

S.H. HSUEH, C.S. LIN. *The effectiveness of day care service for the dementia patients.* Gerontechnology 2012;11(2):293; doi:10.4017/gt.2012.11.02.657.00 **Purpose** Our aim is to explore the effectiveness of the day care service received by the dementia patients. The evaluation criteria included the mini-mental state examination (MMSE), activities of daily living (ADL), and the geriatric depression scale-short form (GDS-SF)¹⁻⁵. **Method** The research subjects consisted of 38 patients with dementia receiving day care services. The day care service included group activities, non-pharmacological therapies, individual support and social interaction from Monday to Friday⁶⁻⁸. The pretest and posttest experiments were designed to assess the effectiveness of the day care service. The duration of intervention program was 9 months from March to November 2010. We used structured questionnaires including demographic data on dementia patients and MMSE, ADL, GDS-SF. We analyzed the collected data using a paired t-test to demonstrate the effectiveness before and after the intervention. **Results & Discussion** A total of 72.1% of the research subjects were female, 27.9% of them are male. There were 23.5% patients with mild, 51.5% with moderate, and 25% with severe dementia. The finding showed that MMSE, ADL and GDS were significantly different ($p<0.001$) between pre- and posttest for the dementia patients receiving day care services. In particular, orientation to place, attention and recall of the MMSE-categories demonstrated good improvements after intervention. Day care services can not only promote cognitive function, increase mobility of daily living, improve depression of dementia patients, but also reduce the burden of caregivers.

References

1. Ashida S. The effect of reminiscence music therapy sessions on changes in depressive symptoms in elderly persons with dementia. *Journal of Music Therapy* 2000;37(3):170-182
2. Barbour KA, Edenfield TM, Blumenthal JA. Exercise as a Treatment for Depression and Other Psychiatric Disorders: A REVIEW. *Journal of Cardiopulmonary Rehabilitation & Prevention* 2007;27(6):359-367.
3. Folstein MF, Folstein SE, McHugh PR. Mini-Mental State: A practical method for grading the state of patients for the clinician. *Journal of Psychiatric Research* 1975;12:189-198
4. Laurin D, Verreault R, Lindsay J, MacPherson K, Rockwood K. Physical Activity and Risk of Cognitive Impairment and Dementia in Elderly Persons. *Archives of Neurology* 2001;58(3):498-504; doi:10.1001/archneur.58.3.498
5. Mahoney FI, Barthel DW. Functional evaluation: The Barthel index. *Maryland State Medical Journal* 1965;14:61-65
6. Kwak YS, Um SY, Son TG, Kim DJ. Effect of regular exercise on senile dementia patients. *International Journal of Sports Medicine* 2008;29(6):471-474; doi:10.1055/s-2007-964853
7. Kumar AM, Tims F, Cruess DG, Mintzer MJ, Ironson G, Loewenstein D, Cattan R, Fernandez JB, Eisdorfer C, Kumar M. Music therapy increases serum melatonin levels in patients with Alzheimer's disease. *Alternative Therapies in Health and Medicine* 1999;5(6):49-57
8. McIntyre M. Dignity in dementia: Person-centered care in community. *Journal of Aging Studies* 2003;17(4):473-484; doi:10.1016/S0890-4065(03)00064-1

Keywords: day care service, dementia

Affiliation: Tsaotun Psychiatric Center & Nan-Kai Institute of Technology, Taiwan;

E: sssyue3@gmail.com

Full paper: No

Table 1. Scores of participants before and after day-care intervention; $p\leq0.001$

Category	Score		t value
	Before intervention	After intervention	
MMSE	13.9±6.2	15.2±6.9	-6.25
ADL	77.4±20.4	82.6±19.6	-5.38
GDS	6.7±2.9	3.3±1.8	11.73