Develop a New Rehabilitation Approach to Dementia and Mild Cognitive Impairment (MCI) Clients in Psychogeriatric Ward

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Introduction

- MCI & Dementia tends to develop a prognosis of losing Activities of Daily Living (ADLs), Instrumental Activities of Daily Living (IADLs) and mobility function.

- Traditional Dementia therapies in HK
  - life review
  - reminiscence therapy

- New approach of rehabilitation project
- Integrated ADLs and IADLs Rehabilitation and Mobility Training Program for Dementia and MCI Elderly
  - ADLs, IADLs & mobility function training workshops
  - tailored made
  - client centered
Objectives

(1) To implement a sustainable ADLs, IADLs and mobility training program for clients
(2) To maintain clients with ADLs, IADLs and mobility function
(3) To promote the importance of maintaining ADLs, IADLs, mobility training to caregivers & health workers

Methods

- a tailored made 12 months training workshops for MCI and dementia clients
- cooking class
- clothes washing class, hair grooming class, shirt and tie wearing class
- morning toilet, make bed, wash utensils, Table cleansing
- transportation orientation class.
- usage of calculator, computer class, iPad and mobile app, money management class

- Those tailored made training workshops and fulfilment standard were accordance with client’s ability and aptitude.
Results

In Oct 2017 - Sep 2018, 106 clients were joined. Pre and Post assessment were conducted by
1) Barthel Index of Activities of Daily Living
2) Lawton Instrumental Activities Scale
3) Montreal cognitive Assessment (MOCA) with total 18 assessment categories were applied.

Barthel Index
increase from 60% to 70% of clients got 15-18 marks in grooming, toilet using and dressing.

IADLs
significant increase from 60% to 80% of clients got 16-18 marks in shopping, food preparation, cooking and transportation.

Nearly 95% could maintain ADLs, IADLs and mobility function. 106 program evaluation forms with positive feedback.
Conclusion

Successful to enhance ADLs, IADLs, mobility function to MCI & dementia clients.

All feedback were positive and supportive.

Both clients and relatives’ quality of life be maintain/ enhanced.

This proactive and client centered training program is highly recommended to develop.