



Abordaje clínico del deterioro cognitivo leve en atención primaria [

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text (article)

Analítica

Introduction: mild cognitive impairment is considered a modern geriatric syndrome due to its increasing incidence, which increases with the age of the population, and the relationship with multiple risk factors. It is characterized by alterations in one or several cognitive functions, without functional repercussions for the patient, and is often underestimated by medical personnel. **Objective:** to describe the clinical approach to mild cognitive impairment in primary care. **Methodology:** narrative literature review. The sources of information were scientific articles published from 2011 to 2021 in the different available databases such as PubMed, ScienceDirect, Scielo, Google Scholar and the World Health Organization web portal. **Results:** 48 articles were identified, of which 34 met the inclusion criteria for the theoretical argumentation related to the diagnosis and treatment of mild cognitive impairment. **Conclusion:** the clinical approach to patients with suspected mild cognitive impairment includes medical history, complete physical examination and complementary tests, in addition to the application of validated basic neuropsychological tests and, according to these results, case follow-up is also included or referral to hospital care. There is currently no specific pharmacological treatment. Control of vascular risk factors, healthy lifestyles and cognitive training are considered the most effective non-pharmacological interventions

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