

Signs and Symptoms of Cognitive Disorders

Immran Siddiqi*

Department of Neurology, Bahria University, Islamabad, Pakistan

Corresponding Author*

Immran Siddiqi,
Department of Neurology,
Bahria University,
Islamabad, Pakistan
E-mail: immransiddiqi@gmail.com

Copyright: © 2021 Siddiqi I. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received date: 01 October, 2021; **Accepted date:** 15 October, 2021; **Published date:** 22 October, 2021

Description

Cognitive disorders contain dementia, amnesia, and delirium. In these diseases, patients are no longer completely oriented to time and space. The diagnosis of a cognitive disorder may be temporary or progressive depending on the cause. For example, delirium is temporary and dementia is commonly progressive and unrelenting. The treatment for every cognitive disorder depends on the particular diagnosis, but in all cases the treatments are not remedial. Mainly treatments are designed to diminish patients' symptoms. Present research is meant at improving our understanding of the basic causes of cognitive disorders and improving treatments for them.

Mild cognitive impairment is a disorder in which a person experiences a slight weakening in mental abilities compared with others. The minor decline is noticeable by the person experiencing them or by others who interact with the person, but the changes are not severe enough to interfere with normal daily life and activities.

Like most mental disorders, cognitive disorders are caused by several of reasons. Some are because of hormonal imbalances in the womb, others to genetic predisposition and still others to environmental influences. Common environmental causes of cognitive disorders include a lack of good nutrients and interaction during susceptible stages of cognitive development, particularly during early stages. Other causes of cognitive disease include substance abuse and physical injury. When a particular area of the brain that defines cognitive function is damaged, either by the extreme use of drugs, by alcohol or from physical trauma, those neurophysiological changes result in cognitive dysfunction.

Cognitive disorder signs differ according to the particular disorder, but some common signs and symptoms overlay in most disorders. Some of the most common signs of cognitive disorder include:

- Confusion
- Poor motor coordination
- Loss of short-term or long-term memory
- Identity confusion
- Impaired judgment

Like other drugs cognitive disorder medicines come with their own side effects. Many of these drugs are powerful, and it can cause in drowsiness, insomnia and upset stomach, to name but a few of the common side effects. Cognition disorders often manifest in the form of noticeable outward symptoms. The patient may appear blank and confused, and their eyes may have a glazed appearance. In both neurological and psychological cognitive disorders motor organization is often affected, and the person may have unusual behavior or simply a lack of balance and normal posture.

Some cognitive disorders increase in stages and symptoms develop in severity the further the disease progresses. For example Alzheimer's disease, begins with the patient showing very minor signs of forgetfulness. Affected person may forget names they know well, or they may have trouble remembering what they did recently. The earlier symptoms of early-onset Alzheimer's disease are often indistinguishable from normal memory loss. However, as the disease increases, the affected person's memory becomes impaired. They may have infrequent moments of clarity, but life is mostly lived in a state of confusion.

Conclusion

Sometimes, inpatient treatment simply isn't necessary for the care and maintenance of an individual with a milder form of cognition issue. In cases such as this, an outpatient cognitive rehab and treatment program can be an ideal solution. Usually taking the form of adult daycares or other facility-based programs, these clinics can supervise and care for patients whose impairments simply don't merit placement with an inpatient center.