**Cancer Treatment Related Cognitive Impairment (CTRCI)**

Speech and Language Pathologists (SLP) are trained to assess the cognitive functioning of the brain. By measuring the speed at which information is processed, along with visual spatial skills and organizational abilities, an SLP can identify deficits to address and form a treatment plan when these areas are affected:

- Memory
- Multitasking
- Attention and concentration
- Language capabilities
- Executive functioning
- Attention and concentration

Symptoms of CTRCI* may include the following:

- Being unusually disorganized
- Difficulties finding the right words
- Difficulties learning new skills
- Short term memory problems
- Trouble with visual and verbal memory
- Increased time to complete routines

*https://www.mayoclinic.org

How can a Speech Therapist help?

Speech and Language Pathologists (SLP) are trained to assess the cognitive functioning of the brain. By measuring the speed at which information is processed, along with visual spatial skills and organizational abilities, an SLP can identify deficits to address and form a treatment plan when these areas are affected:

- Short attention span
- Fatigue
- Confusion
- Difficulties concentrating
- Difficulties multitasking
- Feeling of mental fogginess

Neural imaging tests report decreased gray matter density in one month after chemotherapy completion, specifically in frontal regions of the brain, the area responsible for processing high level thought patterns, memory and concentration.

Carson, C PhD, SLP-CCC, Summary of Findings on Cancer Treatment-Related Cognitive Impairment, 2015.

Multiple evidenced based studies report that as many as 75 to 84% of US cancer survivors have reported issues with memory, attention or feelings of mental slowness. One study explored the effectiveness of seven treatment methods. Literature review concluded that only individual and group cognitive retraining and exercise were found to be effective.

Assessment
Gaylord staff use the Functional Assessment of Cancer Therapy (FACT) including a cognitive subtest (FACT-Cog), a self-assessment that allows patients the ability to identify the types of cognitive complaints they are experiencing. Additional Standardized Cognitive Assessments may include Rivermead Behavioral Memory, Word Fluency and Trail-Making Test, all of which will be reviewed as introduced to the patient.

Treatment
• Individually based cognitive retraining
• Patient-centered treatment approach
• Identification of learning styles
• Focus on cognitive retraining exercises, skills development, compensatory strategies, thought organizational strategies, life organizational strategies, stress reduction and education

Expectations
Courses of treatment will vary, though an 8-12 week course may be recommended. Family and care givers are encouraged to be present so they are aware of the cognitive exercises which may be recommended to maximize the patient's progress.

Beginning with Gaylord Outpatient Services
• Physicians referring a patient for Outpatient Services can use our Gaylord Outpatient Referral Form or submit a prescription.
• Gaylord accepts most commercial insurances as well as Medicare and Medicaid.
• SLP services are available in Wallingford Monday through Friday.

► To schedule, call (203) 284-2888:
Choose option 1 at the first prompt and then option 1 again.
► To FAX a referral, use (203) 294-8705
► Appointment requests available online at: outpatientscheduling@gaylord.org.