

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><b>Design</b></p> <ul style="list-style-type: none"> <li>➤ Study Design: Randomised controlled trial</li> <li>➤ 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.</li> <li>➤ Groups:             <ol style="list-style-type: none"> <li>1. aMCI intervention group (n= 12)</li> <li>2. AD intervention group (n= 8)</li> <li>3. aMCI control group (n= 12)</li> <li>4. AD control group (n= 7)</li> </ol> </li> <li>➤ Setting: Group-meetings</li> </ul> <p><b>Primary outcome measures:</b></p> <ul style="list-style-type: none"> <li>➤ Mini Mental State Examination</li> <li>➤ Alzheimer's Disease Assessment Scale – cognitive subscale, version B (pre-test), version C (post-test)</li> </ul> <p><b>Secondary outcome measures:</b></p> <ul style="list-style-type: none"> <li>➤ Memory and recall, measured using Repeatable Battery for the Assessment of Neuropsychological Status, version A (pre-test) and version B (post-test).</li> <li>➤ Higher attentional and executive functions, measured using Trail Making Test.</li> <li>➤ Montgomery Asberg Depression Rating Scale.</li> <li>➤ Quality of Life- Alzheimer's Disease scale.</li> </ul> <p><b>Results:</b></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><b>Aim:</b> 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><b>Materials:</b> Group-based multicomponent cognitive intervention</p> <p><b>Treatment Plan:</b></p> <ul style="list-style-type: none"> <li>➤ <b>Duration:</b> 6 Months.</li> <li>➤ <b>Procedure:</b> <ul style="list-style-type: none"> <li>○ Intervention groups: 20 sessions, 120 minutes per week.</li> <li>○ Control groups: 6 monthly sessions.</li> </ul> </li> <li>➤ <b>Content:</b> <ul style="list-style-type: none"> <li>- 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</li> <li>- Control groups: convened for monthly sessions where they would socially interact and receive paper-pencil exercises for self-study.</li> </ul> </li> </ul>