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THE EVALUATION OF THE EFFECTIVENESS OF THE PROGRAM OF THE COGNITIVE REHABILITATION OF PATIENTS WITH MCI AND EARLY DEMENTIA OF ALZHEIMER'S TYPE

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Introduction: Applying programs of early cognitive intervention, concentrated on psychological influences, constitutes the important component of comprehensive medical influences nonpharmacological, influencing to the improvement in psychological functioning, in cognitive areas and qualities of life.

Aims: Evaluation of the effectiveness of the multimedia program of the cognitive rehabilitation (cognitive training, psychoeducation), directed at patients with MCI and with early stage in the AD.

Objectives: Outpatients, N= 75, average of the age: 68.6 (10.14 SD), above 45 years,; MMSE > 20, I group - MCI (N= 34): with the intervention (N= 18), without (N= 16), II group - AD (N= 29): with intervention, (N= 15), without (N= 14), III group - CG: patients without cognitive disorders (N= 12).

Methods: Randomized, clinical trial. Diagnosis on the base: of clinical interview, of examining a mental state, physical, TK, MRI, of laboratory tests, screening neuropsychological (MMSE, CDT, Demtect, Fluencial). Patients participated in 6 week's program of the cognitive rehabilitation (4 x during the week) and 18 household conditions. The evaluation of the cognitive functioning, mental state, of functioning in the everyday life, of approval of illness, of satisfaction from the life, qualities of life, caregiver burden were being before and after intervention.

Results: An improvement in cognitive functioning was get in selected aspects: of cognitive functioning (linguistic functions, memory, attention, of visual-motor coordination), of mental state, qualities of life.

Conclusions: Nonpharmacological influences, spreading through cognitive training and psychoeducation, at patients with dementia or MCI constitute essential element correcting their functioning in the process psychological rehabilitation.