

# Cognitive Assessment



Name: \_\_\_\_\_

Who to contact and how: \_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Diana, Princess of Wales  
Hospital  
Scarcho Road  
Grimsby  
DN33 2BA  
03033 306999  
[www.nlg.nhs.uk](http://www.nlg.nhs.uk)

Scunthorpe General  
Hospital  
Cliff Gardens  
Scunthorpe  
DN15 7BH  
03033 306999  
[www.nlg.nhs.uk](http://www.nlg.nhs.uk)

Goole & District  
Hospital  
Woodland Avenue  
Goole  
DN14 6RX  
03033 306999  
[www.nlg.nhs.uk](http://www.nlg.nhs.uk)



**Kindness · Courage · Respect**

# Information for patients

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## Introduction

Information and advice for people who are referred for a cognitive assessment.

Please read the information in this leaflet and keep it for future reference.

## What is a cognitive assessment?

A cognitive assessment provides information about some of the brain's functions such as: memory, attention, and other thinking abilities.

## What happens during a cognitive assessment?

You will first meet with an Assistant Psychologist and Clinical Psychologist who will ask you some questions to help gain an understanding of some of the difficulties you may be experiencing. You will then be asked to complete some tests with the Assistant Psychologist. These tests involve you completing various tasks which may involve solving puzzles, memorising things, and drawing objects. The tasks may seem odd; however, they have been carefully selected to help us gain an understanding of your strengths and difficulties.

Once you have completed the tests, you will be given verbal feedback and advised whether any difficulties have been identified, and what will happen next. You will either be invited for further testing, discharged, or referred for psychological support. Assessments should last around 1.5 hours.

## Are there any risks?

Cognitive assessments are non-invasive there are no injections, drugs, or physical examinations. They can, however, be tiring for some people and you might experience some fatigue afterwards.

## Do I need to prepare for the cognitive assessment?

You do not need to especially prepare for the cognitive assessment, but you should avoid activities that might make you feel tired beforehand and avoid alcohol or other recreational drugs 24 hours prior to your assessment.

Please bring reading glasses and hearing aids should you require them. You may also like to bring refreshments.

## Patient Responsibilities

This service is very much in demand. We therefore ask patients to try to keep their appointments, to arrive on time and to let us know, with as much notice as possible, if they cannot keep their appointment. Patients who do not attend an appointment, without letting us know, will not be offered further appointments (except in exceptional circumstances). Patients who do not want further appointments must let us know, either by telephone or in writing. Thank you for your help.

# Information for patients

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## How to Contact Us

Department of Psychological Medicine  
Cromwell Road Primary Care Centre  
Cromwell Road  
Grimsby  
DN31 2BH

Telephone: (01472) 255660

Monday to Friday: 9.00am – 4.00pm (Except Bank Holidays)

Outside of these hours there is an answer machine.

## Emergencies

In the case of an emergency please contact your general practitioner or attend the Accident and Emergency Department of your local hospital.

Unfortunately due to the level of psychological distress experienced by some patients, this can lead to people being concerned about their safety or their ability to take care of themselves. In this case the following contact numbers may be helpful.

Grimsby Crisis Team	01472 252360
Scunthorpe Crisis Team	01724 382000 (out of hours: 382015)
Scunthorpe Crisis Team over 65s	01724 270363 (9am to 5pm)
Samaritans Scunthorpe	01724 860000

## Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at [nlg-tr.interpreters@nhs.net](mailto:nlg-tr.interpreters@nhs.net)

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