



Target Area: Activities of daily living, Mood > Depression, Cognition/ Mental, Motor/ Movement (cognitively based)

<p>Lam, L.C.W., Lui, V.W.C., Luk, D.N.Y., Chau, R., So, C., Poon, V., Tam, P. Ching, R. (2010). Effectiveness of an individualized functional training program on affective disturbances and functional skills in mild and moderate dementia—a randomized control trial <i>Int J Geriatric Psychiatry</i>, 25(2), 133-141.</p>	<p>PEdro score - 09/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p><b>Design</b></p> <ul style="list-style-type: none"> <li>➤ <b>Study Design:</b> RCT</li> <li>➤ <b>Population:</b> Older persons with Dementia (mean age 83 years)</li> <li><b>Groups:</b> <ol style="list-style-type: none"> <li>1. FEP Intervention Group (I; n=37; 12 males) who received personalised functional and skills training</li> <li>2. Control Group (C; n=37; 7 males) trained with general functional skills</li> </ol> </li> <li>➤ <b>Setting:</b> nursing homes and day care centres for the elderly</li> </ul> <p><b>Primary outcome measures:</b></p> <ol style="list-style-type: none"> <li>1. <b>Functional abilities:</b> <ul style="list-style-type: none"> <li>➤ Chinese disability assessment for dementia (DAD) (Mok et al., 2005)</li> <li>➤ Assessment of motor and process skills (AMPS)(Fisher, 2006)</li> </ul> </li> <li>2. <b>Mood symptoms:</b> <ul style="list-style-type: none"> <li>➤ Cornell scale for depression in dementia (CSDS)(Alexopoulos et al., 1988)</li> <li>➤ Neuropsychiatric inventory (NPI)(Cumming et al., 1994; Leung et al., 2001)</li> </ul> </li> </ol> <p><b>Secondary outcome measures:</b></p> <ol style="list-style-type: none"> <li>1. <b>Global cognitive functions:</b> <ul style="list-style-type: none"> <li>➤ Cantonese version of mini-mental state examination (MMSE)(Chiu et al., 1998)</li> </ul> </li> </ol> <p><b>Results:</b></p> <ul style="list-style-type: none"> <li>• One month follow-up: Both I and C subjects showed improvement in process skills of the assessment of motor and process skills (AMPS).</li> <li>• Four months follow-up: I group showed a further reduction of Cornell scale for depression in dementia (CSDS) scores.</li> <li>• Apathy in I group improved at 1 month post-training but deteriorated at 4 months. There were no group differences in changes of mood and functional scores.</li> </ul>	<p><b>Aim:</b> To examine the effects of an individualised functional enhancement programme (FEP) on functional skills and mood disturbances in mild and moderate dementia</p> <p><b>Materials:</b></p> <p>Participants from the two groups were mixed and trained together. The treatment group was trained with an individualised selection of daily activities, whilst the control group was trained with general occupational therapy.</p> <p><b>Treatment Plan:</b></p> <ul style="list-style-type: none"> <li>➤ <b>Duration:</b> group session lasted for 45 min, were conducted twice per week for 8 weeks</li> <li>➤ <b>Procedure:</b> list of daily activities/chores applicable for training in older persons grouped into specific training tasks according to the level of complexity. The training tasks for all participants were assigned confidentially according to the randomization result</li> <li>➤ <b>Content</b> <p><b>Treatment group (I).</b> Received tailor made functional and skills training</p> <p><b>Control group (C).</b> Trained with general occupational therapy on activities appropriate to the severity of cognitive impairment</p> </li> </ul>