholarly (peer-reviewed journal) Publisher: <a href="#">International Journal of Geriatric Psychiatry</a>
Date and Citation History	Date of publication:2007 Cited By: 101
Stated Purpose or Research Question	“To investigate how patients fulfilling MCI criteria experience and cope with their cognitive decline with the secondary aim to derive key themes for a prospective MCI support-group programme.” (p.3)
Author's Conclusion	“MCI patients encounter stress-inducing practical, social and psychological difficulties. Based on the current preliminary findings, the key themes for an MCI support-group programme should include the provision of information about the syndrome's causes, course, concomitant symptoms, attributions, social consequences, and available treatments” (p.7)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: This study focused on how individuals with MCI cope with their cognitive decline and derive themes for a support group program. This aligns with the PICO question because it is qualitative information about individual's personal experience.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Good qualitative information, reputable journal, relevant to PICO question.

Type of article	Overall Type: Primary Research Study Specific Type: Qualitative Study
APA Reference	Cahill, S. & Diaz-Ponce, A. M. (2011). 'I hate having nobody here. I'd like to know where they all are': Can qualitative research detect differences in quality of life among nursing home residents with different levels of cognitive impairment?, <i>Aging &amp; Mental Health</i> , 15(5), 562-572. doi:10.1080/13607863.2010.551342
Abstract	“Objective: To ascertain if similarities or differences exist in perceptions of quality of life (QoL) amongst nursing home (NH) residents with different levels of cognitive impairment (CI). Method: Face-to-face interviews using a simple 15-item semi-structured interview schedule with 61 older people with a CI (13 mild, 20 moderate and 28 severe) living in three Dublin area based NHs. Results: Four key themes of QoL with accompanying sub-themes were identified: (1) social contact, (2) attachment, (3) pleasurable activities and (4) affect. Whilst some similarities existed between the three groups, results showed emerging differences, particularly between those with a mild and severe CI. In particular, the narratives of those with a severe CI reflected an absence of social contact, a quest for human contact and a lack of awareness of structured pleasurable activities. A large majority also reported feelings of loneliness, isolation and a search for home. Conclusions: Findings support the increasing evidence that people with a CI and even those with a probable advanced dementia can often still communicate their views and preferences about what is important to them. Whilst apathy, depression and anxiety are common features of advanced dementia, the social inclusion of these people in the day-to-day ethos of NH life needs a lot more careful consideration. More research is also needed to better understand the chronic and unique needs of this very vulnerable group of people.” (p. 562)
Author	Credentials: PhD Position and Institution: National Director of the Dementia Services Information and Development Centre at St James's hospital Dublin Publication History in Peer-Reviewed Journals: Extensive, 75 in google scholar
Publication	Type of publication: Scholarly – Peer reviewed journal Publisher: Journal of Aging & Mental health Other: Published in reputable peer-reviewed journal
Date and Citation History	Date of publication: 6/17/2011 Cited By: 75 publications
Stated Purpose or Research Question	“Whilst such studies have produced valuable findings, limited attention has been paid to attempting to extrapolate differences and similarities in QoL findings amongst people with a wide range of CI including those with a severe CI” “We attempted to, as best as we could, address this gap in the literature” (p.562)
Author's Conclusion	“Results demonstrate that for this NH sample, factors associated with a good QoL included positive social relationships, pleasurable activities, feeling at home, attachment to the NH environment and positive affect.” (p.569)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: The article provided a qualitative approach by using interviews to gather information from individuals with mild cognitive impairment and their experiences relating to social contact, attachment, activities, and affect. The article considered the perspectives of individuals with mild cognitive impairment which aligns with our PICO question.
Overall Quality of Article	Overall Quality of Article: Good Rationale: This article was written by a well-established author in the field of dementia and published in a reputable peer-reviewed journal. This qualitative study answered a clear question.

Type of article	Overall Type: Primary Research Study Specific Type: Qualitative Interview
APA Reference	Moebis, I., Gee, S., Miyahara, M., Paton, H., & Croucher, M. (2017). Perceptions of a cognitive rehabilitation group by older people living with cognitive impairment and their caregivers: A qualitative study. <i>Dementia</i> , 16(4), 513-522. doi: 10.1177/1471301215609738
Abstract	“Cognitive rehabilitation has been developed to improve quality of life, activities of daily living and mood for people with cognitive impairment, but the voice of people with cognitive impairment has been underrepresented. This study aimed to understand the experience of people living with cognitive impairment, as well as their caregivers who took part in a cognitive rehabilitation intervention programme. Twelve individuals with cognitive impairment and 15 caregivers participated in individual qualitative interviews. The interview data were analysed in three steps: 1) familiarization of the transcripts; 2) identification of themes; 3) re-interpretation, refinement and integration of themes with methodological auditors. Both participants living with cognitive impairment and caregivers valued the comfortable environment with friendly, caring and supportive group leaders who taught practical tips and strategies. The participants living with cognitive impairment enjoyed socialising with like others. Caregivers benefited from learning about memory problems and sharing their challenges with other caregivers. The participants living with cognitive impairment emphasised the benefits of relational and practical aspects, whereas the caregivers valued the informational and emotional support. In conclusion, both participants living with cognitive impairment and caregivers found the cognitive rehabilitation group useful.” (p. 513)
Author	Credentials: Consultant for the Mental Health department, Dunedin Public Hospital Position and Institution: Southern District Health Board Publication History in Peer-Reviewed Journals: 43
Publication	Type of publication: <i>Qualitative interview study</i> Publisher: <i>SAGE Journals</i>
Date and Citation History	Date of publication: 2017 Google Scholar Cited By: 6
Stated Purpose or Research Question	“This study aimed to understand the experience of people living with cognitive impairment, as well as their caregivers who took part in a cognitive rehabilitation intervention program.” (p. 513)
Author’s Conclusion	“Most individuals with cognitive impairment and caregivers described the Coping with Forgetfulness Group as an enjoyable and comfortable experience.” (p. 516) “The people with memory problems realized that they were not the only ones with memory problems, and they could talk freely to each other.” (p. 519)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: High relevance Rationale: This research article is directly related to the perspectives and experiences of individuals with MCI, along with the perspectives and experiences of their caregivers.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Though the author is not very well established, the quality of the material would be suitable for our topic. Reputable publisher. Publication within the last 10 years.

Type of article	Overall Type: Primary Research Study Specific Type: Cross-sectional study
APA Reference	Pusswald, G., Tropper, E., Kryspin-Exner, I., Moser, D., Klug, S., Auff, E.,...Lehrner, J. (2015). Health-Related Quality of Life in Patients with Subjective Cognitive Decline and Mild Cognitive Impairment and its Relation to Activities of Daily Living. <i>Journal of Alzheimer's Disease</i> , 47(2), 479-486. doi:10.3233/JAD-15028
Abstract	"Background: Health related quality of life (HRQOL) is an important issue in the context of dementia care. Objectives: The purpose of this study was to investigate HRQOL in patients with subjective cognitive decline (SCD) and mild cognitive impairment (MCI) and its relation to Activity of Daily Living (ADL). Methods: In this cross-sectional study, four experimental groups (each n=98), controls, SCD, naMCI and aMCI, were compared. For data collection, neuropsychological methods (NTBV) and psychological questionnaires (SF-36 and B-ADL) were used. Multivariate analysis of variance was calculated to detect differences in HRQOL between groups. Correlations between HRQOL and ADL were explored. Results: The dimensions of HRQOL showed mainly consistent differences between the control and the SCD group and MCI subgroups. In almost every dimension of HRQOL, the control group scored higher than subjects with SCD, naMCI, or aMCI. The controls showed low to moderate negative correlations between HRQOL and B-ADL in some dimensions of the HRQOL. In the SCD group, low negative correlations with ADL were observed in some HRQOL scales. Low to moderate correlations were found between each scale of the SF-36 and the B-ADL in both MCI subtypes. We found gender differences in HRQOL. Conclusion: In conclusion, we could demonstrate that patients with SCD report reduced quality of life. This knowledge is important to get a better understanding of the individuals with SCD and may pave the way for the development of early intervention." (p. 479)
Author	Credentials: Doctor-in-training Position and Institution: Department of Neurology, University Clinic of Neurology, Medical University of Vienna Publication History in Peer-Reviewed Journals: 32
Publication	Type of publication: <i>Comparative study</i> Publisher: <i>IOS Press</i> Other: <i>People with MCI compared to healthy controls</i>
Date and Citation History	Date of publication: 2015 Cited By: 18
Stated Purpose or Research Question	"The purpose of this study was to investigate HRQOL in patients with subjective cognitive decline (SCD) and mild cognitive impairment (MCI) and its relation to Activity of Daily Living (ADL)" (p.479).
Author's Conclusion	"Our study found significant associations between ADL and HRQOL in the total sample" (p. 484). "In conclusion, we could demonstrate that patients with SCD report reduced quality of life" (p. 479).
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: <i>Limited</i> Rationale: <i>Though the study thoroughly assesses quality of life in those with MCI versus those seen as "healthy," it lacks the perspectives, experiences, and self-reports that we are looking for in our qualitative research.</i>
Overall Quality of Article	Overall Quality of Article: <i>Moderate</i> Rationale: <i>Reputable journal and publisher. Publication within the last 10 years.</i>



