

COGNITIVE TRAINING; NEW THERAPEUTIC APPROACH TO THE PATIENTS WITH MILD COGNITIVE IMPAIRMENT



Klepac Natasa

Department of Neurology Clinical University Hospital Zagreb,
University of Zagreb, School of Medicine

Background

- Maintaining cognitive functioning is a noteworthy concern of aging adults, and is important in promoting independence, good mood and quality of life
- The general goal of cognitive training is to practice computerized tasks and have that activity transfer to improvements in daily life
- Whether or not cognitive training enhances untrained cognitive functioning in healthy adults is a contentious area of investigation.

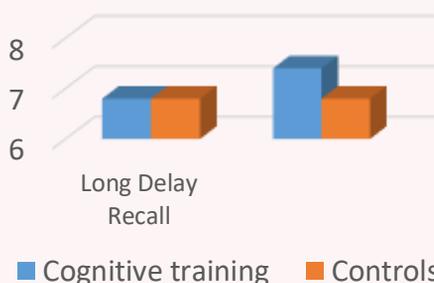
Material & Methods

- 18 adults aged 65 years or older whose Mini-Mental State Examination (MMSE) scores were ≥ 23 , and who were living independent of formal care were enrolled in the trial
- The intervention was administered individually
- Participants received 60- minute trainings over 6 weeks.
- Memory was evaluated using the California Verbal Verbal Learning test

Results

- Effect of cognitive training was corroborated by a moderate effect size on common clinical measures of memory (California Learning test) but also of instrumental activities
- Participants improved on tests related to the domain of memory in which they were trained
- Participants in intervention group reported less difficulty with Self-reported instrumental activities of daily living

California Verbal Learning Test



Self-reported instrumental activities of daily living



Conclusion

- Cognitive training could improve performance on the domain being trained
- Moderate effect sizes on memory is encouraging, as amnesic mild cognitive impairment profiles are at higher risk for dementia conversion.
- Participants in cognitive training group improved significantly over the intervention period but there are still insufficient data to determine whether training gains can be maintained over the long-term without further training.
- Our results are consistent with a theoretical base that assumes various areas of the brain can be trained to perform better
- Cognitive training could be potentially efficient method to postpone cognitive decline in persons with mild cognitive impairment.
- Further investigations in large samples with long follow up period are now warranted to verify the role of cognitive interventions as reliable tool to prevent cognitive functions and wellbeing.