



## Service Priorities and Programmes Electronic Presentations

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### **Effectiveness of a Multi-disciplinary Intervention Programme “The newHABIT Programme” for Psychogeriatric Day-patients with Mild Cognitive Impairment**

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#### **Introduction**

Mild Cognitive Impairment (MCI) is a transitional state between normal cognitive decline in old age and dementia. MCI is also characterized by deteriorating cognitive functions in the context of normal daily functioning. Cognition-based intervention is the most common and effective non-pharmacological interventions for MCI. Besides, integration of cognition-based intervention with other effective interventions, including exercise, healthy diet, and socially stimulating activities, are suggested to improve the treatment quality and options. Involvement of caregivers of MCI patients in the intervention programme can provide caregivers with more knowledge in caretaking and facilitate them to help MCI patients transfer the learnt memory strategies in the everyday life. A multi-disciplinary intervention programme, “The newHABIT Programme”, was developed and implemented in 2014. “The newHABIT Programme” is a 12-week 1.5 hour weekly structured programme tailor-made for older adults with MCI or early stage of dementia, together with respective caregivers. Three intervention groups conducted by psychogeriatric team, including psychiatrist, clinical psychologist, psychiatric nurse, physiotherapist, dietitian, occupational therapist, and medical social worker, were held in Psychogeriatric Day Hospital (PGDH) between 2014 and 2015.

#### **Objectives**

To examine the effectiveness of “the newHABIT Programme” for changing memory-related behaviours, emotions and perceptions amongst psychogeriatric

day-patients with MCI.

### **Methodology**

25 elderly patients with MCI or early stage of dementia and 12 caregivers were recruited in the 3 intervention programmes. 18 patients completed 90% of group sessions. Patients were required to complete the Patient Health Questionnaire (PHQ-9), Multifactorial Metamemory Questionnaire (MMQ; Contentment subscale, Ability subscale and Strategy subscale) at three time points (intake, 5th and 12th sessions), while caregivers were asked to complete the Chinese Version of the Modified Caregivers Strain Index during session 10.

### **Result**

**Results** 25 patients (64% female & 36% male) were enrolled to “the newHABIT programme”. 48% of them aged 60 to 69 and 80% of them had education level of secondary school or above. Satisfaction with memory abilities significantly increased from 44.3% to 55.9% ( $p=0.004$ ) while frequency of adopting memory strategies improved from 35.4% to 51.7% ( $p=0.001$ ) across sessions. There was no significant difference of everyday memory functioning which implies patients still made memory mistakes as many as before. Depression score was significantly reduced from 8.6 to 4.7 across sessions ( $p=0.007$ ). Low caregiver strain was indicated amongst caregivers during group sessions. All patients and caregivers were satisfied with the programme. **Conclusion** “The newHABIT programme” conducted by psychogeriatric team demonstrated treatment efficacy in enhancing memory-related behavioural, emotional and perceptual changes amongst psychogeriatric day-patients.