Type of article	Overall Type: Primary research study Specific Type: Psychometric, correlational studies
APA Reference	Maki, Y., Yamaguchi, T., Yamagami, T., Murai, T., Hachisuka, K., Miyamae, F., . . . Yamaguchi, H. (2014). The impact of subjective memory complaints on quality of life in community-dwelling older adults. <i>Psychogeriatrics, 14</i> (3), 175-181
Abstract	“Purpose The aim of this study was to evaluate the impact of memory complaints on quality of life ( QOL) in elderly community dwellers with or without mild cognitive impairment ( MCI). Methods Participants included 120 normal controls ( NC) and 37 with MCI aged 65 and over. QOL was measured using the Japanese version of Satisfaction in Daily Life, and memory complaints were measured using a questionnaire consisting of four items. The relevance of QOL was evaluated with psychological factors of personality traits, sense of self-efficacy, depressive mood, self-evaluation of daily functioning, range of social activities (Life-Space Assessment), social network size, and cognitive functions including memory. The predictors of QOL were analyzed by multiple linear regression analysis. Results QOL was not significantly different between the NC and MCI groups. In both groups, QOL was positively correlated with self-efficacy, daily functioning, social network size, Life-Space Assessment, and the personality traits of extraversion and agreeableness; QOL was negatively correlated with memory complaints, depressive mood, and the personality trait of neuroticism. In regression analysis, memory complaints were a negative predictor of QOL in the MCI group, but not in the NC group. The partial correlation coefficient between QOL and memory complaints was $-0.623$ ( $P < 0.05$ ), after scores of depressive mood and self-efficacy were controlled. Depressive mood was a common negative predictor in both groups. Positive predictors were Life-Space Assessment in the NC group and sense of self-efficacy in the MCI group. Conclusions Memory complaints exerted a negative impact on self-rated QOL in the MCI group, whereas a negative correlation was weak in the NC group. Memory training has been widely practised in individuals with MCI to prevent the development of dementia. However, such approaches inevitably identify their memory deficits and could aggravate their awareness of memory decline. Thus, it is critical to give sufficient consideration not to reduce QOL in the intervention for those with MCI. “ (p. 175)
Author	Credentials: Disciplines: Psychology and Mathematics Position and Institution: Gunma University: Graduate school of health sciences. National center for geriatrics and gerontology Publication History in Peer-Reviewed Journals: <i>13 results</i>
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Wiley-Blackwell
Date and Citation History	Date of publication: 2014 Cited By: 38 Other: The official journal of the Japanese Psychogeriatric Society
Stated Purpose or Research Question	“The aim of this study was to evaluate the impact of memory complaints on quality of life (QOL) in elderly community dwellers with or without mild cognitive impairment (MCI)” (p.175).
Author’s Conclusion	“The QOL scores were significantly correlated with the scores of subjective memory complaints after the scores of self-efficacy and depressive mood were controlled. These results suggest that those with MCI consider their awareness of memory decline seriously enough to affect their QOL” (p. 179).
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Moderate Rationale: The research assesses individuals with MCI using tools such as self-rated and memory questionnaires and general self-efficacy scale. Though the research gives us some insight about the QOL in those with MCI (using descriptive statistics), it is lacking the personal perspectives and experiences.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Reputable journal and publisher. Publication in the last 10 years.

Type of article	Overall Type: Primary research study Specific Type: Qualitative design with interpretive description approach
APA Reference	Colbeck, M., Fogarty, D., & Funk, S. (2016). Learning to live with multiple sclerosis cognitive impairment and how it influences readiness for group cognitive intervention. <i>Disability and Health Journal</i> , 9(4), 638-645. doi:10.1016/j.dhjo.2016.04.010
Abstract	<b>“Background:</b> Up to 65% of people with multiple sclerosis (MS) have cognitive impairment that negatively affects quality of life, social functioning, and work. Evidence is building to suggest cognitive rehabilitation is a helpful intervention strategy, and that a group approach can be effective for individuals with MS. Further exploration of how to maximize the potential of group cognitive interventions is warranted. <b>Objective:</b> To describe how the psychological process of learning to live with MS-related cognitive changes influences participation in a group cognitive intervention. <b>Methods:</b> A qualitative design with interpretive description approach was used to ask consumers with MS the important features of a group cognitive intervention. Ten females with self-reported physician-diagnosed MS participated in two focus groups. Focus groups were audio recorded and transcribed. Inductive analysis resulted in content and process categories and themes. <b>Results:</b> The focus groups echoed the processes and relationships that occur in a group intervention program. The main three themes represented stages in a process of learning to live with cognitive changes. The three themes were: 1) coming to know yourself with cognitive changes, 2) learning to cope with cognitive changes and 3) living a changed life. Relationships exist between these stages and the extent to which an individual will benefit from a group cognitive intervention program. <b>Conclusions:</b> Knowledge of group process and the psychological processes involved in behavioral change are essential skills for facilitating a cognitive intervention group for people with MS.” (p. 638)
Author	Credentials: M.O.T. Position and Institution: Department of Occupational Therapy, University of Manitoba Publication History in Peer-Reviewed Journals: 3 citations
Publication	Type of publication: Peer-reviewed journal Publisher: Elsevier Other: Crossmark provided
Date and Citation History	Date of publication: 2016 Cited By: 4
Stated Purpose or Research Question	“The purpose of this study was to determine the perspectives of people with MS to assist the development of a group cognitive intervention” (p. 644). “The larger study objective was to learn what consumers anticipated would be helpful content and format features of a group cognitive intervention that was to be developed for local use” (p. 639).
Author’s Conclusion	“This study highlighted that the content and process of the intervention group needs to reflect the complexity of re-learning to live with a cognitive impairment.” “It is important for group facilitators to understand process theories such as group process and behavioral change in order to effectively screen people for cognitive intervention groups, as well as to facilitate change for those engaged in the group cognitive intervention” (p. 644).
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: Though this article is centered around people with MS, the main goal is to assess decline in cognitive functioning and the perspectives of individuals, which highly relates to our research question.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Reputable Journal and Publisher. Publication within the last 10 years.

Type of article	<b>Overall Type:</b> Primary Research Study <b>Specific Type:</b> Nonexperimental group comparison
APA Reference	Bárrios, H., Narciso, S., Guerreiro, M., Maroco, J., Logsdon, R., de Mendonça, A. (2013). Quality of life in patients with mild cognitive impairment. <i>Aging &amp; Mental Health</i> , 17(3), 287-292. doi: 10.1080/13607863.2012.747083
Abstract	<b>Background:</b> Quality of life (QoL) is affected in patients with dementia, but it is not clear whether it is already disturbed in more initial phases of cognitive decline, like Mild Cognitive Impairment (MCI). <b>Aim:</b> Compare the QoL in MCI patients with controls without cognitive impairment and ascertain whether there are differences in the reports of QoL made by the subjects and by their informants. <b>Methods:</b> Two hundred participants were enrolled, divided into MCI patients (n ¼ 50), MCI informants (n ¼ 50), recruited from a memory clinic and a dementia outpatient clinic, and controls (n ¼ 50) and controls informants (n ¼ 50), recruited in a family practice clinic. QoL was assessed with the QoL in Alzheimer disease (QOL-AD) scale. <b>Results:</b> The total scores of the QOL-AD questionnaire were 32.1 ± 6.9 for MCI patients self-report, 27.2 ± 6.7 for MCI patients in the opinion of their informants, 35.3 ± 4.9 for controls self-report and 35.6 ± 4.9 for controls in the opinion of their informants. MCI patients had lower QOL-AD scores than controls. The QoL reported by patients with MCI was more favorable than the opinion of their informants. <b>Conclusion:</b> The QoL is affected at early stages of cognitive decline. The QoL reported by patients with MCI is better than the opinion of their informants, similarly to what is known in Alzheimer’s disease patients. QoL appears to be an important domain to be evaluated in aging studies.” (p. 287)
Author	<b>Credentials (1st author):</b> Faculty, education level unknown <b>Position and Institution:</b> Dementia Group, Institute of Molecular Medicine and Faculty of Medicine, University of Lisbon, Portugal; Hospital do Mar, Lisbon, Portugal <b>Publication History in Peer-Reviewed Journals (Google Scholar):</b> 5 publications
Publication	<b>Type of Publication:</b> Scholarly, peer-reviewed journal <b>Publisher:</b> Aging & Mental Health <b>Other:</b> Routledge (Taylor & Francis Group)
Date and Citation History	<b>Date:</b> 2013 <b>Google Scholar Cited By:</b> 57
Stated Purpose or Research Question	“The objective of the present work was to ascertain whether patients with MCI have a decrease in the QoL as compared to subjects without cognitive impairment. Additionally, we aimed to compare the reports of QoL made by the subjects and by their informants, both in MCI patients and in subjects without cognitive impairment” (p.288).
Author’s Conclusion	“In conclusion, the QoL was decreased in MCI patients as compared to controls without cognitive impairment. The QoL reported by patients with MCI was better than the opinion of their informants” (p.291).
Overall Relevance to PICO	Overall Relevance to PICO: Moderate PICO: The study directly relates to the PICO question because it examined the quality of life of individuals with MCI in comparison to a control group without MCI. It also examined others’ perceptions on the individuals’ quality of life, but the study does not offer much additional qualitative information about the individuals’ lived experiences with MCI. Therefore, the conclusion of the article seems to be about the most useful information in the study related to the PICO.
Overall Quality	Overall Quality of Article: Fair Quality Author not exceptionally well-established. Trusted publication and publication within the past 10 years.

