

International HIV Dementia Scale (IHDS)

Memory-Registration – Give four words to recall (dog, hat, bean, red) – 1 second to say each. Then ask the patient all four words after you have said them. Repeat the words if the patient does not recall them all immediately. Tell the patient you will ask for recall of the words again a bit later.

1. Motor Speed: Have the patient tap the first two fingers of the non-dominant hand as widely and as quickly as possible.

- 4 = 15 in 5 seconds
 - 3 = 11-14 in 5 seconds
 - 2 = 7-10 in 5 seconds
 - 1 = 3-6 in 5 seconds
 - 0 = 0-2 in 5 seconds
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2. Psychomotor Speed: Have the patient perform the following movements with the non-dominant hand as quickly as possible: 1) Clench hand in fist on flat surface. 2) Put hand flat on surface with palm down. 3) Put perpendicular to flat surface on the side of the 5th digit. Demonstrate and have the patient perform twice for practice.

- 4 = 4 sequences in 10 seconds
 - 3 = 3 sequences in 10 seconds
 - 2 = 2 sequences in 10 seconds
 - 1 = 1 sequence in 10 seconds
 - 0 = unable to perform
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3. Memory-Recall: Ask the patient to recall the four words. For words not recalled, prompt with a semantic clue as follows: animal (dog); piece of clothing (hat); vegetable (bean); color (red).

- Give 1 point for each word spontaneously recalled
 - Give 0.5 point for each correct answer after prompting
 - Maximum – 4 points
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Total International HIV Dementia Scale Score: This is the some of the scores on items 1-3. The maximum possible score is 12. A patients with a score of ≤ 10 should be evaluated further for possible dementia.

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