

Administering the Vermont Mini-Cog

Materials needed: blank piece of paper, pen, and timing device (clock should not be visible in room)

Make sure that the screening environment is free from interruptions and distractions. Ideally, the patient should be alone with the screener when the test is administered. If others are present, they should be advised not to assist the patient with the screening test.

Ensure that you have the patient's attention – advise them that this exercise will take concentration and ask them when they are ready to begin.

1. Three-word recall preparation
 - a. Say to the patient – “Please listen carefully. I am going to say three words that I want you to repeat back to me now and try to remember for later. The words are [select a list of words from the versions below]. Please say them for me now”

| | | | | | |
|-------|---------|---------|--------|----------|---------|
| Penny | Banana | Village | River | Daughter | Captain |
| Apple | Sunrise | Kitchen | Nation | Heaven | Garden |
| Table | Chair | Baby | Finger | Mountain | Picture |
 - b. If the patient is unable to repeat the words after three attempts, move on to the next step of the exam. The words can be restated by the screener with each attempt (this is not a scored portion of the exam)
2. Clock drawing
 - a. Provide the patient with the blank piece of paper and pen
 - b. Say to the patient – “I want you to draw a clock for me. First, put all the numbers where they go”
 - c. Then, say to the patient – “Now, set the hands to ten past eleven”
 - i. Twenty past four can be used as an alternative time
 - d. At any point, you can repeat the directions back to the patient (this step is not a test of memory)
 - e. Give the patient up to three minutes to complete the task
 - f. Take the paper and pen back after completion of this step
3. Category fluency
 - a. Say to the patient – “I want you to name as many animals as possible within one minute”
 - b. Time the patient for one minute, keeping track of how many distinct animals they name
 - c. At any point, you can repeat the directions back to the patient
4. Three-word recall
 - a. Say to the patient – “What were the three words I asked you to remember?”
 - b. If the patient appears to be having difficulty with recall, give them enough time to come up with a response. Enquire if they are all done with the exercise if they are unable to restate the words. The test will conclude after they make an attempt to name the words or state that they are done
 - c. Perform this step even if the patient was not able to repeat the words in the initial step

Scoring the Vermont Mini-Cog

1. Three-word recall
 - a. One point for each word recalled
 - b. 0-1: failing
 - c. 2: borderline
 - d. 3: passing
2. Clock drawing
 - a. One point for each correct component (up to seven points)
 - i. Only numbers 1-12 are present
 - ii. Numbers in correct order
 - iii. Numbers in correct position
 - iv. Two hands are present
 - v. Hour target number indicated
 - vi. Minute target number indicated
 - vii. Clock hands in correct proportion
 - b. 0-3: failing
 - c. 4: borderline
 - d. 5-7: passing
3. Category fluency
 - a. Passing is fifteen animals named
 - b. Fifteen is borderline
 - c. Less than fifteen is failing
4. Overall results
 - a. Failing
 - i. All three components failed
 - ii. Two of three components failed
 - iii. Two of three components borderline
 - iv. One component borderline and one component failed
 - b. Passing
 - i. All three components passed
 - ii. Two of three components passed