Type of article	Overall Type: Primary Research Study Specific Type: Qualitative Interviews
APA Reference	Blieszner, R., & Roberto, K. A. (2010). Care partner responses to the onset of mild cognitive impairment. <i>The Gerontologist</i> , 50(1), 11-22.
Abstract	<p><b>“Purpose:</b> We examined characteristics, responses, and psychological well-being of care partners who support and assist older adults recently diagnosed with mild cognitive impairment (MCI). <b>Design and Methods:</b> Based on a sample of 106 care partners of community residents diagnosed with MCI at memory clinics, we conducted face-to-face interviews including scales and open-ended questions. Measures tapped elements of the caregiver stress process model advanced by Pearlin and associates (1990, <i>Caregiving and the stress process: An overview of concepts and their measures. The Gerontologist</i>, 30, 583–594), including background characteristics, knowledge and attitude resources, stressors, strains, and protective conditions. The outcome was psychological well-being as indexed by depressive symptoms. <b>Results:</b> Care partners’ depressive symptoms were higher in the context of poorer health, lower perceived importance of religion, less knowledge about dementia, being more bothered by the older adult’s MCI symptoms, having a lower sense of environmental mastery, more perceived burden, more frequent use of coping strategies, and more social support. Narratives revealed multiple dimensions of stress, strain, and frustration, regardless of the level of depressive symptoms. <b>Implications:</b> Assisting a relative with MCI presents new and complex challenges, even though it is an early caregiving role. Care partners likely would benefit from strategies aimed at reducing self-blame, enhancing coping skills, sustaining their sense of mastery, managing their health, seeking and accepting respite, and communicating effectively with the person with MCI and significant others.” (p. 11)</p>
Author	Credentials (1st author): PhD Position and Institution: Center for Gerontology, Virginia Polytechnic Institute and State University, Blacksburg, VA Publication History in Peer-Reviewed Journals (Google Scholar): Extensive
Publication	Type of Publication: Scholarly, peer-reviewed article Publisher: The Gerontologist Other: published by Oxford University Press on behalf of The Gerontological Society of America
Date and Citation History	Date: 2010 Google Scholar Cited By: 85
Stated Purpose or Research Question	“ We examined two research questions: (a) How do family members manage behavioral changes resulting from MCI? and (b) What is the impact of having a relative with MCI on care partners’ psychological well-being” (p.12)?
Author’s Conclusion	“Care partners’ depressive symptoms were higher in the context of poorer health, lower perceived importance of religion, less knowledge about dementia, being more bothered by the older adult’s MCI symptoms, having a lower sense of environmental mastery, more perceived burden, more frequent use of coping strategies, and more social support. Narratives revealed multiple dimensions of stress, strain, and frustration, regardless of the level of depressive symptoms” (p.11).
Overall Relevance to PICO	Overall Relevance to PICO: Moderate PICO: The study is not directly related to the lived experience of the client, which is the general focus of the PICO question. However, our group has discussed including the lived experience of the caregivers of those with MCI in the project, which would make this study more relevant.
Overall Quality	Overall Quality of Article: Good Quality Author is well-established. Publisher and publication sources are known and trusted. Article is less than 10 years old.

Type of article	Overall Type: Primary Research Specific Type: Phenomenology
APA Reference	Branger, C., Burton, R., O'Connell M.E., Stewart, N., & Morgan, D. (2016). Coping with cognitive impairment and dementia: Rural caregivers' perspective. <i>Dementia, 15</i> (4), 814-831. <a href="https://doi.org/10.1177/1471301214539956">https://doi.org/10.1177/1471301214539956</a>
Abstract	“Abstract: Caregiving in a rural context is unique, but the experience of rural caregivers is understudied. This paper describes how rural caregivers cope with caring for a loved one diagnosed with mild cognitive impairment or dementia using qualitative description to generate a low-inference summary of a response to an open-ended question. This approach allowed these rural caregivers to describe their positive experiences in addition to the more commonly explored caregiver experiences related to stress. Analyses of coping revealed use of social support, engaging in relaxing and physical activity, and cognitive reframing. In addition, caregivers reported strong faith and religiosity, and to a lesser frequency behavioral changes, checking in with the person with dementia via telephone, and joint activity. Predominantly, these methods reflect approach-based strategies. The current data suggest that these caregivers manage well and adopt adaptive coping strategies to meet the demands of the caregiving role.” (p. 814)
Author	Credentials (1st author): Camille Branger Position and Institution: Graduate at University of Saskatchewan working under direction of Megan O'Connell. Her dissertation research is investigating the relationship between finding meaning and caregiver well-being. Her dissertation will explore how culture and the caregiver/care-recipient relationship influence finding meaning in informal caregivers. Publication History in Peer-Reviewed Journals (Google Scholar): 5
Publication	Type of Publication: Scholarly, Peer-reviewed Publisher: Dementia
Date and Citation History	Date: 2014 Google Scholar Cited By: 5
Stated Purpose or Research Question	“This paper describes how rural caregivers cope with caring for a loved one diagnosed with mild cognitive impairment or dementia using qualitative description to generate a low-inference summary of a response to an open-ended question. This approach allowed these rural caregivers to describe their positive experiences in addition to the more commonly explored caregiver experiences related to stress.” (p. 814)
Author's Conclusion	“The current data suggest that these caregivers manage well and adopt adaptive coping strategies to meet the demands of the caregiving role.” (p. 814)
Overall Relevance to PICO	Overall Relevance to PICO: Moderate PICO: This is of moderate relevance as it focuses on a specific population: people living in a rural area who are also caring for loved ones diagnosed with MCI. It also focuses on an outcome, of coping for the caregivers.
Overall Quality	Overall Quality of Article: Moderate Rationale: The author is not established (though according to Google Scholar, the woman she is working under appears to be). I am unsure how reputable the journal it was published by it, but it was published in the last 3 years. It has only been cited by 5 other journals though this is likely due to how recently it was published. The mixed nature of these results cause

Type of article	Overall Type: Primary Research Specific Type: Qualitative
APA Reference	Carlozzi, N.E., Sherman, C.W., Angers, K., Belanger, M.P., Austin, A.M., & Ryan, K.A. (2018). Caring for an individual with mild cognitive impairment: a qualitative perspective of health-related quality of life from caregivers. <i>Aging &amp; Mental Health, (22)</i> 9, 1190-1198.
Abstract	Abstract: Objectives: Little is “known regarding the effect that caring for an individual with Mild Cognitive Impairment (MCI) has on health-related quality of life (HRQOL). We sought to identify the most important aspects of HRQOL related to caring for an individual with MCI. Methods: Six focus groups were conducted with caregivers of individuals with MCI (n = 32). Qualitative frequency analysis was used to analyze the data. Results: Findings indicated that caregivers most frequently discussed social health, including changes in social roles and an increased need for social support (51.2% of the total discussion). This was followed by mental health concerns (37.9%) centering on anger/frustration, and a need for patience in the caregiving role, as well as caregiver-specific anxiety. Other topics included physical health (10.0%; including the impact that stress and burden have on medical health), and caregivers’ cognitive health (0.9%; including memory problems in relation to caregiver strain, sleep disruption, and cognitive fatigue). Conclusions: Findings illustrate the multiple domains of HRQOL that are affected in individuals providing care for someone with MCI. Moreover, the findings highlight the need for extending support services to MCI caregivers, a group that is typically not offered support services due to the ‘less severe’ nature of an MCI diagnosis.” (p. 1190)
Author	Credentials (1st author): Noelle E. Carlozzi Position and Institution: PhD, Assistant Professor at University of Michigan, Medical School, she is the director of the Center for Clinical Outcomes Development and Application (CODA) Publication History in Peer-Reviewed Journals (Google Scholar): About 355
Publication	Type of publication: Scholarly, Peer-reviewed Publisher: Aging & Mental Health
Date and Citation History	Date: 2018 Google Scholar Cited By: 2
Stated Purpose or Research Question	“Little is known regarding the effect that caring for an individual with Mild Cognitive Impairment (MCI) has on health-related quality of life (HRQOL). We sought to identify the most important aspects of HRQOL related to caring for an individual with MCI.” (p. 1196)
Author’s Conclusion	“Findings from this study highlight how providing care for someone with MCI can impact multiple aspects of the caregiver’s HRQOL. Specifically, caregivers of individuals with MCI discussed how their caring role was associated with changes in social, mental, and physical health. Even though these caregivers were caring for someone with mild cognitive deficits who were not showing substantial changes in functioning, the emergent themes were reminiscent of findings in caregivers of more severe dementia conditions.” (p. 1199)
Overall Relevance to PICO	Overall Relevance to PICO: Strong PICO: This is of strong relevance as it focuses on a specific population: people caring for people diagnosed with MCI. It also focuses on an outcome, of health-related quality of life. It doesn’t focus on an intervention or control and comparison control but does speak to our EBP question.
Overall Quality	Overall Quality of Article: Good Rationale: The author is well established and was published in a reputable journal. This journal was published in the last year and has already been cited 2 times.

