

# Specialised Memory and Attention Rehabilitation Therapy

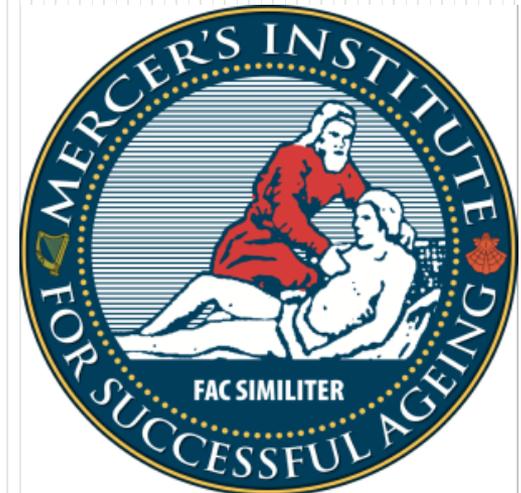
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National  
**Dementia**  
Office



# Introduction



- Dementia is identified as one of the three major diseases related to health care consumption and a major cause of care burden (Schoenmakers et al., 2010).
- In Ireland the number of people with dementia is predicated to be 132,000 people by 2041 (Pierce et al 2014).

# Introduction

- Cognitive rehabilitation: “Improving or maintaining functioning in everyday life, building on a persons strengths and finding ways to compensate for impairments, and supporting independence” (NICE, 2018).
- Mary McGrath - Home Based Memory Rehabilitation Programme (McGrath & Passmore, 2009).
- Memory Strategy Education Group Intervention (Coe et al, 2019).

# Introduction

- OT Service planning in the Medicine for the Elderly Department in St James's Hospital.
- Pilot project called SMART- **S**pecialised **M**emory and **A**ttention **R**ehabilitation **T**herapy.
- Aimed towards individuals with dementia and their carers.
- National Dementia Office grant.

# What is the SMART programme?

- 7 week programme with a 3 month follow up appointment.
- Pre and post outcome measures completed in week 1, 7 and 3 month follow up.
- Weeks 2-6 Group Intervention sessions.

## Outcome measures:

- COPM
- DEMQoL
- RBMT
- FIM/FAM
- Zarit Burden Interview
- DEMQoL proxy

# Aims of SMART

- Enhance and maintain cognitive abilities.
- Improve occupational performance and function in the community.
- Reduce impact of everyday memory difficulties.
- Determine the feasibility of implementing the program in an outpatient hospital environment.

# Inclusion criteria



- Dementia diagnosis
- Living in the community with minimal supports
- sMMSE 18-24.

