

# **Osnutek smernic diagnostične obravnave pogostejših bolezni, ki vodijo v demenco**

## **Proposed guidelines for the clinical diagnosis of the most common diseases causing dementia**

*Gorazd Bernard Stokin<sup>1</sup>*

### **Izvleček**

Navkljub več poskusom danes v Sloveniji ne uporabljamo standardiziranih in validiranih meril za postavitve klinične diagnoze pogostejših bolezni, ki vodijo v demenco. Tudi nestandardizirana in nevalidirana merila najpogosteje niso uporabljena ali pa niso dokumentirana. Z izjemo posameznikov ostaja povsem nedorečeno, kako primerljiva je naša diagnostična obravnava demence z drugimi državami. Pri nas prav tako ni kliničnopatoloških ocen verodostojnosti kliničnih diagnoz. Za strokovno pravilno diagnostično obravnavo demence sta nujni tako validacija kot standardizacija mednarodno sprejetih meril za klinično diagnozo najpogostejših bolezni, ki vodijo v demenco. Ta prispevek temelji na mednarodno sprejetih merilih diagnostike demenc in ponuja v razmislek in obravnavo štiristopenjski osnutek pristopa k validirani in standardizirani diagnostični obravnavi demence, ki se bo morda kdaj uveljavila tudi pri nas.

### **Abstract**

Despite several attempts, we have not been using a validated and standardized approach in the diagnostics of major diseases causing dementia. Even non-validated and non-standardized clinical diagnostic criteria are seldom used or adequately documented. Therefore, with few exceptions, it remains completely unknown how comparable is the quality of the diagnostics of dementias in Slovenia compared to other countries; furthermore, we are lacking clinical-pathological correlates in evaluating the quality of the dementia diagnostics. The correct diagnostic approach requires validation and standardization of the evidence-based, internationally accepted clinical criteria for the diagnostics of dementias. This article is based on the internationally recognized clinical criteria for the diagnostics of major dementias. It proposes a 4-step approach that may serve as a platform for the discussion leading to possible validation and standardization of clinical criteria for the diagnostics of dementias also in Slovenia.

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<sup>1</sup> *Asist. dr. Gorazd Bernard Stokin, dr. med., Nevrološka klinika, Univerzitetni klinični center, Zaloška 2, 1000 Ljubljana; Enota za gerontopsihiatrijo, Psihiatrična klinika Polje, Studenec 48, 1000 Ljubljana*