



3rd Annual Quality & Patient Safety Conference Improving the Healthcare Journey for Patients & Staff



TITLE

Cognitive Stimulation Therapy Programme - Planning, Introduction and Evaluation of a Non Pharmacological Intervention in Cognitive Impairment

SUBMITTED BY

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ABSTRACT

INTRODUCTION

There is a growing body of evidence to suggest the benefits of Cognitive Stimulation Therapy (CST) as a non pharmacological intervention for individuals with cognitive impairment by targeting their psychosocial needs.

It is recommended by the following national and international guidelines:

- NICE Guidelines (2006)
- SCIE Guidelines (2018)
- HIQA (2008)
- World Alzheimer Report (2011)
- Alzheimers Research UK
- Irish Dementia Working Group
- Model of Care for Dementia in Ireland (Draft Publication) 2021

To date, there are no known CST programmes running within the locality.

METHODOLOGY

The Model for Improvement was employed, which incorporates the plan, do, study, act methodology.

AIM

The project aimed to establish a CST group for those living with mild and moderate cognitive impairment and evaluate the impact on their cognitive health, physical health and emotional well-being.

CHANGE IMPLEMENTED

Two occupational therapists, specialising in older persons services, underwent a CST training course. Using the knowledge and skills gained, a seven week CST programme was planned and delivered in the ambulatory hub. Referrals were accepted from geriatric assessment unit clinics.

MEASUREMENT

The Montreal Cognitive Assessment and the AD-QOL Questionnaire were completed in order to obtain objective and subjective outcome measures for each participant and their family members.

RESULTS

Objective:

- All participants improved in their MOCA score, with improvement ranging from 1 to 3 points. Areas of improvement were captured in the domains of language, memory and executive functioning.

Subjective:

- Quotes from participants include "So enjoyable", "I take an interest in the news so I can join in discussion"
- Quotes from family members include "my mother's mood and confidence has improved".

VALUE

The group has improved participants cognitive and mental wellbeing. The techniques learned in the group have potential to maintain or even improve cognitive function at a mild level. The group model of delivery increases the number of patients accessing the service which improves efficiency.

SUSTAINMENT

This project is extending to the provision of CST for those living with moderate cognitive impairment. The service is valued by consultant staff with high referral rates. Additional MDT members have undergone training to deliver an increased number of groups.

ADDITIONAL INFORMATION

The project is encouraging integrated care of older persons by incorporating the Alzheimer's Society Dementia Advisors into the service delivery.