



## Service Priorities and Programmes Electronic Presentations

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**Benefits in terms of Cognition, Activities of daily living (ADL), Behavioral and psychotic symptoms of dementia (BPSD) and Caregiver stress after receiving group treatment in Dementia Day Care Center**

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**Introduction**

Elderly being diagnosed as Dementia are known to have a gradual decline of cognitive function and self-care ability. Yet there is an emergence of saying, "Use it or loss it" (Hultsch et al., 1999). Through non-pharmacological interventions, such as enjoyable cognitive stimulation activities, had proven to have positive evidence on cognition (Woods et al., 2012).

**Objectives**

The purpose of this study aimed to find out the benefits (in terms of the cognition level, independence in activities of daily living (ADL), behavioral and psychotic symptoms of dementia (BPSD), and caregiver stress) of convenient subjects who have received group treatment in Dementia Day Care Centre in Wong Chuk Hang Hospital from Jan 2013 to Dec 2013.

**Methodology**

28 Participants were recruited by convenience sampling method from elderly who had more than 80% attendance in the Wong Chuk Hang Hospital Dementia Day Care Center program run by multidiscipline professions throughout the year 2013. The selection criteria were community-dwelling elderly aged 65 or above who presents with memory complaints, being diagnosed as dementia and with Clinical Dementia Rating Scale (CDRS) score 0.5 or to 1. This study design was a retrospective case series with a pre-test and post-test comparison using the Cantonese version of the Mini-Mental State Examination (CMMSE), Chinese Mattis Dementia Rating Scale (CDRS), Chinese version of the Modified Barthel Index (MBI), Clifton Assessment Procedures of the Elderly Behavior Rating Scale (CAPE-BRS) and Relative Stress Scale (RSS) as outcome measurement.

## **Result**

After 32 bi-weekly day sessions, the participants showed significant improvement in general cognitive function ( $p < 0.01$ ). Improvements are found in Orientation ( $p < 0.01$ ) and Registration ( $p < 0.05$ ) subscale of CMMSE. Memory ( $p < 0.01$ ) and Conceptualization ( $p < 0.05$ ) subscale of CDRS were shown to have statistically significant benefits as well. Besides, there was also an increase in independency of ADL ( $p < 0.05$ ) and reduction of behavioral problem ( $p < 0.01$ ). The study had provided initial evidence to support the presence of benefits of therapeutic multi-faceted group treatment in Dementia Day Care Center, which could not only help to slow down cognitive deterioration but also could induce an improvement in cognition of elderly with mild dementia.