



Service Priorities and Programmes
Electronic Presentations

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Submitting author: Ms Alice Hiu Yee CHEUNG

Post title: Occupational Therapist II, Prince of Wales Hospital, NTEC

Cognitive Training Group for patients with Mild Cognitive Impairment (MCI)

Cheung AHY(1), Leung TLF(1), Lee ATM(1), Au FLY(1)

(1)Occupational Therapy Department, Prince of Wales Hospital

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Introduction

With the increasing awareness of Mild Cognitive Impairment (MCI) in recent years, the effectiveness of treatment becomes a concern. More Studies have shown that cognitive training can help to slow the age-related decline process, and in maintaining and enhancing the cognitive ability of older adults. Also, there is an increasing number of patients suffered from Mild Cognitive Impairment were referred to our department for cognitive assessment and training. The referral numbers has increased from 365 referrals in 2009 to more than 950 referrals in 2013. The needs of effective training would be very important.

Objectives

1. To evaluate the outcome of the cognitive training group 2. To evaluate the participants' concept on self-management including relaxation and development of exercise habit after group 3. To evaluate the application of memory strategies

Methodology

Patients were recruited to join the cognitive training group. It consisted of four sessions which included the education on basic knowledge of memory and maintaining brain health, the application of external aids and to practice strategies for improving memories. Demographic data including the age, gender, baseline MMSE and MOCA will be collected from the case file. The participants would fill in the self-perceived QOL questionnaire (QOL-AD and WHO-5) before and after the group. A self-designed questionnaire focusing on the evaluation of their learning will be collected.

Result

A total of 56 participants have filled in post group questionnaire, 77 participants and 72 participants have filled in the pre group QOL-AD and WHO-5 while 33 participants have completed the post group QOL-AD and WHO-5. SPSS version 22 was used for data analysis. Effectiveness of the cognitive treatment group Paired sample t-test was used for the comparison of pre and post QOL and cognitive function. There was a significant difference for the increase of QOL-AD score after the group treatment for

participants with MOCA \geq 22 (QOL-AD score from 31.31 to 33.75, $p=0.026$). For the group evaluation questionnaire, 93% of participants have positive feedback (Rating 1 and 2) on the group and said they would recommend the group to others. 82% of participants feel happy with the group interaction. There was only moderate understanding and application of memory mnemonics in real life. About 70% of participants agreed that the group can help them to have better memory. As the number of referrals is increasing rapidly, cost effective treatment is required so that a larger group of patients can receive treatment promptly. Further study with more participants would be required to evaluate the outcome of the group treatment. Also, more sessions would be required to help the participants to have better understanding and application of memory strategies in real life.