



Abstract of parallel session: 6

Title: Mild cognitive impairment as a pre-dementia stage – Analysis of German nationwide claims data

Presenting Author(s): Mandy Schulz¹

Institutes: 1) Central Research Institute for Ambulatory Health Care in Germany (Zi)
2) Neuro-psychiatric praxis Berlin; Professional Association of German Neurologists (BVDN), Dementia Section

Author(s): Mandy Schulz¹, Michael Erhart¹, Jens Bohlken², Maïke Schulz¹, Dominik von Stillfried¹

Abstract no: 53

Presentation language: English

To date, about 1.5 million people with dementia live in Germany. However, the prevalence varies by region with above-average rates in almost all east-German federal states and below-average rates in the states of Baden-Wuerttemberg and Schleswig-Holstein. Early detection of patients, presumably in a pre-dementia stage, appears crucial in order to start therapy as soon as possible and thereby possibly reducing the speed of progression. A diagnosis of mild cognitive impairment (MCI), which is thought to precede dementia, may be a candidate for early detection. Therefore, aim of the present study is to examine the frequency of MCI in German nationwide ambulatory claims data, overall and by region and to estimate the risk for subsequent dementia.

In contrast to prevalence rates stated in the literature, we found a rather small number of MCI cases in ambulatory claims data. In 2010, we observed about 61,000 prevalent cases. Of those, about 18,000 were newly diagnosed in 2010 (incident cases). However, consistent with other study results, we observed a high rate of progression to dementia among MCI-patients. Overall, within 4 years of follow-up, 23% of MCI-patients were diagnosed with dementia, compared to 2.7% among non-MCI patients. For the conference, we plan to additionally present stratified analyses by region.

Our preliminary results show, that MCI is a strong risk factor for subsequent dementia in ambulatory claims data. Due to the apparently small number of MCI patients in our database, we cannot rule out selective detection of MCI patients in our study. Examining the potential of early detection and therapy on progression to dementia as well as unwarranted regional variation in these rates warrants future research.