

Target Area: Cognition/ Mental, Attention and Executive function > Cognitive, Quality of life, Memory.

<p>Buschert, Friese, Teipel, et al. (2011). <i>J Alzheimer's Disease</i> 25: 679-694.</p>	<p>PEDro score - 7/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design</p> <ul style="list-style-type: none"> ➤ Study Design: Randomised controlled trial ➤ Population: n= 43, 27 aMCI and 16 mild AD patients. 4 subjects excluded. Mean age of participants was 73.1 years old (SD = 7.7). Females n = 20, Males n = 19. ➤ Groups: <ol style="list-style-type: none"> 1. aMCI intervention group (n= 12) 2. AD intervention group (n= 8) 3. aMCI control group (n= 12) 4. AD control group (n= 7) ➤ Setting: Group-meetings <p>Primary outcome measures:</p> <ul style="list-style-type: none"> ➤ Mini Mental State Examination ➤ Alzheimer's Disease Assessment Scale – cognitive subscale, version B (pre-test), version C (post-test) <p>Secondary outcome measures:</p> <ul style="list-style-type: none"> ➤ Memory and recall, measured using Repeatable Battery for the Assessment of Neuropsychological Status, version A (pre-test) and version B (post-test). ➤ Higher attentional and executive functions, measured using Trail Making Test. ➤ Montgomery Asberg Depression Rating Scale. ➤ Quality of Life- Alzheimer's Disease scale. <p>Results:</p> <p>There was a significant improvement in the MCI intervention group compared to the MCI control group on ADAS-cog as well as a non-significant trend in the MMSE. The AD intervention group showed no significant effects of intervention on the primary outcome measures.</p>	<p>Aim: to evaluate the effectiveness of a multicomponent cognitive intervention in different stages of disease (i.e., Amnesic Mild Cognitive Impairment and Mild Alzheimer's Disease).</p> <p>Materials: Group-based multicomponent cognitive intervention</p> <p>Treatment Plan:</p> <ul style="list-style-type: none"> ➤ Duration: 6 Months. ➤ Procedure: <ul style="list-style-type: none"> ○ Intervention groups: 20 sessions, 120 minutes per week. ○ Control groups: 6 monthly sessions. ➤ Content: <ul style="list-style-type: none"> - Intervention groups: 20 weekly units, each unit alternating weekly between topics. Sessions consisted of a welcome and recap of previous session, a warm up exercise, oral and paper-pencil exercise, psychomotor recreational exercise, an exercise targeting social interaction and mood, and then concluded with setting self-study exercises to take home. control groups, participants met monthly - Control groups: convened for monthly sessions where they would socially interact and receive paper-pencil exercises for self-study.