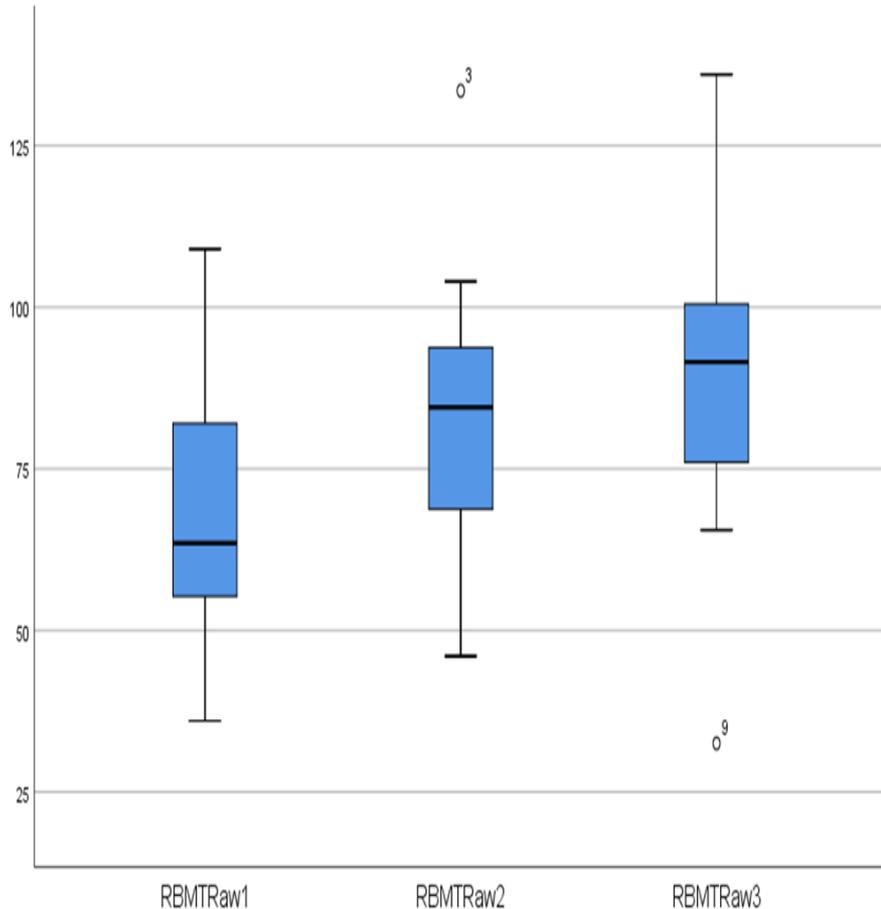
# Content of SMART

- Intervention: Education, process training, strategy training, goal setting.
- Provided with a workbook containing education leaflets, practise tasks, home works tasks.
  - Week 1: Attention
  - Week 2: Memory I
  - Week 3: Memory II
  - Week 4: Environment
  - Week 5: Programme Revision

# Results

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# Rivermead Behavioural Memory Test

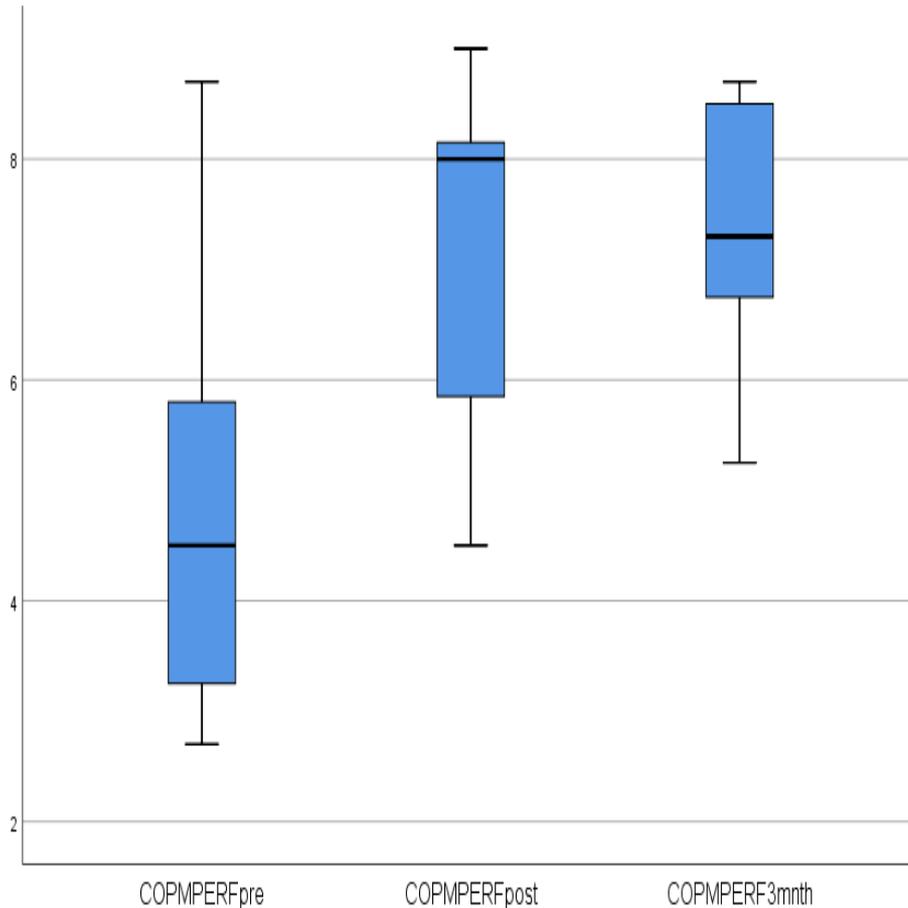


N = 16

- Raw scores improved from baseline to post intervention [median at baseline 61.8, median at post intervention 78].