Type of article	Overall Type: Primary Research Specific Type: Qualitative
APA Reference	De Vriendt, P., Gorus, E., Cornelis, E., Velghe, A., Petrovic, M., Mets, T., . . . Mets, T. (2012). The process of decline in advanced activities of daily living: A qualitative explorative study in mild cognitive impairment. <i>International Psychogeriatrics</i> , 24(6), 974-986. doi:10.1017/S1041610211002766
Abstract	“Abstract: Background: The notion of "minimal impairment in instrumental activities of daily living (i-ADL)" is important in the diagnosis of mild cognitive impairment (MCI), but is presently not adequately operationalized. ADL is stratified according to difficulty, complexity, and also to vulnerability to early cognitive changes in a threefold hierarchy: basic activities of daily living (b-ADL), i-ADL, and advanced activities of daily living (a-ADL). This study aims to gain a deeper understanding of the functional decline in the process of MCI. Methods: In a qualitative design, 37 consecutive patients diagnosed with amnesic (a)-MCI and their proxies were interviewed at two geriatric day hospitals. Constant comparative analysis was used for the analysis. Results: The a-ADL-concept emerged as important in the diagnosis of MCI. All participants were engaged in a wide range of activities, which could be clustered according to the International Classification of Functioning, Disability and Health (ICF). Participants reported subtle difficulties in performance. A process of functional decline was identified in which adaptation and coping mechanisms interacted with the process of reduced skills, leading to an activity disruption and an insufficiency in functioning. Conclusion: This study asserts the inclusion of an evaluation of a-ADL in the assessment of older persons. When evaluating ADL at three levels (b-ADL, i-ADL, and a-ADL), all the activities one can perform in daily living are covered” (p. 974)
Author	Credentials (1st author): Patricia De Vriendt Position and Institution: Not Available Publication History in Peer-Reviewed Journals (Google Scholar): About 1,080
Publication	Type of publication: Scholarly, Peer-reviewed Publisher: International Psychogeriatrics
Date and Citation History	Date: 2012 Google Scholar Cited By: 57
Stated Purpose or Research Question	“This study aims to gain a deeper understanding of the functional decline in the process of MCI.” (p. 974)
Author’s Conclusion	“This study asserts the inclusion of an evaluation of a-ADL in the assessment of older persons. When evaluating ADL at three levels (b-ADL, i-ADL, and a-ADL), all the activities one can perform in daily living are covered.” (p. 974)
Overall Relevance to PICO	Overall Relevance to PICO: Moderate PICO: This is of moderate relevance as it focuses on a specific population, those diagnosed with MCI. It also focuses on an outcome, the functional decline of those diagnosed with MCI. Though it doesn’t include an intervention or comparison and control conditions it does speak to how functional decline changes in those diagnosed with MCI.
Overall Quality	Overall Quality of Article: Moderate Rationale: The author is established, and it was published by a reputable journal. It was published within the last 10 years and has been cited by 50+ other journals.

Type of article	Overall Type: Primary Research Study Specific Type: Qualitative Interview
APA Reference	Gomersall, T., Smith, S. K., Blewett, C., & Astell, A. (2017). "It's definitely not Alzheimer's": Perceived benefits and drawbacks of a mild cognitive impairment diagnosis. <i>British Journal of Health Psychology</i> , 22(4), 786-804. doi: 10.1111/bjhp.12255
Abstract	<p>"Objectives: To understand the perceived benefits and drawbacks of a mild cognitive impairment (MCI) diagnosis from the perspective of those living with the label. Methods: Participants were included if they had recently (within 6 months) received a MCI diagnosis. We also recruited close family members to gain their perspectives. Each was interviewed separately with a semi-structured topic guide covering three areas: (1) experience of cognitive impairments and changes in the individual; (2) impact of cognitive impairment(s) on daily activities and social relationships; and (3) experience of the diagnosis process and living with the label. Transcribed interviews were stored in Nvivo®. Grounded theory procedures of memo writing, open coding, constant comparison, and focused coding were used to derive conceptual themes. Results: Eighteen dyads were interviewed. The overarching themes surrounding diagnosis benefits and drawbacks were as follows: (1) emotional impact of the diagnosis; (2) practical benefits and limitations of the diagnosis, in terms of (a) understanding one's symptoms and (b) access to clinical support. Although participants were glad to have clinical support in place, they expressed frustration at the lack of clarity, and the lack of available treatments for MCI. Consequently, living with MCI can be characterized as an ambivalent experience. Conclusion: As a clinical label, MCI appears to have little explanatory power for people living with cognitive difficulties. Work is needed to clarify how clinicians and patients communicate about MCI, and how people can be helped to live well with the label. Despite an emerging body of prognostic studies, people with MCI are likely to continue living with significant uncertainty. Statement of contribution What is already known on this subject? Mild cognitive impairment is a state of cognitive decline between normal cognitive ageing and dementia. This clinical category has been an important domain of academic debate over recent years. From a clinical perspective, diagnosing MCI is a helpful way to enable communication between health professionals, and a diagnosis can be important for patients in need of support and education. However, diagnosis can be fraught with difficulties, while patients have reported significant uncertainty about the label. This study aimed to examine the perceived benefits and drawbacks of receiving a MCI diagnosis. What does this study add? The emotional impact of a MCI diagnosis is complex and raised conflicting and fluctuating emotions in our participants' accounts - most notably worry and relief. Participants were glad to have clinical support available to call on; however, they were frustrated at the lack of 'treatments' available for MCI and were often anxious to slow any cognitive decline down. Health psychologists will have an important role to play in understanding and improving clinical communication about MCI." (p. 786)</p>
Author	Credentials (1st author): MSc in Qualitative Psychology & Health, PhD in Psychology Position and Institution: Department of Behavioral & Social Sciences, University of Huddersfield, UK Publication History in Peer-Reviewed Journals (Google Scholar): 6 publications
Publication	Type of Publication: Scholarly, peer-reviewed journal Publisher: British Journal of Health Psychology Other: published by John Wiley & Sons LTD on behalf of British Psychological Society
Date and Citation History	Date: 2017 Google Scholar Cited By: 4
Stated Purpose or Research Question	"This article examines the experience of receiving an MCI diagnosis in terms of the benefits and drawbacks this diagnosis confers on individuals and their families" (p.788).
Author's Conclusion	"The complex relationship between MCI, serious neurocognitive disorders, and 'normal' ageing is a source of uncertainty and confusion among people living with the diagnosis, and the lack of recommended medical treatments can be a source of frustration. Work is needed to understand how MCI is discussed in clinical consultations, and what can be done to support people in managing their cognitive disabilities" (p.799).
Overall Relevance to PICO	Overall Relevance to PICO: Moderate PICO: The study is qualitative and looks at the lived experience of both the individuals diagnosed with MCI (60+ years old) and their caregivers. The article provides direct excerpts from the interviews, which gives reader access to direct patient thoughts, but the interview questions are focused mainly on the diagnostic experience rather than living with MCI after diagnosis.
Overall Quality	Overall Quality of Article: Good Quality Established author and journal publication. Publication very recent (past 2 years, which explains low rate of being cited by other sources).



Type of article	Overall Type: Primary Research Specific Type: Qualitative study
APA Reference	Mattos, M. K., Nilsen, M. L., & Lingler, J. H. (2018). Experiences surrounding an early-stage cognitive diagnosis in rural-dwelling older adults. <i>Research in Gerontological Nursing, 11</i> (4), 181-189. doi:10.3928/19404921-20180628-03
Abstract	“Abstract: Misdiagnosis, lack of specialists, and patient dismissal of symptoms can contribute to delayed detection of early cognitive impairment. Understanding patient perspectives during and around time of cognitive diagnosis is crucial, as reactions to diagnosis can impact disease management and overall health. The current study conducted semi-structured interviews to explore the experiences of rural-dwelling older adults (n = 9) and their caregivers (n = 10) surrounding diagnosis of mild cognitive impairment or early stage Alzheimer's disease at a specialty research center (SRC). Content analysis was performed. Overall, researchers found that older adult participants experienced various cognitive symptoms pre-diagnosis and dyads experienced diagnostic uncertainty prior to the SRC visit. All individuals displayed a range of reactive and information-seeking actions. Nurses play significant roles in the diagnostic and post diagnostic periods for patients with early-stage cognitive impairment, and clinical diagnostic expertise, appropriate and timely direction of resources, and identification and targeting of early interventions to promote cognitive health are particularly important to this underserved population.” (p. 181)
Author	Credentials (1st author): Meghan K. Mattos Position and Institution: PhD, Assistant Professor at University of Virginia, Department of Nursing Publication History in Peer-Reviewed Journals (Google Scholar): About 414
Publication	Type of publication: Scholarly, Peer-reviewed Publisher: Research in Gerontological Nursing
Date and Citation History	Date: 2018 Google Scholar Cited By: 0
Stated Purpose or Research Question	“Understanding patient perspectives during and around time of cognitive diagnosis is crucial, as reactions to diagnosis can impact disease management and overall health. The current study conducted semi-structured interviews to explore the experiences of rural-dwelling older adults (n = 9) and their caregivers (n = 10) surrounding diagnosis of mild cognitive impairment or early stage Alzheimer's disease at a specialty research center (SRC).” (p. 181)
Author's Conclusion	“Overall, researchers found that older adult participants experienced various cognitive symptoms pre-diagnosis and dyads experienced diagnostic uncertainty prior to the SRC visit. All individuals displayed a range of reactive and information-seeking actions.” (p. 181)
Overall Relevance to PICO	Overall Relevance to PICO: Moderate PICO: This is of moderate relevance as it focuses on a specific population: people living in a rural area who were diagnosed with MCI and those taking care of them. It also focuses on an outcome, of their experiences.
Overall Quality	Overall Quality of Article: Moderate Rationale: The author is well published, and the article was published in a reputable journal. This article was published in the last year which may be the reason behind the lack of citations in other journals.

