

노인재활

게시일시 및 장소 : 10 월 19 일(토) 08:30-12:30 Room G(3F)

질의응답 일시 및 장소 : 10 월 19 일(토) 11:00-11:30 Room G(3F)

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Comprehensive Cognitive Rehabilitation for Early-stage Alzheimer's disease : A Report of Two Cases

Mi Ran Yoo^{1*}, Dae Yul Kim^{1†}

Asan Medical Center, Department of Rehabilitation Medicine¹

INTRODUCTION

Early dementia is a condition that allows engaging in almost-independent living, maintaining proper personal care, and retaining relatively sound judgment, despite the loss of social life or capacity for work. The purpose of this study was to investigate the effect of comprehensive cognitive rehabilitation based on patient and carer communication including tasks of cognitive training on performance of everyday activities in elderly people with early-stage Alzheimer's disease.

METHODS

The comprehensive cognitive rehabilitation comprised of five phases: (1) baseline assessments, (2) goal identification and goal setting through 'Family meeting', (3) cognitive rehabilitation intervention sessions, (4) post-test assessments (6-months follow-up) and (5) assessment of goal achievement and goal adjustment through 'Family meeting'. We conducted 'Family meeting' in which patient, carer, physician and therapists were involved together to set the specific patient's goal, assess of initial goal achievement and adjust goal.

CASE PRESENTATION

In this report, we present two cases of patients with early-stage Alzheimer's disease involved in cognitive rehabilitation program for 6 months in our center. One of the patients set three specific goals and the other patient set two goals through 'Family meeting'. After 6-months intervention, they showed improvement in both cognition and performance of everyday activities including the goals they had already set.

CONCLUSION

In conclusion, comprehensive cognitive rehabilitation based on goal setting through patient and carer communication might be effective in elderly people with early-stage Alzheimer's disease.

Table 1. Clinical outcomes of case 1 patient before and after intervention

Measures	Pre-intervention	Post-intervention
MMSE* (30)	20	24
IADL** (45)	19	17
Mean COPM : performance score*** (10)	6.6	8
Mean COPM : satisfaction score(10)	N/T	N/T

* MMSE : Mini Mental Status Examination

** IADL : Instrumental Activities of Daily Living

*** COPM : Canadian Occupational Performance Measure

N/T : Not testable

Table 2. Clinical outcomes of case 2 patient before and after intervention

Measures	Pre-intervention	Post-intervention
NCSE : Similarity category*	Mild	Normal
NCSE : Comprehension category	Moderate	Normal
NCSE : Memory category	Severe	Normal
IADL** (45)	6	4
Mean COPM : performance score*** (10)	5.4	8
Mean COPM : satisfaction score(10)	5.7	8.7

* NCSE : Neurobehavioral Cognitive Status Examination

** IADL : Instrumental Activities of Daily Living

*** COPM : Canadian Occupational Performance Measure