



Service Priorities and Programmes
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3 Year Longitudinal Review on Cognitive Profile of Patients with Dementia

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Introduction

Memory clinic (MC) with multidisciplinary approach was established in Caritas Medical Centre to cater the needs of patients with Dementia. Occupational therapists play a significant role in assessing the cognitive and functional ability as well as providing caregiver education , cognitive training and aids to patients.

Objectives

To review the cognitive performance of patients of MC longitudinally and explore service direction

Methodology

Retrospective data of MC were reviewed from 2010 to 2016. Baseline and annual performance of Cantonese Mini Mental State Examination (CMMSE) were analyzed for 3 years .

Result

Results of 79 patients were reviewed , 82.3% of them were female and 17.7% were male. 32.8% of them were illiterate , 41% and 6.8 % of them had received primary and secondary schooling respectively. Their age ranged from 51 to 91 with mean age 76.9. 55.7% and 8.9% of them were diagnosed as Alzheimer's disease and Vascular Dementia respectively .

68% of the patients were below cut-off score according to their educational level. The mean score of CMMSE showed significant difference when analyzed with one-way repeated measures ANOVA ($F(3,234)=25.6686, p=0.000$) The baseline of CMMSE showed no significant difference among the different diagnoses , however, the serial CMMSE score of patients with Alzheimer's disease showed significant difference from year one onwards.

Although cognitive decline was noted , the performance in all items showed no significant difference except 'time orientation" ($F(3,234) = 9.506 , p=0.000$) and 'place orientation' ($F(3,234) = 13.512 , p=0.000$) when analyzed with one-way repeated measures ANOVA. For 'time orientation' the percentage of patient getting zero score increased from 21.5% to 40% after 3 years. More than 70% of patients had zero score in items of 'delayed recall' whereas over 85% of the patients had full score in

items of 'repeating sentence' , 'saying a sentence' and 'naming object' during the whole period.

By analyzing the profile of cognitive decline , Occupational therapists can design tailor made programs and services to cater their needs. Active intervention and attention in initial stage might contribute to the maintenance of performance in the first year. Ongoing training and maintenance programs are as important since significant decline was observed after the first year. In this way, cognitive function of the patients can be enhanced to meet the challenges in their daily living.