

## World Alzheimer's Day Report 2024

World Alzheimer's Day was observed at, Sree Chitra Tirunal Institute for Medical Sciences and Technology on 21<sup>st</sup> September. This year's theme - "*Time to Act on Dementia, Time to Act on Alzheimer's*," emphasized the urgency in addressing the growing burden of dementia and the need for prompt, effective strategies. Awareness posters were displayed at Cardiology and Neurology OPD's from the beginning of September.

As part of the observance SCTIMST and Alzheimer's and Related Disorders Society Trivandrum (ARDST) organized a Continuing Medical Education (CME) program titled "*Controversies in Dementia Management*" at AMCHSS Auditorium from 10:00 am. The CME featured a series of structured debates, where experts from neurology, psychiatry, and cognition presented their insights on key issues surrounding dementia care. The CME consisted of four debates, with each segment designed to explore key controversies in dementia management. Expert speakers presented opposing viewpoints, providing a comprehensive overview of the challenges and innovations in dementia care. Each debate was chaired by renowned specialists, who contributed additional insights and facilitated discussions and each session concluded with a dynamic Q&A session where the speakers and chairpersons joined to address questions from the audience.

Following the CME, a Patient and Caregiver Interaction Program was held to foster communication between healthcare professionals, patients, and caregivers. This session was initiated by **Dr. Ramshekhar N Menon**, (Professor, Department of Neurology, SCTIMST) who delivered the welcome address. **Dr. Robert Mathew** (President, ARDST) gave the Chairperson's address where he spoke on - Domiciliary versus Home Care for persons with dementia. A notable moment during the session was a talk by **Mr. R K Panicker**, a dementia patient caregiver and author of the book "*Fallen Flower, Biography of a Dementia Patient.*" His personal insights and experiences brought an emotional perspective to the day's discussions. The gathering was then felicitated by **Dr. Asish Vijayaraghavan** (Asst. Professor, Department of Neurology, SCTIMST), **Dr. Shiraz Bava** (Executive member, ARDST), and **Dr Sindhu N** (Jt. Secretary, ARDST)

This was followed by informative sessions conducted by **Mrs. Vipina V P** (Speech Therapist), **Dr Jijo Varghese** and **Mrs. Jijimol George** (Physical Medicine & Rehabilitation Department, SCTIMST) and **Mrs. Sushma S R** (Psychologist, SCTIMST), who offered practical advice

and strategies for patients and caregivers alike. These sessions provided valuable insights into managing the cognitive and physical challenges associated with dementia.

The program concluded with a Caregiver Forum, where the faculty and members of ARDST interacted directly with caregivers. This forum offered a supportive environment for caregivers to share their experiences and concerns, while receiving guidance from healthcare professionals. Simultaneously, patients participated in a Cognitive Retraining Program, designed to help improve cognitive function through structured activities.

A poster making competition was also held as part of the World Alzheimer's Awareness Day, for staff and students.

The Prize Winners are:

**First Place:** Remya R (CSICU)

**Second Place:** Anju V S (NSICU)

**Third Place:** Bijin V J (Information Desk), Swapna S (CS Ward)



**Speakers of the sessions (from top left): Dr. Indu P V** – Professor, Department of Psychiatry, GMC Trivandrum, **Dr. Christina George** – Professor & Head, Department of Psychiatry, DR SMCSI Medical College, Karakonam. **Dr. Alexander P T** – Fellowship in Cognitive Neurology, NIMHANS, Bangalore, **Dr. Asish Vijayaraghavan** – Asst Professor, Department of Neurology, SCTIMST, Trivandrum, **Dr. Jeemon P** – Additional Professor, Epidemiology, SCTIMST, Trivandrum, **Dr. Ramshekhar N Menon** – Professor, Department of Neurology, SCTIMST, **Dr. Chithra P** – Professor & Head, Department of Neurology, GMC-Trivandrum, **Dr. Robert Mathew** – Professor & Head, Department of Neurology, Sree Mookambika Medical College, Kulasekaram



