

Cognitive test predicts elderly insulin injection success

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(HealthDay)—A cognitive test involving animal name recall can predict

which elderly patients succeed in mastering an insulin self-injection technique within one week, according to a study published online Aug. 28 in the *Journal of Diabetes Investigation*.

Taichi Minami, from the Yokohama City University in Japan, and colleagues evaluated whether or not a cognitive test (the number of animal names recalled in one minute) by 57 elderly inpatients with type 2 diabetes starting [insulin therapy](#) could be used as a predictor of patients' ability to acquire the insulin self-injection technique within one week.

The researchers found that the number of animal names recalled was the most reliable predictor of the ability to acquire the insulin self-injection technique within one week. Recall of 11 animal names predicted a successful acquisition, with a sensitivity of 73 percent and a specificity of 91 percent (area under the curve, 0.87; P

"To our knowledge, no studies have reported that [cognitive tests](#) can be used to evaluate whether or not patients can acquire the insulin self-injection technique," the authors write.

More information: [Abstract](#)
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