

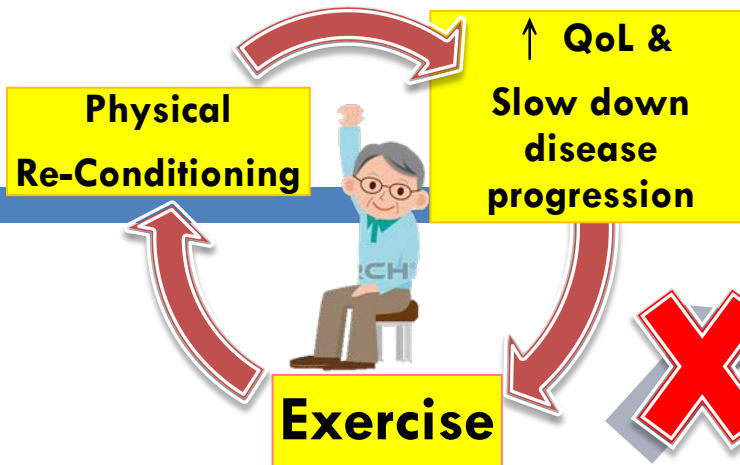
Fighting against Dementia: **Sitting BaDuanJin(八段錦)** Program on Elderly with **Dementia** in Psychogeriatric Day Hospital

KWOK KY, WONG EYW, CHAN DYC, WU IHL, CHAU CKW, CHAU RMW

PHYSIOTHERAPY DEPARTMENT, KOWLOON HOSPITAL



Introduction



- Dementia:
 - ▣ Prevalence in HK:
20%-30% of elders aged >80

- To cater for the users' needs :
Sitting BaDuanJin Program has formulated for elders with **low mobility level** attending Psycho-Geriatric Day Hospital of KH

Objective: To investigate the effects of Sitting BaDuanJin Program for elderly with dementia

movements

Time efficient
Develops body awareness

with low mobility level

Methodology



- Pilot of Single-group pretest-posttest design
- Program period: June to October 2017
- Weekly Sitting BaDuanJin Program (8 sessions) led by certified trainer
 - 5 minutes warm up, 30 minutes of BaDuanJin exercises in sitting & 5 minutes of cool down

Outcome Measures

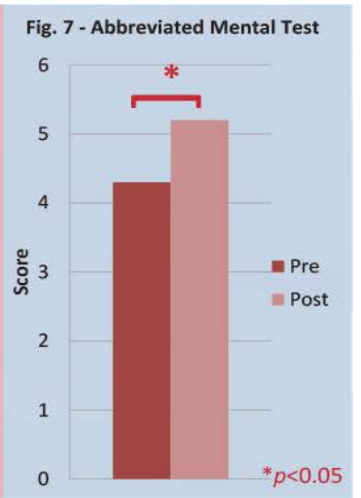
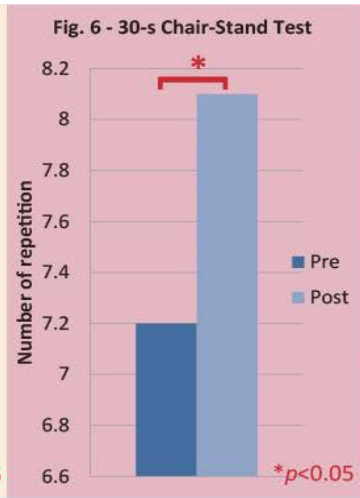
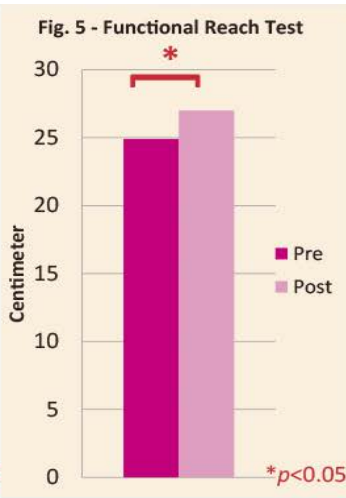
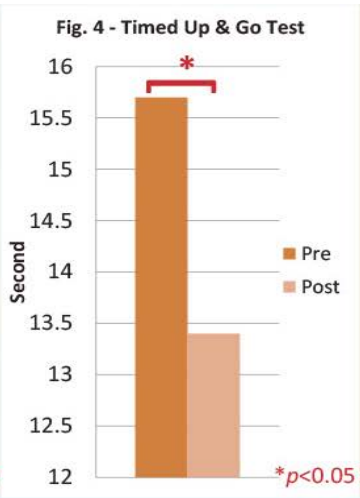
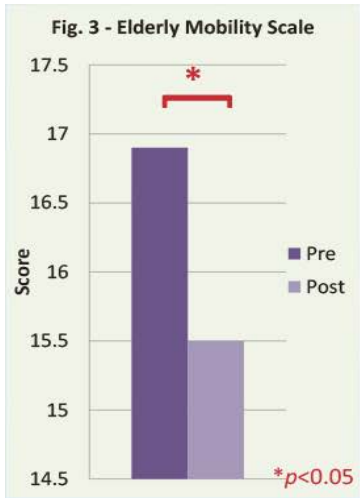
Functional mobility	Elderly Mobility Scale (EMS) and Timed Up & Go test (TUG)
Balance in sitting	Modified Functional Reach Test (FRT)
Muscle endurance	30-seconds Chair-Stand Test (30-CST)
Cognitive level	Abbreviated Mental Test (AMT)



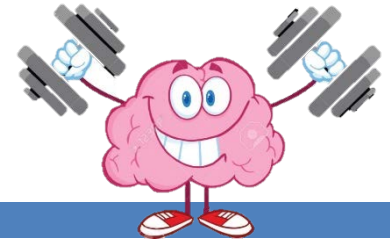
Results

- No. of elders: 30 (mean age: 81.7 ± 7.6 ; 70% were female)
- Significant improvements in all outcomes post-intervention

1/3 of the elders with AMT scored lower than 6 (indicating abnormal cognitive functioning) at baseline have **passed the cutoff** score upon program completion



Discussion



- Easy-to-follow & exercise in sitting - less demanding & less fall risk
 - ▣ **Concentrate on body-mind connection** that can improve spatial related memory function & promote balance in environmental orientation / awareness
- Group exercise with implementation of traditional music (prompt to exercise 聞歌起舞) at safe environment
 - ▣ **Promote social interaction**, exercise participation & establish regular exercise habit at home
- The sequential exercise
 - ▣ Involved **executive control processes** & stimulates underlying brain regions in form of neurogenesis, angiogenesis and neuroplasticity

Conclusion

- ❑ Sitting BaDuanJin Program was **effective & feasible** in enhancing clinical outcomes in elders with dementia presented with low mobility
- ❑ The sequential BaDuanJin exercise was found to be related to promoting the cognitive function of elderly & may potentially **enhance their self-care ability & QoL**
- ❑ Frail elders were **empowered to promote their body-mind wellness** through this safe, enjoyable and fun traditional healthcare promotion exercise

Thank you!