Type of article	Overall Type: Primary Research Specific Type: Qualitative study
APA Reference	Portacolone, E., Johnson, J. K., Covinsky, K. E., Halpern, J., & Rubinstein, R. L. (2018). The effects and meanings of receiving a diagnosis of mild cognitive impairment or Alzheimer's disease when one lives alone. <i>Journal of Alzheimer's Disease</i> , 61(4), 1517-1529. doi:10.3233/JAD-170723
Abstract	“Abstract: Misdiagnosis, lack of specialists, and patient dismissal of symptoms can contribute to delayed detection of early cognitive impairment. Understanding patient perspectives during and around time of cognitive diagnosis is crucial, as reactions to diagnosis can impact disease management and overall health. The current study conducted semi-structured interviews to explore the experiences of rural-dwelling older adults (n = 9) and their caregivers (n = 10) surrounding diagnosis of mild cognitive impairment or early stage Alzheimer's disease at a specialty research center (SRC). Content analysis was performed. Overall, researchers found that older adult participants experienced various cognitive symptoms pre-diagnosis and dyads experienced diagnostic uncertainty prior to the SRC visit. All individuals displayed a range of reactive and information-seeking actions. Nurses play significant roles in the diagnostic and post diagnostic periods for patients with early-stage cognitive impairment, and clinical diagnostic expertise, appropriate and timely direction of resources, and identification and targeting of early interventions to promote cognitive health are particularly important to this underserved population.” (p. 1517)
Author	Credentials (1st author): Elena Portacolone Position and Institution: PhD, MBA, MHA University of Southern California, School of Nursing Publication History in Peer-Reviewed Journals (Google Scholar): 73
Publication	Type of publication: Scholarly, Peer-reviewed Publisher: Journal of Alzheimer's Disease
Date and Citation History	Date: 2018 Google Scholar Cited By: 0
Stated Purpose or Research Question	“The aim of this study was to understand the effects and meanings of receiving a diagnosis of MCI or AD on the lived experience of older adults living alone.” (p. 1517)
Author's Conclusion	“Findings suggest the need for more tailored care and follow-up as soon as MCI or AD is diagnosed in persons living alone.” (p. 1517)
Overall Relevance to PICO	Overall Relevance to PICO: Moderate PICO: This is of moderate relevance as it focuses on a specific population: people diagnosed with MCI or AD living alone. It also focuses on an outcome, of lived experiences.
Overall Quality	Overall Quality of Article: Moderate Rationale: The author has been published 70+ times and the article was published in a reputable journal. This article was published in the last year which may be the reason behind the lack of citations in other journals. Regardless, the information presented throughout the journal is of significance to our EBP question.

Type of Article	Overall Type: Primary Research Study Specific Type: Qualitative Telephone Interviews
APA Reference	Hasselkus, B.R., & Murray, B.J. (2007). Everyday occupation, well-being, and identity: The experience of caregivers in families with dementia. <i>American Journal of Occupational Therapy</i> , 61(1), 9-20.
Abstract	“The purpose of this study was to gain understanding of the nature of the daily occupations of caregivers for family members with dementia as related to the caregivers' perceptions of well-being. Qualitative telephone interviews, focused on the experience of caregiving, were conducted with 33 caregiver-respondents; the data were transcribed and analyzed using a phenomenological approach. Everyday occupation emerged as a phenomenon that was central to the caregivers' ways of evaluating and monitoring well-being in the care receivers and themselves. Further, occupational engagement served to help mitigate the potential biographical disruption of the dementia caregiving experience. The implications for occupational therapy personnel are convincing: Everyday occupation holds promise for contributing to the relative well-being of both caregivers and care receivers and for facilitating continuity of relationships and identity for the caregiver.” (p. 9)
Author	Credentials (1st author): PhD, OTR, FAOTA Position and Institution: Emeritus Professor in the Occupational Therapy Program at the University of Wisconsin-Madison Publication History in Peer-Reviewed Journals: Over 90 publications (both texts and journals)
Publication	Type of publication: American Journal of Occupational Therapy (Grey Literature) Publisher: American Occupational Therapy Association Other: Peer-reviewed research focused on occupational therapy practices. Written for occupational therapy practitioners to make practice recommendations based on evidence. Need an AOTA membership to access. ( <a href="https://ajot.aota.org/ss/about_ajot.aspx">https://ajot.aota.org/ss/about_ajot.aspx</a> )
Date and Citation History	Date: 2007 Google Scholar Cited By: 98
Stated Purpose or Research Question	“The purpose of this study was to gain understanding of the nature of the daily occupations of caregivers for family members with dementia as related to the caregivers' perceptions of well-being.” (p. 9)
Author's Conclusion	“Everyday occupation emerged as a phenomenon that was central to the caregivers' ways of evaluating and monitoring well-being in the care receivers and themselves. Further, occupational engagement served to help mitigate the potential biographical disruption of the dementia caregiving experience. The implications for occupational therapy personnel are convincing: Everyday occupation holds promise for contributing to the relative well-being of both caregivers and care-receivers and for facilitating continuity of relationships and identity for the caregiver.” (p.9)
Overall Relevance to PICO	Overall Relevance to PICO: Strong Rationale: This gives both a caregiver and receiver perspective on well-being. Not only does it perfectly fit with our PICO question, it also fits directly into occupational therapy.
Overall Quality	Overall Quality of Article: Good Rationale: The author has multiple publications and is a leader in the field of occupational therapy. This particular article has been cited by many. The date is 2007, so getting a little old.

Type of article	Overall Type: Primary Research Study Specific Type: Phenomenological study
APA Reference	Persson M, & Zingmark K. (2006). Living with a person with Alzheimer's disease: experiences related to everyday occupations. <i>Scandinavian Journal of Occupational Therapy</i> , 13(4), 221–228.
Abstract	“The aim of this study was to illuminate experiences of daily occupations among spouses living with a person with Alzheimer's disease (AD). The study contains phenomenological-hermeneutic interpretation of interviews with eight spouses. The analysis revealed the participants as being in the process of a changing occupational situation. They come to live an occupational life intertwined with their partners' needs. An ongoing process of occupational adjustment is taking place as a response to the changing situation. The spouses were occupied with consequences of their partner's disease. They were striving for occupational meaning and at the same time living with threats to meaningful occupations. It can be concluded that living with a partner with AD is a complex dealing with occupational meaning. This complexity should be considered in interventions.” (p. 221)
Author	Credentials (1st author): OTR, MSc Position and Institution: Department of Primary Care, County Council of Norrbotten Sweden Publication History in Peer-Reviewed Journals: He only has the one article published according to researchgate.net
Publication	Type of publication: Scandinavian Journal of Occupational Therapy (Grey Literature) Publisher: Taylor & Francis Group Other: The journal is peer-reviewed and double blind peer-reviewed articles. They focus on allied health, specifically occupational therapy, in Europe.
Date and Citation History	Date: 2006 Google Scholar Cited By: 71
Stated Purpose or Research Question	“The aim of this study was to illuminate experiences of daily occupations among spouses living with a person with Alzheimer's disease (AD).” (p. 221)
Author's Conclusion	“It can be concluded that living with a partner with AD is a complex dealing with occupational meaning. This complexity should be considered in interventions.” (p.221)
Overall Relevance to PICO	Overall Relevance to PICO: Moderate Rationale: This article is relevant in looking at lived experience but stretches its applicability to our PICO given the focus of the article is Alzheimer's disease not mild cognitive impairment.
Overall Quality	Overall Quality of Article: Good – This article has been cited multiple times and has direct implications for occupational therapy. The author only has one article published, this one. The date is 2006, so getting a little older than I would like.

Type of article	Overall Type: Review of Research Specific Type: Systematic review & meta-analysis
APA Reference	Chandler, M., Parks, A., Marsiske, M., Rotblatt, L., & Smith, G. (2016). Everyday impact of cognitive interventions in mild cognitive impairment: A systematic review and meta-analysis. <i>Neuropsychology Review</i> , 26(3), 225-251. doi:10.1007/s11065-016-9330-4
Abstract	“Cognitive interventions in Mild Cognitive Impairment (MCI) seek to ameliorate cognitive symptoms in the condition. Cognitive interventions may or may not generalize beyond cognitive outcomes to everyday life. This systematic review and meta-analysis sought to assess the effect of cognitive interventions compared to a control group in MCI on generalizability outcome measures [activities of daily living (ADLs), mood, quality of life (QOL), and metacognition] rather than cognitive outcomes alone. PRISMA guidelines were followed. MEDLINE and PsychInfo were utilized as data sources to locate references related to cognitive interventions in individuals with MCI. The cognitive intervention study was required to have a control or alternative treatment comparison group to be included. Thirty articles met criteria, including six computerized cognitive interventions, 14 therapist-based interventions, and 10 multimodal (i.e., cognitive intervention plus an additional intervention) studies. Small, but significant overall median effects were seen for ADLs ( $d = 0.23$ ), mood ( $d = 0.16$ ), and metacognitive outcomes ( $d = 0.30$ ), but not for QOL ( $d = 0.10$ ). Computerized studies appeared to benefit mood (depression, anxiety, and apathy) compared to controls, while therapist-based interventions and multimodal interventions had more impact on ADLs and metacognitive outcomes than control conditions. The results are encouraging that cognitive interventions in MCI may impact everyday life, but considerably more research is needed. The current review and meta-analysis is limited by our use of only PsychInfo and MEDLINE databases, our inability to read full text non-English articles, and our reliance on only published data to complete effect sizes.” (p. 225)
Author	Credentials: Psychologist, PhD Position and Institution: Mayo Clinic Publication History in Peer-Reviewed Journals: Extensive (87)
Publication	Type of publication: scholarly peer-reviewed journal Publisher: Springer
Date and Citation History	Date of publication: 2016 Cited By: 36
Stated Purpose or Research Question	“Given the significant growth of research in this area, and the dearth of reviews targeting daily life outcomes after cognitive intervention in MCI, we sought to determine if there had been a recent increase in the utilization of everyday outcomes in cognitive intervention trials in MCI.” (p.224)
Author’s Conclusion	“Our review of the literature suggests that cognitive interventions in MCI have the potential for positive impact, but as previous authors have suggested (Cooper et al. 2013; Gates et al. 2011; Kurz et al. 2011), the heterogeneity of interventions and outcome measures used make it difficult to determine the everyday impact.” (p.234)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Minimal relevance Rationale: This systematic review article included qualitative studies in its examination but does not provide any direct qualitative information on the use of cognitive interventions with people with MCIs.
Overall Quality of Article	Overall Quality of Article: Good quality Rationale: established author, cited in many articles, published within 5 years, quality publisher

