

# A Brain Anatomy Visual Tool in the Education of Patients with Cognitive Disorders and Their Caregivers

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## Introduction

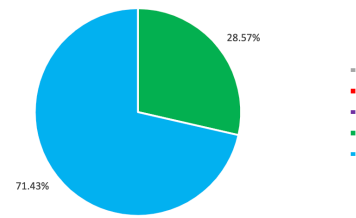
- As the aging population rises, so does the prevalence of dementia and mild cognitive impairment (MCI).
- Poor general understanding of cognitive disorders have been found to cause stress on family members and caregivers.
- Visual tools have been used in patient education to improve health literacy amongst patients and caregivers but has yet to be explored in patients with cognitive disorders and memory loss.
- The Aging Brain Clinic (ABC) aims to help patients better understand their diagnosis, possible symptoms, retained cognitive abilities, and how to adapt to cognitive changes in their everyday lives.

## Methods

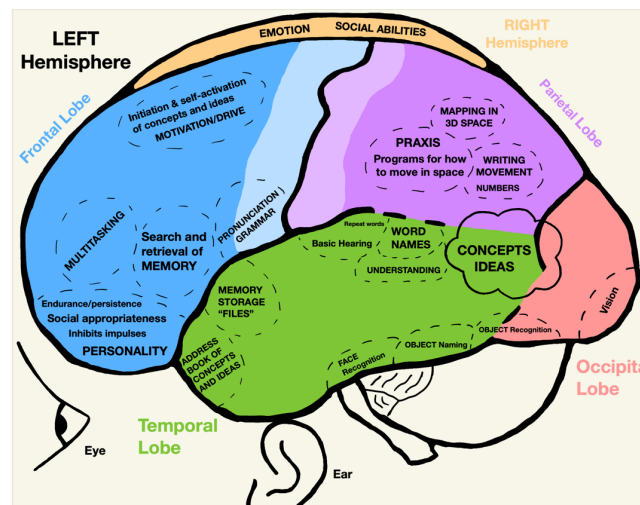
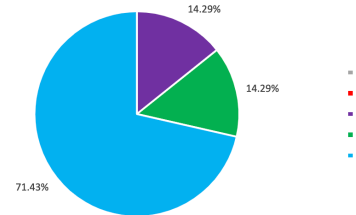
- Design a visual representation of the brain's functional areas based on Brodmann Areas, specifically in the left hemisphere
- The visual tool is used in already-scheduled clinic visits to guide discussions about diagnoses
- After discussions, consented patients and caregivers respond to a paper-pencil survey on the effectiveness of the visual tool
- Questions gauge perceived stress and anxiety pre and post appointment and the overall helpfulness of the tool

## Results

Scores on How Helpful Caregivers Found the Visual Tool



Scores on How Likely Caregivers will Refer Back to the Visual Tool



## Discussions

### Caregiver Quotes

- “It helped my understanding.”
- “This is the thing that helped me more than anything.”

### Limitations and Future Directions

- Patients with certain cognitive impairments (e.g. aphasia) have a harder time answering the survey.
- A modified version with fewer questions and a visual scale using faces alongside numbers and words has been created
- Limited time during already-scheduled visits hinder the administration of the survey and data collection, resulting in a small sample size
- Stated is preliminary findings of a positive relationship between the use of a visual tool in the education of patients with cognitive disorders and their caregivers
- Continue data collection to grow sample size to establish a relationship and address confounding variables
- Response bias could be present in survey responses

## Acknowledgements

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