

Evaluation of a Memory Enhancement Programme for Patients with Mild Cognitive Impairment

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AIM

The increased interest in neurogenesis and neuroplasticity makes it timely to implement cognitive rehabilitation strategies to enhance memory. **OYES! Programme** was developed to empower patients with Mild Cognitive Impairment (MCI) with practical tips and adaptive strategies to improve their daily functions in spite of their memory issues.

METHODOLOGY

OYES! is a 3-hour weekly programme that runs for 5 weeks with a short didactic input followed by practical activities.

Participants include clinic patients with MCI, convenience sampling was done.

Outcome measures were the comparison of pre- and post- assessment scores in:

Visual Cognitive Assessment Test (VCAT) by NNI, Dementia Quality of Life Measure (DEMQOL), Depression, Anxiety and Stress Scale (DASS-21). The program was evaluated through post session surveys done each week. Differences were analysed through ANOVA and post hoc analysis.

RESULT

- Total of 24 were enrolled in the programme over a span of 2 years with at least 2 runs each year.
- Most are males (54%) with mean age of 66 and with 13 years of education.
- No significant differences in the pre and post programme results of the VCAT ($p=0.43$), DEMQOL($p=0.47$) & DASS-21(depression $p=0.17$, anxiety $p=0.18$, stress $p=0.43$).
- The sessions on storage and working memory were shown to be challenging as feedback plateaued in these activities. However, evaluation of the programme was favourable with improved overall responses over the five sessions ($p<0.01$).



DISCUSSION

The programme was well received by patients. However, one limitation was that the 5 week programme was too short to measure any meaningful change in the pre- and post- score. More domain specific cognitive evaluation should be used in the future sessions to evaluate how domain specific strategies correlate to the domains.

CONCLUSION

The OYES! programme has received positive feedback from the participants and future plan would be to follow up participants on a regular basis to monitor their optimal functional level.

