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AOTA Evidence Briefs

Older Adults

Structured Abstracts

A product of the American Occupational Therapy Association's Evidence-Based Literature Review Project

Short-term mental stimulation combining reminiscence, reality orientation, and remotivation may improve the mental status of patients with dementia

CITATION: Koh, K., Ray, R., Lee, J., Nair, A., HO, T. and Ang, P. C. (1994). Dementia in elderly patients: Can the 3R mental stimulation programme improve mental status? *Age and Aging, 23*, 195–199.

LEVEL OF EVIDENCE: IIB2b
Nonrandomized control trial: two groups, n =20 per condition, moderate internal validity (attempt to control for lack of randomization), moderate external validity (between high and low)

RESEARCH OBJECTIVE/QUESTION
To determine whether a 3R mental stimulation program can improve the mental status score of a group of points with dementia attending a day care center.

DESIGN

	RCT		Single Case		Case Control
X	Cohort		Before-After		Cross Sectional

SAMPLING PROCEDURE

	Random		Consecutive
X	Controlled		Convenience

SAMPLE

N=30	M age = ® 71.9, © 74.1	Male = ® © 4, 4	Ethnicity = NR	Female = ® © 11, 11

NR = Not reported

PARTICIPANT CHARACTERISTICS

Groups were similar in gender only.
Participants had a mental status score of 6 or below.

MEDICAL DIAGNOSIS/CLINICAL DISORDER
Primary degenerative dementia

OT TREATMENT DIAGNOSIS
Dementia

OUTCOMES

AREA	OT TERMINOLOGY	ICIDH-2	MEASURE	FREQUENCY	REL/VAL
Mental status	Perf. Component	Impairment	Mental status questionnaire	Pretest Posttest	Not addressed

INTERVENTION

Description
3R mental stimulation programs: weekly topic
- Reality orientation
- Reminiscence
- Remotivation
- Various activities to stimulate senses

OT & ICIDH-2 Terminology
Performance areas
Activity limitations

Who delivered
Unclear

Setting
Senior day care center (group outpatient)

Frequency
Weekly sessions

Duration
8 weeks

RESULTS

STATISTICAL TESTS	STATISTICAL RESULTS	DESCRIPTIVE INFORMATION	SUMMARY OF KEY RESULTS
Paired *t*-tests	P<0.001 -change in tx grp (improvement) p< 0.05 -change in control grp (deterioration)	both statistically significant	

CONCLUSIONS

This study concluded that a 3R mental stimulation program significantly improves mental status.

LIMITATIONS

- time of referral
- potential serious biases

Biases

- evaluation bias
- placebo bias
- no discussion of co-intervention or contamination

- Terminology used in this document is based on two systems of classification current at the time the evidence-based literature reviews were completed: *Uniform Terminology for Occupational Therapy Practice—Third Edition* (AOTA, 1994) and *International Classification of Functioning, Disability and Health (ICIDH-2)* (World Health Organization [WHO], 1999). More recently, the *Uniform Terminology* document was replaced by *Occupational Therapy Practice Framework: Domain and Process* (AOTA, 2002), and modifications to *ICIDH-2* were finalized in the *International Classification of Functioning, Disability and Health* (WHO, 2001).

This work is based on the evidence-based literature review completed by Mary Law, PhD, OT(C), Debra Stewart, BSc, MSc, and Brenda McGibbon Lammi, BPHE, BHSc (OT), MSc.

For more information about the Evidence-Based Literature Review Project, contact the Practice Department at the American Occupational Therapy Association, 301-652-6611, x 2040.

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