**Chairpersons :** (1) **Dr. Robert Mathew** – Professor & Head, Department of Neurology, Sree Mookambika Medical College, Kulasekaram, **Dr. Anil Prabhakaran** – Former Professor & Head, Department of Psychiatry, GMC Trivandrum (2) **Dr. Thomas Iype** – Sr Consultant & Head, Department of Neurology, SUT Hospital, Trivandrum, **Dr. Chithra P** – Professor & Head, Department of Neurology, GMC-Trivandrum (3) **Dr. M Madhusudanan** – Professor & Head, Department of Neurology, Travancore Medical College, Kollam, **Dr. Sylaja P N** – Senior Professor, Department of Neurology, SCTIMST, Trivandrum (4) **Dr. Sapna Erat Sreedharan** – Professor, Department of Neurology, SCTIMST, **Dr. Ramshekhar N Menon** – Professor, Department of Neurology, SCTIMST







**Felicitation :** Dr. Asish Vijayaraghavan, Dr. Shiraz Bava, Dr Sindhu N and Mr. R K Panicker



**Informative sessions: Dr Jijo Varghese and Mrs. Vipina V P**



**Cognitive Retraining Session**



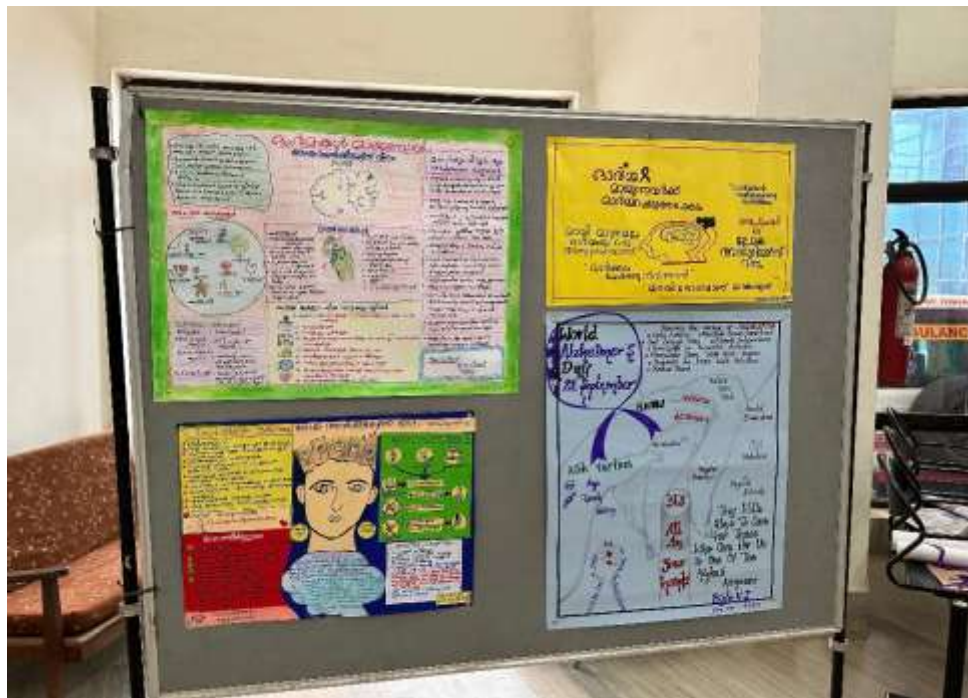
**Caregiver Forum**



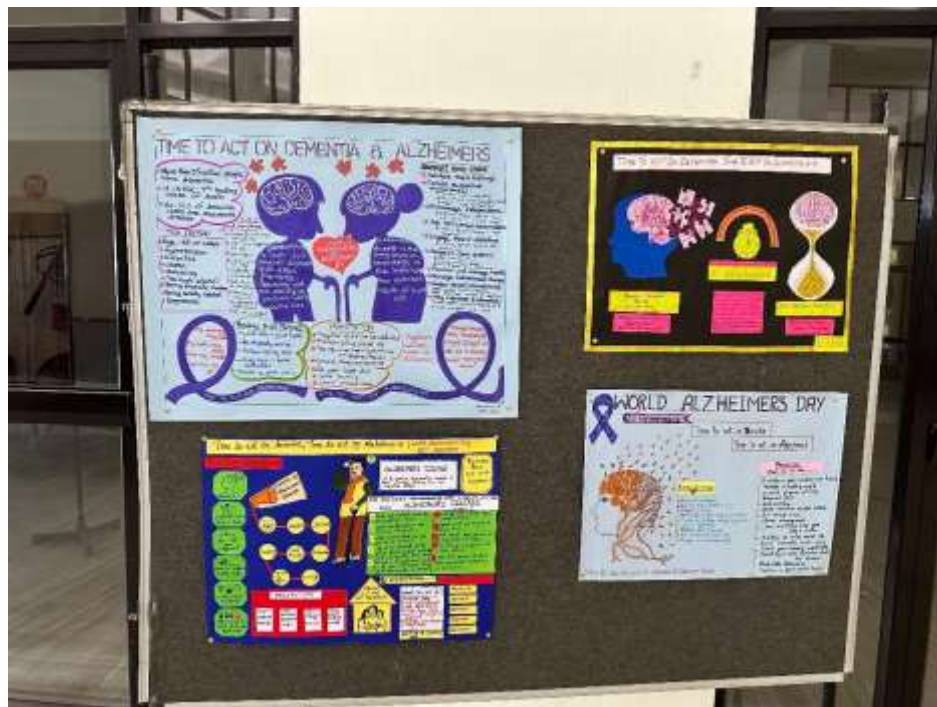




Alzheimer's Awareness poster displayed at OPD



Posters from Poster Making Competition







### The Therapeutic Potential of Supervised Cognitive Retraining on Mild Cognitive Impairment and Early Alzheimer's Disease Patients – A protocol based feasibility study

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**INTRODUCTION**

Mild Cognitive Impairment and Early Alzheimer's Disease (EAD) are neurological conditions that have diverse cognitive functions including memory, attention, visuo-spatial attention and construction as well as functional, cognitive flexibility (CF) is a non-pharmacological therapy that either aims at maintaining or enhancing cognitive abilities by patient practice of a range of paper-pencil based and/or computerized cognitive tasks of varying difficulty levels. Prior studies have indicated its effectiveness in enhancing cognitive status and improving activities of daily living as well as quality of life of individuals but studies have not explored the impact of supervised and supervised cognitive retraining (MCI and EAD) patients' status.