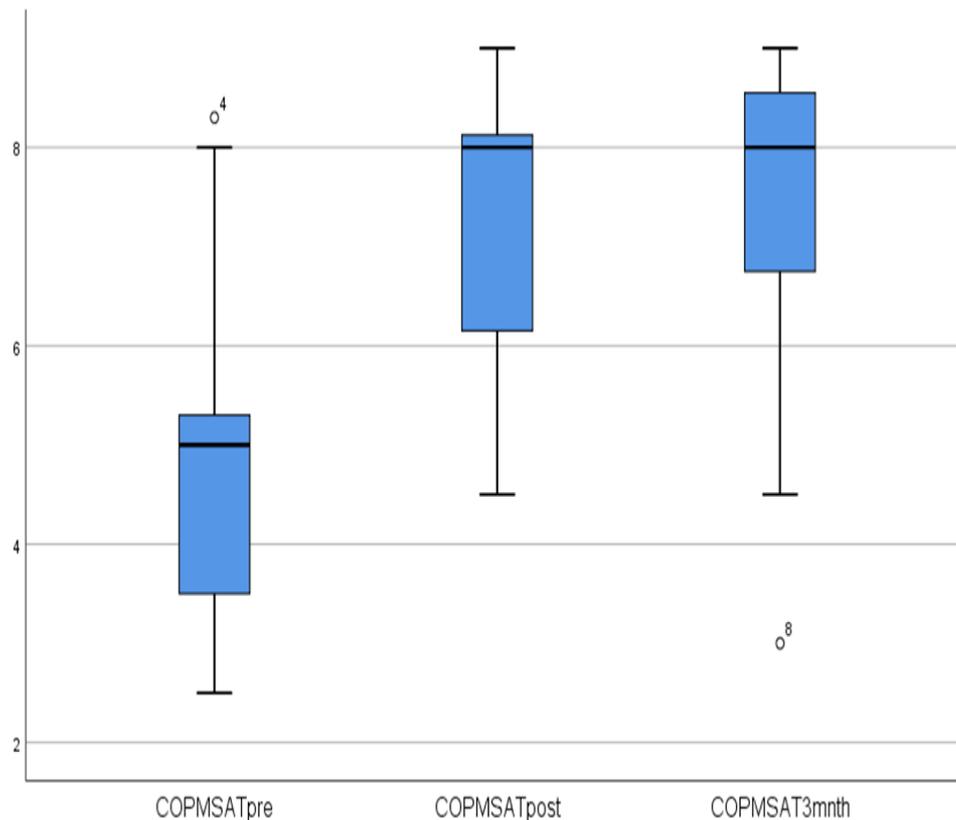
\* Statistically significant improvement in scores using the Wilcoxon signed ranks test P- 0.024

