

Cognitive Rehabilitation for People with Mild to Moderate Dementia

The study focuses on the impact of cognitive rehabilitation (CR) on people with mild-to-moderate dementia. Cognitive rehabilitation is a tailored method aimed at assisting persons with dementia in managing daily tasks and maintaining independence.

The study's goals are to assess the impact of CR on daily functioning and other outcomes for persons with mild-to-moderate dementia, as well as results for their caregivers, and to discover and investigate parameters related to CR effectiveness.

The researchers performed a comprehensive review and meta-analysis, exploring several databases for relevant randomized controlled trials (RCTs) comparing CR to control circumstances. Six suitable RCTs published between 2010 and 2022 were included in the meta-analysis, with a total of 1702 participants. The majority of the subjects had Alzheimer's disease.

The study discovered strong evidence of substantial beneficial benefits of CR on daily functioning, as evaluated by goal achievement in relation to the intervention's activities. This impact was detected at the conclusion of therapy and at a medium-term follow-up (3 to 12 months) from the perspectives of both participants and their informants.

Furthermore, towards the conclusion of treatment, CR had a slightly favorable effect on participants' self-efficacy and instantaneous recall. It had a slight favorable effect on auditory selective attention but a minor detrimental effect on overall functional ability at the medium-term follow-up. Memory and anxiety effects were also detected, but the data was less solid. CR had a minor favorable effect on various indicators of quality of life for care partners at the conclusion of therapy.

Overall, the study shows that CR is effective in improving the ability of adults with mild-to-moderate dementia to manage the intervention's target daily tasks. More high-quality research, according to the authors, is needed to strengthen confidence in these findings and to reveal techniques to optimize the impacts of CR on functional ability and well-being for people with dementia and their caregivers.