Type of article	Overall Type: Primary research Specific Type: Pilot study
APA Reference	Barrios, P., González, R., Hanna, S., Lunde, A., Fields, J., Locke, D., & Smith, G. (2016). Priority of treatment outcomes for caregivers and patients with mild cognitive impairment: Preliminary analyses. <i>Neurology and Therapy</i> , 5(2), 183-192. doi:10.1007/s40120-016-0049-1
Abstract	“Introduction: The patient-centered movement advocates for greater attention to the outcomes that matter most to patients and their families. In neurodegenerative disease, determination of patient and caregiver priorities has received scant attention in part because dementia patients are deemed unreliable reporters. However, people with mild cognitive impairment (MCI) likely retain capacity to report their preferences. Methods: In two separate MCI cohorts, we conducted preliminary analyses of patient and caregiver priorities among seven patient and five caregiver outcomes of the HABIT® Healthy Action to Benefit Independence & Thinking program (Mayo Clinic, Rochester, MN, USA). Results: Via interview and paper-and-pencil reporting both patient and caregiver respondents ranked patient and caregiver quality of life and patient self-efficacy as highest priorities, ranking them ahead of patient and caregiver mood, patient functional status, patient distressing behaviors and caregiver burden. Patients and caregivers tended to value the outcomes for their loved ones higher than their own outcomes. Conclusion: Caregivers appeared to be reasonable, but not perfect, proxies for patient reports. Additional research with larger cohorts and a more comprehensive range of outcomes is needed.” (p. 183)
Author	Credentials: pre-doctoral student, Psychology Program Position and Institution: Ponce School of Medicine & Health Sciences, Ponce, Puerto Rico Publication History in Peer-Reviewed Journals: 2
Publication	Type of publication: open access, peer reviewed, rapid publication journal Publisher: Springer
Date and Citation History	Date of publication: 2016 Google Scholar Cited By: 12
Stated Purpose or Research Question	“In the present pair of preliminary studies, our aim was to explore the most important behavioral outcomes for caregivers and patients with MCI.” (p. 184)
Author’s Conclusion	“The present findings provide preliminary support for the importance of QoL and self-efficacy outcomes to patients with MCI and their caregivers. In addition, the findings provide preliminary evidence that these preferences are fairly stable even after behavioral intervention.” (p.190)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong relevance Rationale: This article gives insight into the priorities chosen by both patients and caregivers affected by MCI.
Overall Quality of Article	Overall Quality of Article: Medium quality Rationale: quality publisher, but author not published much and is a student

Type of article	Overall Type: Review of Research Studies Specific Type: Qualitative Systematic Review
APA Reference	McCulloch, S., Robertson, D., & Kirkpatrick, P. (2016). Sustaining people with dementia or mild cognitive impairment in employment: A systematic review of qualitative evidence. <i>The British Journal of Occupational Therapy</i> , 79(11), 682-692. doi:10.1177/0308022616665402
Abstract	<p><b>Introduction</b> The World Health Organization estimates that 10% of the 35.6 million people worldwide with dementia are aged under 65 years. In an ageing workforce this has implications for employers, employees, and statutory and third sector services. Limited research has been conducted into this emerging global issue.</p> <p><b>Method</b> This systematic review, employing the methodology of the Joanna Briggs Institute, aimed to identify and synthesise the best available qualitative evidence regarding the needs, experiences and perspectives of people with early onset dementia or mild cognitive impairment who were either in employment or wished to gain employment.</p> <p><b>Results</b> Of 69 studies identified, eight met the inclusion criteria. From these, four themes emerged: disease progression and recognition; the emotional impact of change; the employer's management of the worker; and changes to the worker role.</p> <p><b>Conclusion</b> There are health benefits to the individual with dementia or mild cognitive impairment of continuing to engage in meaningful occupation. Retirement policy changes have resulted in an ageing workforce with concurrent risk factors for dementia. A lack of understanding of reasonable adjustments and sheltered employment opportunities was evident from the literature. This review highlights the potential for occupational therapists to engage this client group in vocational rehabilitation." (p. 682)</p>
Author	Credentials: Masters and Bachelors Degree Position and Institution: Lecturer in Health and Social Care, North East Scotland College Publication History in Peer-Reviewed Journals: Poor, only 1 publication
Publication	Type of publication: Scholarly Publisher: British Journal of Occupational Therapy Other: Scholarly peer-reviewed academic journal
Date and Citation History	Date of publication: 11/16/2016 Cited By: 7
Stated Purpose or Research Question	"This systematic review is focused on the qualitative evidence regarding people with dementia or mild cognitive impairment (MCI) who are employed, wish to gain employment or be sustained in employment. The impact of people with dementia or MCI continuing to engage in productive remunerative employment is an emerging public health issue" (p.682)
Author's Conclusion	"Supported employment offered a continuation of the worker role, whilst improving wellbeing, volition and providing meaningful occupation, structure and routine." (p.691)
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: Strong Rationale: The article is a systematic review that considers perspectives of individuals with mild cognitive impairment or early onset dementia regarding the progression of the condition, emotional impact, and attitudes surrounding employment. The qualitative nature of the study relates to our PICO question.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: This study is a systematic review recently published in a very reputable peer-reviewed journal. That being said, the author has no other publications. The systematic review included participants across various age ranges and populations.

Type of article	Overall Type: Review of Research Studies Specific Type: Meta-synthesis
APA Reference	Gomersall, T., Astell, A., Nygård, L., Sixsmith, A., Mihailidis, A., & Hwang, A. (2015). Living with ambiguity: A metasynthesis of qualitative research on Mild Cognitive Impairment. <i>The Gerontologist</i> , 55(5), 892-912.
Abstract	<p>“Purpose of the study: Mild Cognitive Impairment (MCI) is a diagnosis proposed to describe an intermediate state between normal cognitive aging and dementia. MCI has been criticised for its conceptual fuzziness, its ambiguous relationship to dementia, and the tension it creates between medical and sociological understandings of “normal aging”.</p> <p>Design and Methods: We examined the published qualitative literature on experiences of being diagnosed and living with MCI using metasynthesis as the methodological framework.</p> <p>Results: Two overarching conceptual themes were developed. The first, MCI and myself-in-time, showed that a diagnosis of MCI could profoundly affect a person’s understanding of their place in the world. This impact appears to be mediated by multiple factors including a person’s social support networks, which daily activities are affected, and subjective interpretations of the meaning of MCI. The second theme, Living with Ambiguity, describes the difficulties people experienced in making sense of their diagnosis. Uncertainty arose, in part, from lack of clarity and consistency in the information received by people with MCI, including whether they are even told MCI is the diagnosis.</p> <p>Implications: We conclude by suggesting an ethical tension is always at play when a MCI diagnosis is made. Specifically, earlier support and services afforded by a diagnosis may come at the expense of a person’s anxiety about the future, with continued uncertainty about how his or her concerns and needs can be addressed.” (p. 892)</p>
Author	<p>Credentials: MSc, PhD Position and Institution: Senior lecturer in Psychology, University of Huddersfield Publication History in Peer-Reviewed Journals: Moderate (6 publications in google scholar)</p>
Publication	<p>Type of publication: Scholarly Publisher: The Gerontologist Other: The Gerontologist is the official Journal of the Gerontological Society of America</p>
Date and Citation History	<p>Date of publication: 08/27/15 Cited By: 20</p>
Stated Purpose or Research Question	“we aimed to synthesise the existing qualitative literature on people’s experiences of being diagnosed, and living with, a MCI diagnosis” (p. 893)
Author’s Conclusion	“The first theme, MCI and myself-in-time, showed the various ways in which the diagnosis and effects of MCI could impact one’s sense of being-in time. The second theme, living with ambiguity, underlined the difficulties people have making sense of MCI, and the clinical and social implications it might have for them.” (p. 908-909)
Overall Relevance to PICO or EBP Research Question	<p>Overall Relevance to PICO: Strong Rationale: The article is a qualitative metasynthesis that examines the perspectives of individuals who have been diagnosed and living with mild cognitive impairment. This aligns with our PICO question as it highlights the perspectives of individuals with mild cognitive impairment.</p>
Overall Quality of Article	<p>Overall Quality of Article: Good Rationale: While the author doesn’t have as many publications as some of the other articles discussed, he is well qualified on the subject and published by a reputable journal. Additionally, he completed a metasynthesis which is a good resource.</p>



