



Service Priorities and Programmes
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The effectiveness of Cognitive Stimulation Therapy (CST) program in psychogeriatric in-patient setting – a pilot study

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Introduction

In our psychogeriatric in-patient setting, there are almost 50% patients with diagnosis of dementia. To meet increasing service need, we adopted Cognitive Stimulation Therapy (CST), an evidence-based non-pharmacological intervention for persons with mild to moderate dementia. CST is a structured group cognitive stimulation programme. It involves 14 sessions of themed activities, run twice a week, 45 minutes per session. Studies showed that it improves cognition, communication and quality of life for the person with dementia.

Objectives

-To improve or maintain their cognitive function, communication and functional condition

-To evaluate the applicability of CST in psychogeriatric in-patient setting

Methodology

A pre-test and post-test design was employed. Subjects were (1) in-patients in psychogeriatric wards, (2) with diagnosis of dementia, (3) able to understand Cantonese. Outcome measures were (1) Montreal Cognitive Assessment Hong Kong version (HK-MoCA), (2) Holden Communication Scale (HCS), (3) Chinese Disability Assessment for Dementia (CDAD).

Result

From July 2017 to January 2018, there were 20 patients (mean age = 79, mean education = 3 years) attended CST group (mean no. of session completed = 10.5). There was significant improvement in total score of HCS ($Z = -2.094$, $p = 0.036$) after the program. Meanwhile, the total score of Hk-MoCA ($Z = -1.154$, $p = 0.248$) and CDAD ($Z = -1.572$, $p = 0.116$) were generally maintained.

To conclude, this study suggests CST was effective in enhancing communication, maintaining cognitive and functional condition of person with dementia. In addition, the mean no. of session completed was 75% though with short length of stay. This implies CST was applicable in psychogeriatric in-patient setting.