

## Cognitive Performance Test (CPT) Revised 2018 Manual and Practice Model

### Bio

Theresa Burns, OTR is the Clinical Occupational Therapist Specialist at the Minneapolis VA Geriatric Research, Education and Clinical Center (GRECC). She is the author and developer of the Cognitive Performance Test (CPT), an evidence-based assessment of functional cognition. Ms. Burns has 30 years of experience in dementia, psychiatric care and research and has worked with individuals from early to late stage disability. Her work has been presented at national and international conferences and published in books and peer reviewed journals since 1990.

### Course Description

The Cognitive Performance Test (CPT) is a standardized ecological assessment process for determining ordinal levels of functional cognition. Ecological validity refers to whether the findings in a controlled or clinical environment can be generalized to the real world. The goal of OT evaluation is predictive validity for real world functioning with emphasis on the ability to measure change. Despite its wide use, too often scholars and clinicians misuse the CPT through use of old versions, personal adaptations, using too few subtasks, or use of the CPT as an ADL assessment versus CPT's intended analysis of functional cognition with predictive application for IADL. This course presents the Cognitive Performance Test (CPT) Revised 2018 Manual and practice model based including its evidence-based profiles for intervention. Each subtask is discussed, including task analysis, task set-up, and administration procedure. Participants will receive the CPT 2018 Manual, practice subtasks, and discuss evaluation in their clinics and practice applications with respect to diagnosis and prognosis.

### Objectives

- 1) Discuss the neurocognitive base of the CPT as a working memory and executive function measure
- 2) Discuss DSM 5 cognitive and functional criteria for mild vs. major neurocognitive disorders
- 3) Practice and review the CPT 2018 Revised Manual and administration protocols for each subtask
- 4) Discuss CPT Profile interventions for IADL, ADL, independent living and safety
- 5) Present outcome studies that support the CPT for functional diagnosis and intervention

### Agenda

8:00 – 10:00: Overview of the CPT, its neurocognitive base and supporting research. Review the standardization for each subtask. Differentiate CPT cognitive-functional profiles from the Allen modes of performance levels.

10:00 – 10:15 Break

10:15 – 12:00: Continue using the CPT Manual. View and practice selected subtasks. Interactive discussion and practice applications.