Type of article	Overall Type: Review of Research Specific Type: Systematic review
APA Reference	Apostolova, L. G., & Cummings, J. L. (2008). Neuropsychiatric manifestations in mild cognitive impairment: A systematic review of the literature. <i>Dementia and Geriatric Cognitive Disorders</i> , 25, 115-126. doi: 10.1159/000112509
Abstract	“Background: Mild cognitive impairment (MCI) is an etiologically heterogeneous condition that is characterized by cognitive changes without impairment of activities of daily living and insufficient to represent dementia. MCI is an important risk state for dementia. Neuropsychiatric symptoms may be present in MCI. Methods: We executed a PubMed search for articles on the neuropsychiatric manifestations in MCI and reviewed their findings. Results: Behavioral abnormalities are reported in 35–75% of MCI patients with the most common being depression, apathy, anxiety and irritability. The observed variability in symptom prevalence can be explained by the different sampling methods, MCI diagnostic criteria and behavioral instruments used. There is a compelling body of evidence that MCI patients with behavioral features are more prone to develop Alzheimer’s disease (AD) than patients without these features. Conclusions: Neuropsychiatric symptoms are common features of MCI. The behavioral changes observed in MCI are similar to those of AD and may help identify the subgroup of MCI patients with prodromal AD. Large prospective longitudinal studies would greatly contribute to our understanding of the epidemiology, diagnostic and prognostic value of the neuropsychiatric features in MCI” (p. 115)
Author	Credentials (1st author): MD, MSc, FAAN Position and Institution: Department of Neurology, Laboratory of Neuro Imaging, David Geffen School of Medicine, UCLA, Los Angeles, CA Publication History in Peer-Reviewed Journals (Google Scholar): extensive
Publication	Type of publication: Scholarly, peer-reviewed article Publisher: Dementia and Geriatric Cognitive Disorders Other: Karger AG, Basel
Date and Citation History	Date: 2008 Google Scholar Cited By: 342
Stated Purpose or Research Question	The purpose of the article is to “summarize the evidence on neuropsychiatric manifestations in MCI” (p.115).
Author’s Conclusion	“Neuropsychiatric symptoms are very common in MCI. The most comprehensive studies of behavioral manifestations have documented at least one neuropsychiatric symptom in 35–75% of MCI patients ( table 3 ). Among studies investigating the widest range of noncognitive manifestations [4, 7, 14–16] , three symptoms – depression, apathy and anxiety – are consistently among the top four most common behavioral abnormalities in MCI despite the very different study designs, behavioral instruments or MCI diagnostic criteria used. The fourth most common symptom was irritability in four studies [4, 7, 14, 16] and agitation in one [15]” (p. 119).
Overall Relevance to PICO	Overall Relevance to PICO: High Relevance PICO: The study examined the neuropsychiatric symptoms that often are comorbid with MCI, which represents a large aspect of an individual’s lived experience with MCI and should be examined in the final project.
Overall Quality	Overall Quality of Article: Good Quality Established author and publication. Cited by many other publications and meta-synthesis design provides greater power.

Type of article	Overall Type: Primary research Specific Type: Secondary analysis of a focus group discussion
APA Reference	Morris, J. L., Hu, L., Hunsaker, A., Liptak, A., Seaman, J. B., & Lingler, J. H. (2018). Patients' and family members' subjective experiences of a diagnostic evaluation of Mild Cognitive Impairment. <i>Journal of Patient Experience</i> , 7(1), 124-131.
Abstract	<p>“Background: People with a diagnosis of mild cognitive impairment (MCI) often struggle with uncertainty and fear when learning of and coping with their diagnosis. However, little is known about their experiences and perspectives, and those of their care partners, when seeking out and undergoing a diagnostic evaluation for their cognitive symptoms.</p> <p>Method: This study is a secondary analysis of a focus group discussion that was initially conducted to learn the perspectives and experiences of participants and their care partners during a mock disclosure session of brain scan results. Participant's broader views on their experience of completing a cognitive evaluation resulting in an MCI diagnosis were evaluated in this study. Analysis used qualitative content methodology and line-by-line coding which generated categories and themes.</p> <p>Results: The (1) “presence of a threat” and (2) attempts to “minimize the threat” emerged as overarching themes driving the process of seeking out a diagnostic evaluation for cognitive symptoms. Subthemes that highlight the complexity of the presence of a threat included the “fear of stigma,” and the “emotional reactions” related to an MCI diagnosis. Three additional subthemes represented approaches that participants and their care partners used to minimize threat of MCI: “use of language” to minimize the threat; “information sharing and withholding”; and the “use of social support to legitimize personal experiences.”</p> <p>Conclusion: These findings add to the literature by elucidating the uncertainty, fears, and coping strategies that accompany a diagnostic evaluation of MCI.” (p. 124)</p>
Author	Credentials: PhD, RN Position and Institution: Department of Psychiatry, University of Pittsburgh Publication History in Peer-Reviewed Journals: 10 results
Publication	Type of publication: <i>Peer-reviewed journal</i> Publisher: <i>SAGE Journals</i> Other: <i>Journal of Patient Experience</i>
Date and Citation History	Date of publication: 2018 Google Scholar cited By: 0
Stated Purpose or Research Question	“This analysis builds on previous work exploring how patients with MCI and their care partners view and cope with the threat of MCI during the cognitive evaluation process” (p. 6).
Author's Conclusion	“Findings may inform how assessment and diagnostic disclosures are conducted, particularly when newly developed biomarker technologies are incorporated into the evaluation protocol. Continued focus on subjective perceptions of cognitive evaluation is especially critical as diagnostic processes evolve and more individuals in the mild stages of cognitive impairment are seeking assessment and an understanding of the cause of their memory concerns” (p.6).
Overall Relevance to PICO or EBP Research Question	Overall Relevance to PICO: <i>Strong</i> Rationale: <i>We are looking for client and caregiver perspectives, experiences, and self-reports related to MCI, this study proves to be very relevant.</i>
Overall Quality of Article	Overall Quality of Article: <i>Good</i> Rationale: Established Author. Reputable journal and publisher. Publication within the last 5 years.

Type of article	Overall Type: Review of Research Specific Type: Systematic Review
APA Reference	Dean, K., & Wilcock, G. (2012). Living with mild cognitive impairment: the patient's and carer's experience. <i>International Psychogeriatrics</i> , 24(6), 871-881. doi: 10.1017/S104161021100264X
Abstract	“Background: Mild cognitive impairment (MCI) is a relatively common condition and rates of diagnosis are likely to increase in the near future. Little is known about the experiences of patients with MCI and their carers nor about the most appropriate interventions to support this group. Methods: The existing literature on this topic up to July 2011 was identified via systematic searches of the Embase and Medline databases, the Cochrane Library and relevant sections of the National Electronic Library for Health. The main search term “mild cognitive impairment” was used in combination with other relevant terms. The reference lists of reviewed articles were also examined for any additional papers of significance. Papers identified by this method were examined and those deemed relevant were included in this review. Results: Twenty-one suitable papers were identified for inclusion in this review, a relatively small number. The studies reviewed suggest that patients with MCI and their carers face a variety of practical and emotional challenges. No interventional studies of support have been undertaken, but the authors of relevant observational studies have suggested provision of information, psychosocial support and strategies to enhance patient interaction with carers and social contacts. Conclusions: MCI results in significant challenges for both patients and their carers. Further work is required in order to establish the best way to help patients and carers meet these challenges.” (p. 871)
Author	Credentials (1st author): BSc, MB, BS, MD, MRCP Position and Institution: Nuffield Department of Medicine, University of Oxford, John Radcliffe Hospital, Oxford, UK Publication History in Peer-Reviewed Journals (Google Scholar): 5 publications
Publication	Type of publication: Scholarly, peer-reviewed journal Publisher: International Psychogeriatrics Other: International Psychogeriatric Association
Date and Citation History	Date: 2012 Google Scholar Cited By: 25
Stated Purpose or Research Question	“There are no national or international guidelines for the management of MCI. In this paper, we review the current literature on the patient's and carer's experience of MCI together with recommendations that have been made about support and interventions” (p.872).
Author's Conclusion	“Evidence regarding the experiences of patients with MCI and their carers is limited and evidence for successful interventions in this group is nonexistent. The studies which have been carried out suggest that patients with MCI experience a range of cognitive, neuropsychiatric and practical issues. Carers experience a range of emotions (mainly negative) and are faced with practical challenges; in addition, relationships between patients and carers often change as they adapt to their new roles...The most frequently suggested interventions include provision of information about MCI and practical matters such as sources of legal and financial support, psychosocial support and interventions to improve communication between patients and carers” (p.879).
Overall Relevance to PICO	Overall Relevance to PICO: High PICO: The study specifically examines the lived experience of both patients with MCI and their caregivers. The author found that patients with MCI and their carers face a variety of practical and emotional challenges, which could be explored further to establish the qualitative experience of those with MCI and their caregivers.
Overall Quality	Overall Quality of Article: Fair Quality Relatively small number of articles reviewed. Credible author. Publication within last 10 years.

