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MILD COGNITIVE IMPAIRMENT AND QUALITY OF LIFE

C. Mila, D.M. Podea, R.M. Chenderes

Psychiatry, West Vasile Goldis University of Arad, Arad, Romania

Objective: The aim of this study is to evaluate the influence of cognitive enhancers on quality of life to patients with MCI.

Material and methods: The study comprises a number of 40 elderly patients diagnosed with mild cognitive impairment. These patients were divided in two groups:

- group A that comprises 20 patients diagnosed with mild cognitive impairment that were treated with piracetamum (daily dose: 1600mg),
- group B that comprises 20 patients diagnosed with mild cognitive impairment that were treated with antioxidants Coenzima Q10 (daily dose: 15mg).

MMSE score between 28-21points is considered mild cognitive impairment. The inclusion criteria were:

- patients over 65 years,
- patients with mild cognitive impairment.

The exclusion criteria were:

- patients with mild cognitive impairment due to major depressive disorder and schizophrenia,
- patients with moderate and severe cognitive impairment.

The patients were evaluated with MMSE (Mini Mental State Evaluation) and GAF (Global Assessment of Functioning Scale) at the inclusion and after 6 months of treatment.

Results: The average of MMSE scores in group A was 25.9 and for group B 25.5. The patients treated with nootropics have had a better outcome, cognitive performance improving with 2,6 points for group A and with 1,8 points for group B. Improvement of cognitive performance improve the quality of life of this patients, the GAF scores improving from 45.4 points to 67.3 in group A and from 44.8 points to 55.3 in group B.

Conclusions: The patients treated with nootropics have had a better outcome regarding cognitive functions and quality of life also. Improvement of cognitive performance improve the quality of life.