

The development of an occupational therapy component of a complex intervention for people with mild cognitive impairment (MCI) and dementia.

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Background

Mild cognitive Impairment (MCI) is defined by measurable memory loss without it affecting daily function but which progresses onto dementia in around half its cases.
Dementia is a progressive illness which currently affects around 850,000 people in the UK. People with Dementia or MCI have a higher risk of falls and fracture than cognitively intact people.
A new complex intervention aimed at increasing activity and independence for people with MCI and early dementia was developed ready for evaluation in a randomised control trial.

Aim

To develop the occupational therapy component of the intervention.

Method

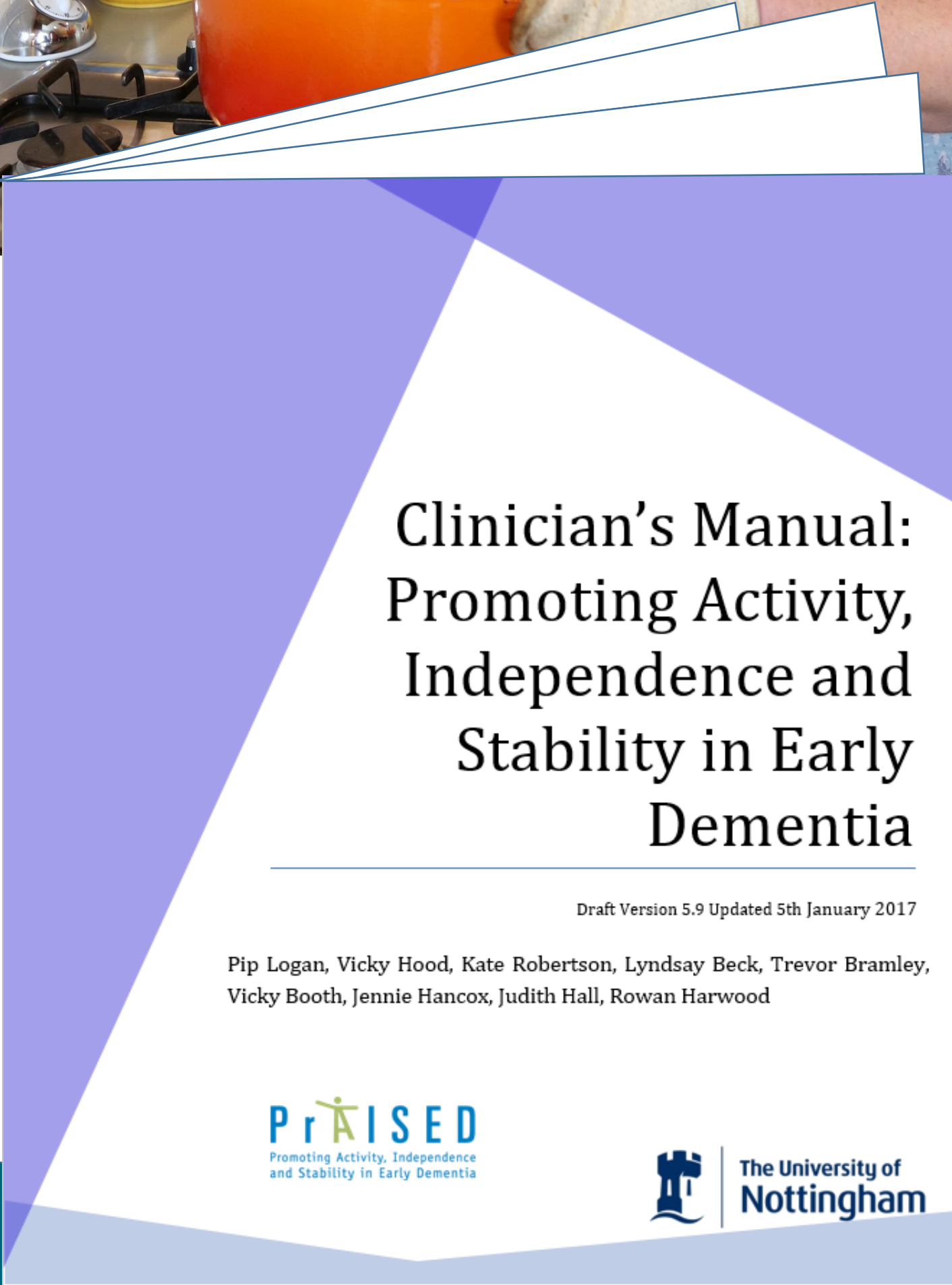
The Medical Research Council guidelines for Complex Interventions (2008) was used to guide the intervention development. Expert meetings with 3 occupational therapists working with older people were completed. Four focus groups were held; three with people with dementia and one with four clinicians. Two patient and public members piloted the intervention. Data was collected via field notes and transcribed digital recordings and analysed using content analysis.

Results

The final intervention includes the Assessment of Motor and Process Skills (AMPS). Following assessment therapists and patients choose from a variety of activities such as domestic and leisure tasks based on the Occupational Therapy Intervention Process Model (1998). They practice the activities over at least 11 sessions. The stated facilitators to successful implementation were: patient centred assessment, multidisciplinary working, substantial patient time and the main barrier was substantial patient time. An intervention manual was produced with physiotherapy and psychological components.

Conclusion

Occupational therapy has been included in a complex intervention manual. The intervention is currently being trialled as part of a one year feasibility study.
The intervention will help Occupational Therapists to focus more on models of rehabilitation for people with dementia.



References

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