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A review on outcomes of occupational therapist-led cognitive training group

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Introduction

People with dementia experienced decline in cognitive function which interfere their independence in activities of daily living. An occupational therapist-led cognitive training program has been providing to this group of patients since June 2017.

Objectives

The outcomes of the program were analyzed.

Methodology

17 participants who were referred for cognitive assessment and training at the out-patient section in Occupational Therapy Department were recruited up to Nov 2017, for six one-hour sessions of occupational therapist-led cognitive training program. The program included cognitive games designed by Occupational Therapist, education and practice of memory strategies, computerized games and home assignments etc. Caregivers were invited to join the program so as the training could be continued as home program. Pre- and post- Montreal Cognitive Assessment (Hong Kong Version) (HK-MoCA) was conducted by independent assessors (occupational therapists) as outcome measures. Satisfaction survey for participants and their caregivers were distributed respectively after the last training session for evaluation.

Result

17 participants were recruited for the cognitive training program; two of them could not complete the program due to the unavailability of caregiver. There were more women (64.7%) than men in the program. The mean age of the participants was 78.7 years (SD = 6.9). The mean years of education was 5.2 years (SD = 3.1). The pre- and post-HK-MoCA scores of the participants (N=15) were compared by paired samples t-test. The pre- and post- training HK-MoCA mean was 10.60 (SD = 4.00) and 13.00 (SD = 3.32) with a mean difference of 2.40. There was statistically significant difference in HK-MoCA mean after the training program ($p=0.001$). The percentage of participants with HK-MoCA below 2nd percentile cut-off dropped from 73.3 to 33.3 after the program. 94% of satisfaction was obtained in all items in the satisfaction survey for participants on average. 80% of the caregivers expressed they would provide the learnt cognitive training to participants at home. Improvement in HK-MoCA scores was found in participants after the occupational therapist-led cognitive training

program. Positive feedback was also gained from both the participants and the caregivers. Continuous training and data collection is recommended to further investigate the impact of the training program in different cognitive domains and areas to people with cognitive impairment.