



Service Priorities and Programmes Electronic Presentations

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Cognitive profile of patients with Dementia : 2 year longitudinal review

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Introduction

Memory clinic (MC) with multidisciplinary approach was established in Caritas Medical Centre to cater the needs of patients with Dementia. Occupational therapists play a significant role in assessing the cognitive and functional ability as well as providing caregiver education , cognitive training and aids to patients.

Objectives

To review the cognitive performance of patients of MC longitudinally and explore service direction

Methodology

Retrospective data of MC were reviewed from 2010 to 2015. Baseline and annual performance of Cantonese Mini Mental State Examination (CMMSE) were analysed for 2 years .

Result

Results of 124 patients were reviewed , 77.4% of them were female and 22.6% were male. 37% of them were illiterate , 51.3% and 9.4 % of them had received primary and secondary schooling respectively. Their age ranged from 51 to 91 with mean age 76.9. 49% and 11% of them were diagnosed as Alzheimer's disease and Vascular Dementia respectively. The mean score of CMMSE showed significant difference from 17.3 to 16.6 and 15.4 when analysed with one-way repeated measures ANOVA ($F(2,246)=20.8, p=0.000$) Although cognitive decline was noted , the performance in 'following 3 stage commands' and 'following written command' , 'naming object' , 'repeating sentence' and 'saying a sentence' were maintained and showed no significant difference over the years. More than 90% of them had full scores in these aspects. Contrarily , 'time and place orientation' , 'delayed recall' and 'copying intersecting pentagon' showed deterioration. There was no significant interaction effect between the above domains with gender and age. Moreover, there was no significant difference in mean score in the first year except place orientation ($p=0.000$) . The percentage of decrease of the mean score were 38% , 21% ,30% and 36% respectively over the 2 years with more marked decline in the second year. By analyzing the profile of cognitive decline , Occupational therapists can design tailor made programs and services to cater their needs. Active intervention and attention in

initial stage might contribute to the maintenance of performance in the first year. Ongoing training and maintenance programs are as important since significant decline was observed after the first year. In this way, cognitive function of the patients can be enhanced to meet the challenges in their daily living.