

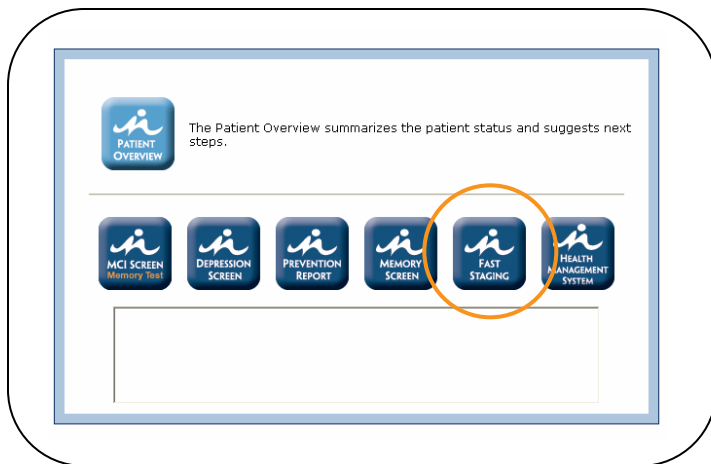


Functional Assessment Staging Test

The Functional Assessment Staging Test (FAST) is the most well validated measure of the course of AD in the published, scientific literature.

The stages of Alzheimer’s disease as defined by FAST are:

Stage	Stage Name	Characteristic	Expected Untreated AD Duration (months)	Mental Age (years)	MMSE (score)
1	Normal Aging	No deficits whatsoever	--	Adult	29-30
2	Possible Mild Cognitive Impairment	Subjective functional deficit	--		28-29
3	Mild Cognitive Impairment	Objective functional deficit interferes with a person's most complex tasks	84	12+	24-28
4	Mild Dementia	IADLs become affected, such as bill paying, cooking, cleaning, traveling	24	8-12	19-20
5	Moderate Dementia	Needs help selecting proper attire	18	5-7	15
6a	Moderately Severe Dementia	Needs help putting on clothes	4.8	5	9
6b	Moderately Severe Dementia	Needs help bathing	4.8	4	8
6c	Moderately Severe Dementia	Needs help toileting	4.8	4	5
6d	Moderately Severe Dementia	Urinary incontinence	3.6	3-4	3
6e	Moderately Severe Dementia	Fecal incontinence	9.6	2-3	1
7a	Severe Dementia	Speaks 5-6 words during day	12	1.25	0
7b	Severe Dementia	Speaks only 1 word clearly	18	1	0
7c	Severe Dementia	Can no longer walk	12	1	0
7d	Severe Dementia	Can no longer sit up	12	0.5-0.8	0
7e	Severe Dementia	Can no longer smile	18	0.2-0.4	0
7f	Severe Dementia	Can no longer hold up head	12+	0-0.2	0



A simple to use, electronic version of FAST is included in Medical Care Corporation’s system.



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Differential Diagnosis

Use the FAST tool to determine if changes in a patient's condition are due to Alzheimer's disease or another condition. If the change is due to AD progression, then any changes on the FAST scale will be in sequence—**AD-related changes do not skip FAST stages.**

Example: a patient is mildly demented (FAST stage 4), and loses the ability to bathe (FAST 6b) but can still pick out their clothes (FAST 5) and dress themselves (FAST 6a), then they skipped FAST stages 5 and 6a and went directly to FAST stage 6b. These changes are not due to AD progression. It could be that the diagnosis of AD is wrong or that the patient has a second dementing disorder in addition to AD. Alternatively, the patient may have an exacerbation of an existing medical problem, developed a new medical problem, or had some other change in their care or living situation that caused the difficulty bathing.

Measurement of delay in AD

Use the FAST tool at each office visit to measure treatment effect in each patient. The longitudinal view of the FAST shows how long a patient has spent in each FAST stage, plus its average expected untreated duration. The difference, which appears in the column, "Actual minus Expected Untreated AD Duration", indicates whether treatment has delayed AD progression.

Example: you have been treating an AD patient for four years and staging them at each office visit. The FAST longitudinal view shows that the patient has spent 46 months in stage 4 (e.g., difficulty managing finances). The average, expected untreated duration of stage 4 is 24 months, and the difference shown is 22 months. This indicates that treatment has delayed AD progression by approximately 22 months. Without treatment, they would have progressed to FAST stage 6b and would be unable to dress or bathe.

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