

MOTOR NEUROREHABILITATION IN PATIENTS WITH DEMENTIA

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PURPOSE

The aim of the study is to examine the influence of health therapeutic activities among the patients in preclinical stages of dementia.

MATERIAL AND METHODS

For the study, 13 patients in preclinical dementia (7 women and 6 men, average age 67.7 ± 5.3 years) with mild cognitive impairment compared to the Mini-Mental State Examination (MMSE) scale. Their Daily abilities and impairments were assessed with the Barthel index on a scale from 0 to 100 points to assess the 10 most common areas of daily activities and other human abilities and the results were assessed on the 1st day, 1st and 3rd month from the beginning of the treatment. The motor activity affects cerebral circulation and memory functions, normalization of vascular tone and blood pressure, decrease of oxidative stress and systemic inflammation, improvement of sensitivity of arterial vessels and brain perfusion. It includes moderate intensity aerobic exercises, resistance and balance exercises and coordination exercises.

RESULTS

After the applied therapeutic exercises, the highest improvement in motor body was found at 1 month, with a significance level of $p < 0.001$.

CONCLUSION

Therapeutic exercises positively affect physical health by improving balance, speech and motor control and cognitive functions by enhancing attention, memory and visuospatial abilities in dementia.

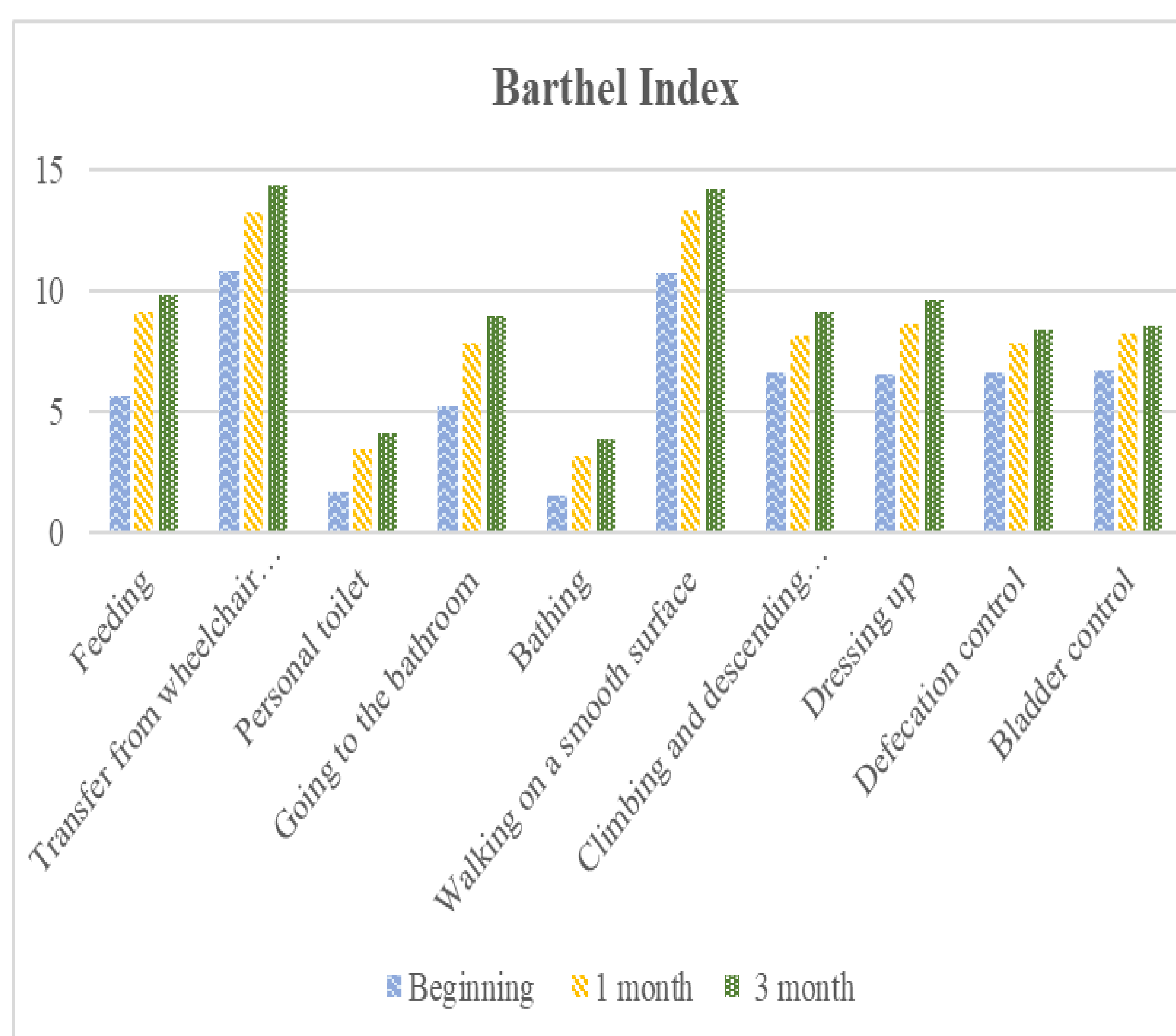


Fig. 1 Graphical representation of changes in Barthel Index scores

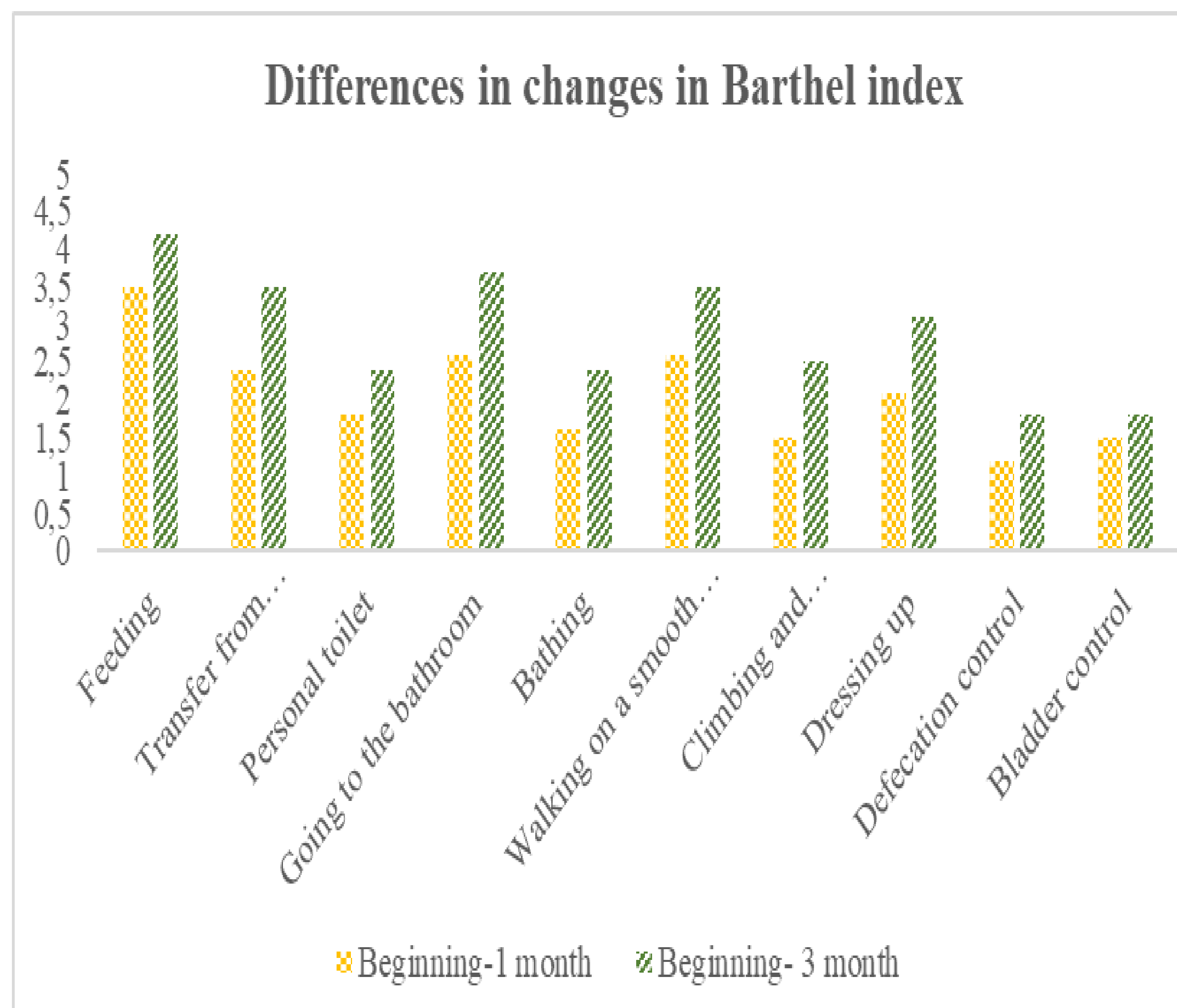


Fig. 2 Graphical representation of differences in changes in Barthel Index scores