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Evaluation of the effectiveness of an Occupational Therapy Cognitive Active Lifestyle Group for elderly with mild cognitive impairment and early dementia

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Introduction

Delay disease progression is a key strategy to dementia management. There was more evidence that lifestyle that combine cognitive stimulating activities and physical activities and rich social networks may provide the best odds of preserving cognitive function in old age. Inducing neurogenesis, synaptogenesis, increase hippocampal synaptic reactivity enhances cerebrovasculature and reduce b-amyloid deposition are the proposed benefit of cognitive activities. While Chinese-style Mind body Exercise (MB) exercises, its protective effect on elderly cognitive function was well proven in local studies. Besides, it is culturally acceptable, physically endurable, relatively safe and economical to elderly.

Objectives

This article aimed at evaluating the change in cognitive function of elderly people with clinical cognitive impairment after a 4 sessions Occupational Therapy training , Cognitive Active Lifestyle group (CAL), which was comprised of MB cognitive stimulation and lifestyle intervention

Methodology

Elderly seen in Occupational Therapy Outpatient Department of United Christian Hospital with 1)clinical signs of MCI or early dementia, 2)with FAST score stage 2 or 3, 3)no physical or others medical contraindication for MB, were recruited to CAL. Four one and half hour treatment sessions were delivered by an Occupational Therapist on weekly basis.

Result

Totally 12 patients had completed the CAL program from Nov,12-Jun,13. The average attendance was 3.75 sessions. The average MMSE score was increased by 0.8 point after 4 sessions of treatment. The preliminary results of CAL program was positive in improving cognitive function of the elderly. In addition, the program effective in terms

of treatment duration and manpower.