**Objective:** To develop and validate a supervised cognitive retraining protocol and evaluate its effectiveness in maintaining or enhancing cognitive functions, activities of daily living and quality of life of MCI and EAD patients.

**METHODS**

- A structured Cognitive Retraining schedule was designed incorporating tasks involving cognitive domains - Memory, Attention, Visuo-spatial, Executive as well as language functions.

**RESULTS**

Variable	Mean	SD	SDMCI	SEAD
MMSE Total Score (Pre)	21.4	3.2	1.9	3.4
MMSE Total Score (Post)	23.8	3.9	2.0	3.6
MoCA Total Score (Pre)	15.1	4.7	1.4	3.8
MoCA Total Score (Post)	18.1	4.8	1.6	3.9
ADL Instrumental score (Pre)	23.5	4.4	1.8	3.5
ADL Instrumental score (Post)	25.8	5.2	1.9	3.6

**DISCUSSION**

The study aimed to assess the effect of CR on cognitive status, ADL and QoL in MCI and EAD patients. Therapeutic changes in memory, visuo-spatial attention and the significant impact on the ability to perform cognitive functions of patients. Changes in ADL and depression scores suggest CR could help in enhancing the health of patients.

This is a pilot feasibility study as part of a larger study involving more than 50 participants with MCI and Early AD in a randomized control open-ended trial and hence the significance of our study will be established in a well multicenter trial.

Results emphasize the importance of continued research efforts in cognitive retraining and cognitive retraining.

**CONCLUSIONS**

Feasibility of supervised cognitive retraining in MCI and EAD patients and its impact on cognitive status, ADL and QoL. Further research is required to establish its long-term benefits in MCI and EAD patients.

**REFERENCES**

1. Parvathy P.R., Rajesh P.G., Suresha Hanumanthar, Rameshwar N. Menon. The Therapeutic Potential of Supervised Cognitive Retraining on Mild Cognitive Impairment and Early Alzheimer's Disease Patients – A protocol based feasibility study. *Alzheimer's & Dementia*. 2021;17(1):1-10.

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