Type of article	Overall Type: Review of Research Specific Type: Systematic Review
APA Reference	Letts, L., Edwards, M., Berenyi, J., Moros, K., O'Neill, C., O'Toole, C., & McGrath, C. (2011). Using occupations to improve quality of life, health and wellness, and client and caregiver satisfaction for people with Alzheimer's disease and related dementias. <i>American Journal of Occupational Therapy</i> , 65 (5), 497-504. doi:10.5014/ajot.2011.002584
Abstract	"An evidence-based review was undertaken to answer the question, "What is the evidence for the effect of interventions designed to establish, modify, and maintain activities of daily living (ADLs), instrumental activities of daily living (IADLs), leisure, and social participation on quality of life (QOL), health and wellness, and client and caregiver satisfaction for people with Alzheimer's disease and related dementias?" A systematic search of electronic databases and application of inclusion and exclusion criteria guided the selection of 26 articles. Limited high-level evidence on ADL interventions was identified. IADL interventions for people living in the community showed promise. Tailored and activity-based leisure interventions were common and seemed to have positive impacts on caregiver satisfaction, and some interventions had positive results for client well-being and QOL. Social participation interventions focused on people with dementia still able to engage in verbal social interactions; these interventions had at least short-term positive effects." (p. 497)
Author	Credentials (1st author): PhD, OT Reg. (Ont.) Position and Institution: Associate Professor and Assistant Dean, Occupational Therapy Program School of Rehabilitation Science, McMaster University in Hamilton, Ontario Publication History in Peer-Reviewed Journals: 98 publications and is currently doing research still
Publication	Type of publication: American Journal of Occupational Therapy (Grey Literature) Publisher: American Occupational Therapy Association Other: Peer-reviewed research focused on occupational therapy practices. Written for occupational therapy practitioners to make practice recommendations based on evidence. Need an AOTA membership to access. ( <a href="https://ajot.aota.org/ss/about_ajot.aspx">https://ajot.aota.org/ss/about_ajot.aspx</a> )
Date and Citation History	Date: 2011 Google Scholar Cited By: 76
Stated Purpose or Research Question	"An evidence based review was undertaken to answer the question, "What is the evidence for the effect of interventions designed to establish, modify, and maintain activities of daily living (ADLs), instrumental activities of daily living (IADLs), leisure, and social participation on quality of life (QOL), health and wellness, and client and caregiver satisfaction for people with Alzheimer's disease and related dementias?" (p.497)
Author's Conclusion	"Limited high-level evidence on ADL interventions was identified. IADL interventions were common and seemed to have positive impacts on caregiver satisfaction, and some interventions had positive results for client well-being and QOL. Social participation interventions focused on people with dementia still able to engage in verbal social interactions; these interventions had at least short-term positive effects." (p.497)
Overall Relevance to PICO	Overall Relevance to PICO: Moderate Rationale: This article focuses more on intervention and a little less on the lived experience. It does connect to quality of life but not enough to match or PICO question perfectly.
Overall Quality	Overall Quality of Article: Good Rationale: The author is cited multiple times and has published many works. The date of the article is relatively recent. The journal it comes from is reputable and has direct implication to occupational therapy.

## Conceptual or Theoretical Articles

Type of article	Overall Type: Conceptual or Theoretical Article Specific Type: Informal discussion about photo project
APA Reference	Hailu, T., Cannuscio, C. C., Dupuis, R., & Karlawish, J. (2017). A typical day with mild cognitive impairment. <i>American Journal of Public Health, 107</i> (6), 927-928. doi:10.2105/AJPH.2017.303752
Abstract	“For years Bob worried something was wrong with his memory. He expressed this worry to his family physician, who told him memory loss is a normal part of aging. “All these years that I’ve known that something was going on in my brain, I can see a curve,” said Bob. “It’s always been a pretty steady curve going slowly downhill.” Bob’s steady decline was not just normal aging. It was a symptom of mild cognitive impairment (MCI), a diagnosis characterized by measurable deficits in cognition that, although challenging, do not cause disability. For some patients, MCI may be the earliest sign of Alzheimer’s disease, and patients with MCI may eventually develop dementia. Along with 11 other MCI patients from the University of Pennsylvania’s Memory Center, Bob participated in a 2015 photo-elicitation project, for which patients were given cameras and asked to photograph images of a “typical day” living with MCI. Participants then discussed with our team the aspects of their everyday life that frustrate, facilitate, or challenge their memory. The participants, and sometimes their caregivers, welcomed the photo project as an opportunity to discuss how MCI has changed their lives, influencing their most intimate relationships, their daily social interactions, their ways of coping with everyday stressors, and, ultimately, their sense of self and what they value most in their lives.” (p. 927)
Author	Credentials (1st author): MPH Position and Institution: Perelman School of Medicine at the University of Pennsylvania in Philadelphia (at time of publication) Publication History in Peer-Reviewed Journals: Found one other publication in Health Communication she co-authored, but now she is a doctor at John Hopkins
Publication	Type of publication: American Journal of Public Health (Grey Literature) Publisher: American Public Health Association Other: Open access, publishes original researched, research methods, and public health program evaluation. Focus is on public health research, education, policy and practice. ( <a href="https://ajph.aphapublications.org">https://ajph.aphapublications.org</a> )  “This project was supported by the University of Pennsylvania’s National Institute on Aging funded Alzheimer’s Disease Core Center (P30-AG-010124), the Healthy Brain Research Network (U48-DP-005053), a Penn Medicine CAREs grant, and the Penn Neurosciences Department, University of Pennsylvania Health System.” (Hailu, Cannuscio, Dupuis, & Karlawish, 2017)
Date and Citation History	Date: 2017 Google Scholar Cited By: Could not find on Google Scholar
Stated Purpose or Research Question	“Along with 11 other MCI patients from the University of Pennsylvania’s Memory Center, Bob participated in a 2015 photo- elicitation project, for which patients were given cameras and asked to photograph images of a “typical day” living with MCI. Participants then discussed with our team the aspects of their everyday life that frustrate, facilitate, or challenge their memory. The participants, and sometimes their caregivers, welcomed the photo project as an opportunity to discuss how MCI has changed their lives, influencing their most intimate relationships, their daily social interactions, their ways of coping with everyday stressors, and, ultimately, their sense of self and what they value most in their lives.” (p. 927-928)
Author’s Conclusion	“These patient narratives can serve as a valuable clinical tool for the health care team, helping them make accurate diagnoses, create plans for their patients’ futures, and guide caregivers in self-care strategies.” (p.928)
Overall Relevance to PICO	Overall Relevance to PICO: Strong Rationale: This article is personal accounts of cognitive impairment, which is directly in line with our PICO question.
Overall Quality	Overall Quality of Article: Moderate Rationale: I could not find it on Google Scholar for other authors who have cited this work. It was in a reputable journal but the author has only published one other article.

Type of article	Overall Type: Conceptual or Theoretical Article Specific Type: Informal Interview (part Autobiographical)
APA Reference	Talerico, K. A., Amann, T., & Smovak, S.A. (2004). The lived experience of mild cognitive impairment. <i>Journal of Psychological Nursing</i> , 42(11), 14-18.
Abstract	“Editor’s Note: An old question is often asked when people struggle with issues of senders and receivers, or output and input, of information: “If a tree falls in a forest, and no one hears it, did it make a sound?” Trying to figure out what messages the brain may be sending and who is hearing them—the owner of the brain or an outsider—is indeed a dilemma. People who are experiencing cognitive challenges, and those observing them and trying to understand what is happening, are confronted with multiple behavioral “things” that need to be sorted out to achieve sense, meaning, or consensus, or simply to provide a name for the cluster of events or symptoms. Karen Amann Talerico, a JPN Editorial Board member, wrote an article to share her lived experience of cognitive impairment. She began experiencing neurological problems in June 2003, but her problems escalated to a crisis level in January 2004, when she underwent testing that involved an intraspinal dye, to which she was allergic. The end result was meningoencephalitis. If I had read her article without knowing who the author was, I might have concluded that the cognitive impairment was not fully resolved. The story line was not there. The “5 Ws” (who, what, where, why, and how) were missing. The context was not clear. But I knew an experienced nurse educator and researcher had written the article. I did not know if Karen knew what was missing from her article, or how she currently evaluated the state of her brain problem. I telephoned her to discuss her article and the problems described above. After a lengthy conversation, our mutual strategy was to involve her husband, Ted, who is also a nurse and who observed the problem from the outside. What follows is a synopsis of my conversation with Ted and then excerpts from Karen’s original article, which capture the “lessons learned” she was trying to communicate. “ (p. 14)
Author	Credentials (1st author): PhD, RN, CNS-BC, Column Editor Position and Institution: Assistant Professor and Scientist Oregon Health and Science University School of Nursing in Portland, Oregon Publication History in Peer-Reviewed Journals: 27 research works (Journal of Gerontological Nursing, Journal of the American Geriatrics Society, The Gerontologist, The American Journal of Nursing, etc.)
Publication	Type of publication: Journal of Psychosocial Nursing and Mental Health Services (Grey Literature) Publisher: SLACK Incorporated Other: SLACK Incorporated publishes newspapers, magazines, and journals targeted at health care professionals like physicians and nurses. The journal is open access, cited in PubMed, peer-reviewed, and aimed at mental health nurses in both community and institutional settings. ( <a href="https://www.healio.com/psychiatry/journals/jpn">https://www.healio.com/psychiatry/journals/jpn</a> )
Date and Citation History	Date: 2004 Google Scholar Cited By: Google Scholar produced no results but Research Gate says she has been cited 922 times, that includes all 27 of her research pieces.
Stated Purpose or Research Question	“People who are experiencing cognitive challenges, and those observing them and trying to understand what is happening, are confronted with multiple behavioral “things” that need to be sorted out to achieve sense, meaning, or consensus, or simply to provide a name for the cluster of events or symptoms” (p.14).
Author’s Conclusion	“Certainly, these interventions do not represent everything that can be done—just what I have found most helpful in my own “lived experience of cognitive impairment.” I invite others with lived experiences to write and share the attitudes and interventions they found most helpful or lessons they learned, so that, as health professionals, we can better empathize with those for whom we care” (p.18).
Overall Relevance to PICO	Overall Relevance to PICO: Strong Rationale: The reason I rate this article as strong for relevance to our PICO is because it has good insight to one person’s experience with cognitive impairment. Our PICO is specific to lived experience.
Overall Quality	Overall Quality of Article: Moderate Rationale: The date is 2004, which is fairly long ago now. However, she is frequently cited and has published other works. The publication is a reputable journal.