

教育講演 I

The Effects of a Cognitive Enhancement Group Training Program for Community-dwelling Elderly in Korea

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【背景】 Cognitive dysfunction has increased to unprecedented levels in the elderly population and has become a major health problem. However, most of caregivers in community based public sector used to ignore the elderly memory decline as a normal change of cognitive functions as their ages progresses rather than to render an appropriate intervention to them. Although some changes in memory function accompany aging, these functional weaknesses do not affect the entire brain, and long-term memory—particularly that obtained through life-long experiences and education—does not weaken as one ages (M.H. Park et al., 2009). A previous study has shown that the cognitive functions of the elderly can be improved through cognitive rehabilitation training (Verhaeghen *et al.*, 1992; Cummings, 2003, Lanctot *et al.*, 2003, Rockwood, 2004; M.H. Park et al., 2009).

In Korea, comprehensive community-based public health care programs in the Public Health

Centers have recently been implemented to manage their various health problems, but the effectiveness of these programs have not yet been verified accurately by individual program.

Accordingly, the purpose of this study was to offer the elderly the support that they needed to improve their cognitive functions, emotional status, and their quality of their life. In particular, this study was to apply a cognitive enhancement group training program of 12 sessions and test the effects of cognitive function, depression and quality of life on cognitive enhancement group training program of community-dwelling Elderly.

【方法】 A quasi-experimental study using a nonequivalent control group, pre-post design was used. The participants were 87 elderly who have a normal range of cognitive function. 45 were assigned to the experimental group and 42 to the control group. The intervention was

conducted once a week for 12 weeks. Chi-square test, t-test, paired t-test, Wilcoxon rank sum test and Wilcoxon signed rank test were used to analyze the data.

【結果】 The cognitive enhancement group training program was effective in improving the cognitive function, depression and quality of life for elderly. Therefore, this program should be rendered consistently as a positive program for emotional and cognitive support for community-dwelling elderly.

【考察】 The elderly with cognitive dysfunction experience many problems and often a loss in their quality of life. Group program for cognitive enhancement enables the elderly to improve not only their cognitive functions but also their daily living activities (Veltró *et al.*, 2006, Wang, 2007; M.H. Park *et al.*, 2009). In other words, mutual interaction among the elderly with cognitive dysfunction and with different personal characteristics can promote their cognitive, emotional, and social development (Greene *et al.*, 1993). Therefore, caregiver should stimulate their attention and of encouraging them to participate in activities must be devised, when they operate this program.

In this study, a useful procedure for facilitating the cognitive functions of the elderly was proposed. This systematic group training program was designed to repeatedly educate the elderly by applying a variety of training methods designed to address all cognitive

functions.

And the effectiveness of this group training program was verified by evaluating the improvement in subjects' cognitive functions, depression, and quality of life through MMSE-KC, GDS, and EQ-5 assessments. In addition, the subjects can also improve their psychological and social functions in the course of cooperative learning.

【結論】 It is expected that this group training program will contribute to the enhancement the cognitive function of the elderly, will improve their motivation and self-reliance, and will help them lead happy and healthy lives.

Therefore, this program should be considered as a positive program for emotional and cognitive support for community-dwelling elderly.

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