# Canadian Occupational Performance Measure – Performance score



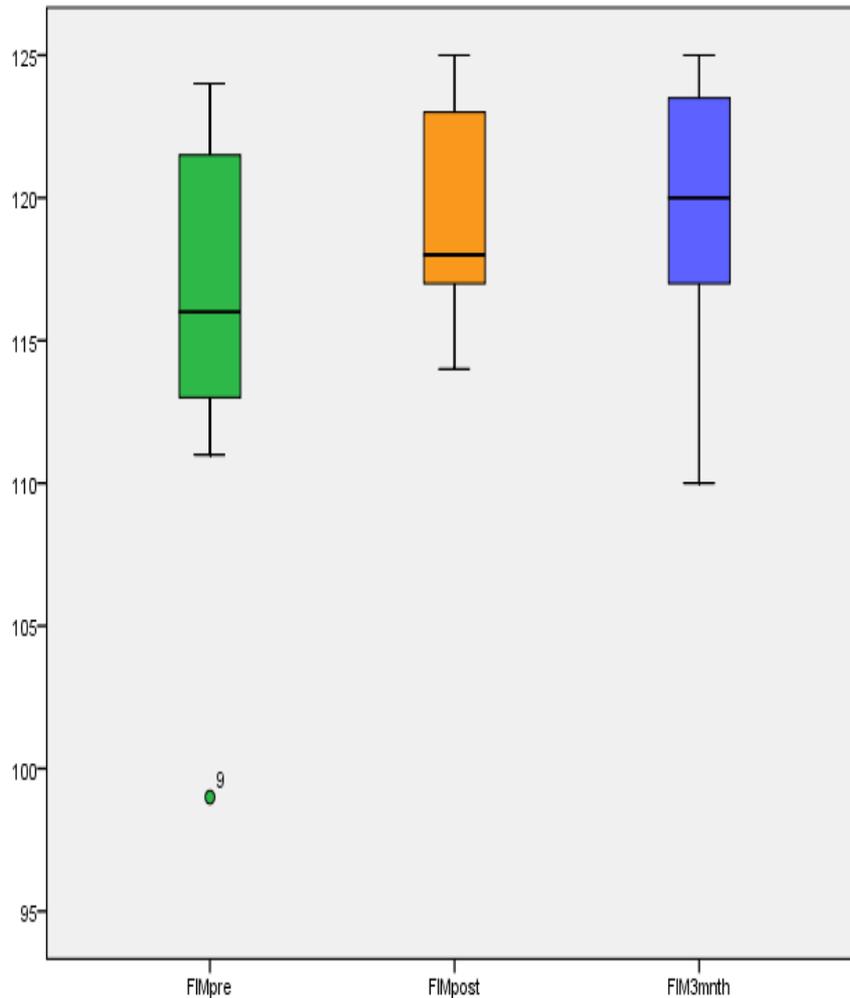
- Improved from baseline to post intervention [median at baseline 4.32, median post intervention 7.15,].
- The improvement in scores was statistically significant (Wilcoxon signed ranks test  $P = 0.001$ ).
- Clinically meaningful improvement between baseline and post intervention scores.

# Canadian Occupational Performance Measure – Satisfaction score



- Improved from baseline to post intervention [median at baseline 4.83, median at post intervention 7.15].
- The improvement in scores was statistically significant (Wilcoxon signed ranks test  $P = 0.001$ ).
- Clinically meaningful improvement between baseline and post intervention scores.

# Functional Independence Measure



- Improved from baseline to post intervention [median at baseline 116, median at post intervention 118].

\* The improvement in scores was statistically significant (Wilcoxon signed ranks test  $P = 0.002$ ).

# Participant feedback

**“It was gratifying to know that others have memory problems”**

“Taking part in the programme has made me more understanding of the problem of memory loss”

“It was very informative, everyone got involved”

“Nice meeting others with the same problem”

“You are not on your own”

# Results

## **RBMT:**

statistically significant improvements in memory function.

## **COPM:**

clinically significant gains in terms of perceived functional performance & satisfaction.

## **FIM:**

shows objective and significant improvements in functional performance.

Positive patient and carer feedback

# What's next for SMART?

- Continue the frequency of groups
- National Dementia Office evaluation
- Cognitive pathways with community supports
- Home visit to be included in the programme
- Sustainability for the future

# Conclusion

- This study has demonstrated potential to significantly improve participants' cognitive function.
- This study has shown functional significant gains as a result (objectively and subjectively).
- This study has also demonstrated the feasibility of successfully implementing a cognitive rehabilitation programme in St. James's Hospital.

## **Acknowledgement's:**

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# References

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