

Target Area: Memory Impairments / Behaviour Problems/ Executive Functioning Deficits

<p>Quayhagen, Quayhagen, Corbeil, Hendrix, Jackson et al (2000). <i>Coping with Dementia: Evaluation of Four Nonpharmacologic Interventions</i>. International Psychogeriatrics.12(2): 249-265</p>	<p>PEDro score - 6/10</p>
<p>Method/Results</p> <p>Design</p> <p>Y StudyType: RCT.</p> <p>Y Population: 103 participant dyads</p> <ol style="list-style-type: none"> 1. People with mild - moderate dementia (63% male, M=74.5 years; SE=0.7 2. Their carers (36% male, M=71.8 years; SE=0.8). <p>Y Groups in 4 treatments:</p> <ol style="list-style-type: none"> 1. Cognitive stimulation (n=21). 2. Dyadic Counselling (n=29). 3. Dual supportive seminar (n=22). 4. Early Day Care (n=16). 5. No treatment (n=15). <p>Y Setting: Not stated.</p> <p>Primary Outcome Measure/s</p> <p>Y Composite scores of memory/delayed memory/ problem solving and verbal fluency (based on standard tests).</p> <p>Y Memory and Behavioural problems checklist-A (incidence) and B (stress associated with-for carers).</p> <p>Y Brief Symptom Inventory.</p> <p>Y Geriatric Center Morale Scale.</p> <p>Y Health Assessment Scale.</p> <p>Y Open ended questions post treatment.</p> <p>Secondary outcome measure/s:</p> <p>Y Caregiver outcome measures (including Marital Needs Satisfaction Scale; Brief Symptom Inventory; Geriatric Centre Morale Scale; Health Assessment Scale).</p> <p>Results: Group A showed some improvement on problem solving relative to others (p=.07). No other treatment effects for patients. Group C (carers) less negative coping styles than other groups. No other treatment effects for carers. (But note qualitative data).</p>	<p>Rehabilitation Program</p> <p>Aim: To show that cognitively oriented treatment improves cognition while affectively oriented treatment improves affect in people with dementia and their carers.</p> <p>Materials: None specified.</p> <p>Treatment Plan:</p> <p>Y Duration: 8 weeks.</p> <p>Y Sequence: Group A: 1 hours x 5 times/week; Group B: not specified; Group C: 1.5 hours x 1/wk; Group D: 4 hours x 1/wk.</p> <p>Y Content:</p> <ol style="list-style-type: none"> 1. <i>Group A:</i> Cog stimulation: memory provoking/problem solving/verbal fluency (using care-giver as agent). 2. <i>Group B:</i> Dyadic counselling for patient and carer: problem identification, stress reduction, frustration management, conflict resolution. 3. <i>Group C:</i> Dual supportive seminar: Group program focused on coping and relationships (patient and carer). 4. <i>Group D:</i> Early Day Care: Group program focused on group discussions, physical activity and recreation (patient) + 2 sessions for carer.