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Exploring the Relationships among Activities of Daily Living, Cognition and Quality of Life of Chinese Patients with Dementia in Hong Kong

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Introduction

To maximize patients' quality of life (QoL) is a primary goal in the management of dementia. Increasing evidence supports the patients' ability to reliably report their QoL. However, there was a paucity of knowledge in QoL of patients with dementia. Impaired independence of activities of daily living (ADL) and cognitive function are evident in dementia. Their influence on QoL was frequently examined, but inconsistent findings were reported. The present study aimed to investigate the relationships among ADL independence, cognitive function and QoL of patients with dementia in Hong Kong.

Objectives

(1) To explore the QoL of Chinese patients with dementia in Hong Kong and (2) to investigate its relationship with ADL independence and cognitive function.

Methodology

70 psychogeriatric patients with (1) diagnosis of dementia (2) Chinese ethnicity (3) MMSE score of 7 or above and (4) ability to communicate in Cantonese were recruited in this cross-sectional study. Their socio-demographic characteristics were collected. QoL, ADL independence and cognitive function were measured by Quality of Life in Alzheimer's Disease Scale (QoL-AD), Modified Barthel Index (MBI) and Mini-Mental State Examination (MMSE) respectively.

Result

Patients living in community and receiving anti-dementia medications reported higher QoL-AD scores. Patients with Alzheimer's disease also reported higher QoL than those with vascular dementia. Higher QoL-AD score was moderately associated with higher ADL independence ($p=0.288$, $p=0.015$), fewer number of chronic diseases ($r=-0.320$, $p=0.007$) and medications ($r=-0.336$, $p=0.004$). Regression analysis showed that only number of medications was a significant predictor of QoL-AD score ($p=0.004$). In Chinese patients with dementia in Hong Kong, QoL was positively correlated with ADL independence, but not cognitive function. Their QoL was

negatively influenced by the number of medications prescribed to them.