



**Service Priorities and Programmes**  
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**Effectiveness of Living And Stimulation Training (LAST) Group For Patient With Moderate Dementia: A Pilot Study**

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**Introduction**

The number of patients with dementia is increasing in recent years. Interventions are classified into pharmacological and non-pharmacological. Non-pharmacological interventions target on cognitive and non-cognitive symptoms. Numerous unimodal interventions are proven effective. However, effects of combination of 2 or more than 2 non- pharmacological interventions in one group program are unknown. A local multimodal non-pharmacological training group is tailor-made for patients with moderate dementia. The group also provides caregiver training on caring skills on communication and ADL, as well as knowledge about home based training.

**Objectives**

(1) To maintain or improve patient's cognitive and psychosocial performance; (2) To maintain or improve their daily functioning (3)To improve caregivers' caring skills on communication & ADL and knowledge about home based training

**Methodology**

A "Pre-test" vs. "Post-test" design is employed. Subjects are out-patients in PWH occupational therapy with cognitive impairment. The target treatment group is patients with moderate dementia (according to Functional Assessment Staging). Outcome measures are categorized as: (1) MoCA- 5 mins protocol for cognitive function, (2) Quality of life- Alzheimer disease for quality of life, (3) Chinese Disability Assessment for Dementia for daily functioning, (4) Subjective Emotion Scale for mood changes, (5) Post-group questionnaire for caregivers' caring skills and knowledge about home based training. Wait list control shall be adopted.

**Result**

Starting from Jan 2018, patients have been recruiting into the group. Up till now, 5 patients and their caregivers are attending the group. A number of positive changes and immediate feedbacks in psychosocial and cognitive areas are noted in the group sessions. Total of 10 subjects will be included in the study. The cognitive, psychosocial and daily functioning performances are expected to be maintained or

improved after the group training. Caregivers' caring skills on communication and ADL, as well as knowledge about home based training are also expected to be improved.