World Alzheimer's Day Report 2024

World Alzheimer's Day was observed at, Sree Chitra Tirunal Institute for Medical Sciences and Technology on 21st Sepetember. 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. Seceretary, 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. Sushsma 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

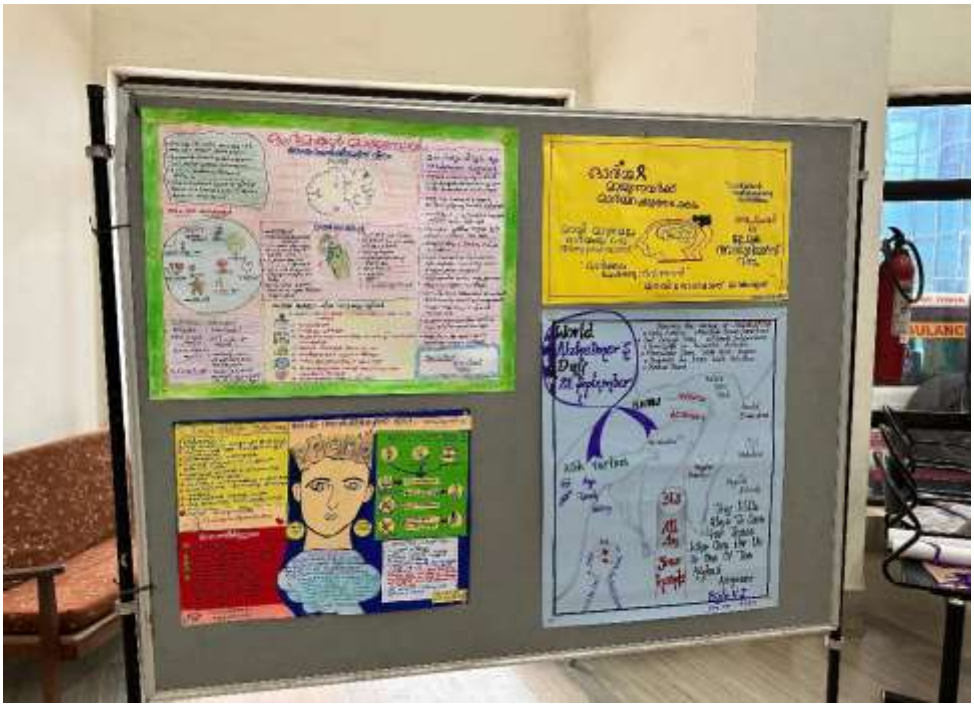
Felicitation : Dr. Asish Vijayaraghavan, Dr. Shiraz Bava, Dr Sindhu N and Mr. R K Panicker

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

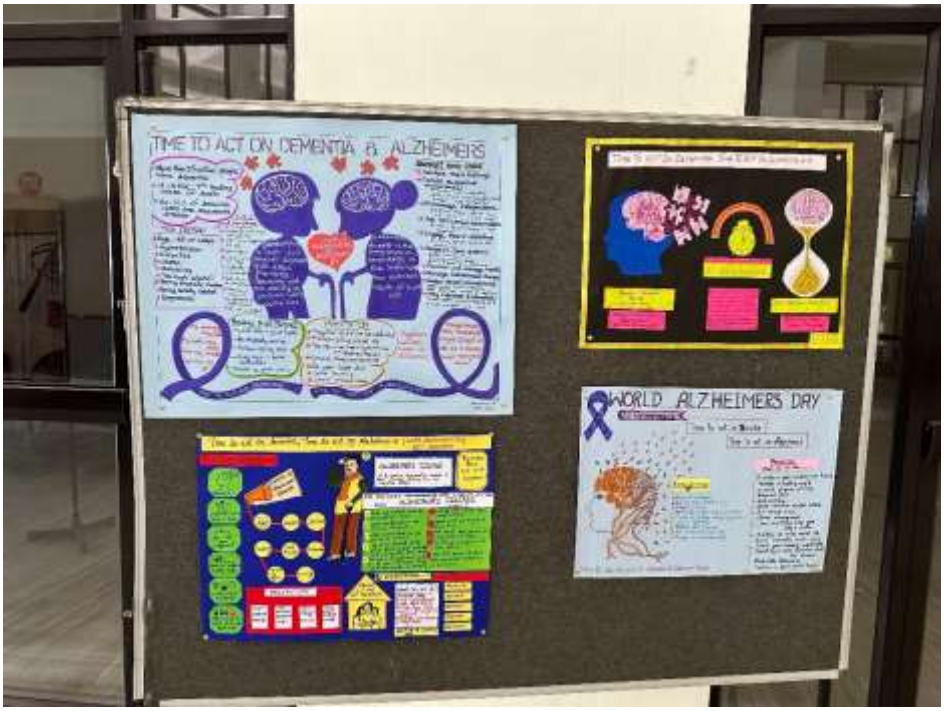
Cognitive Retraining Session

Caregiver Forum

Alzheimer’s Awareness poster displayed at OPD

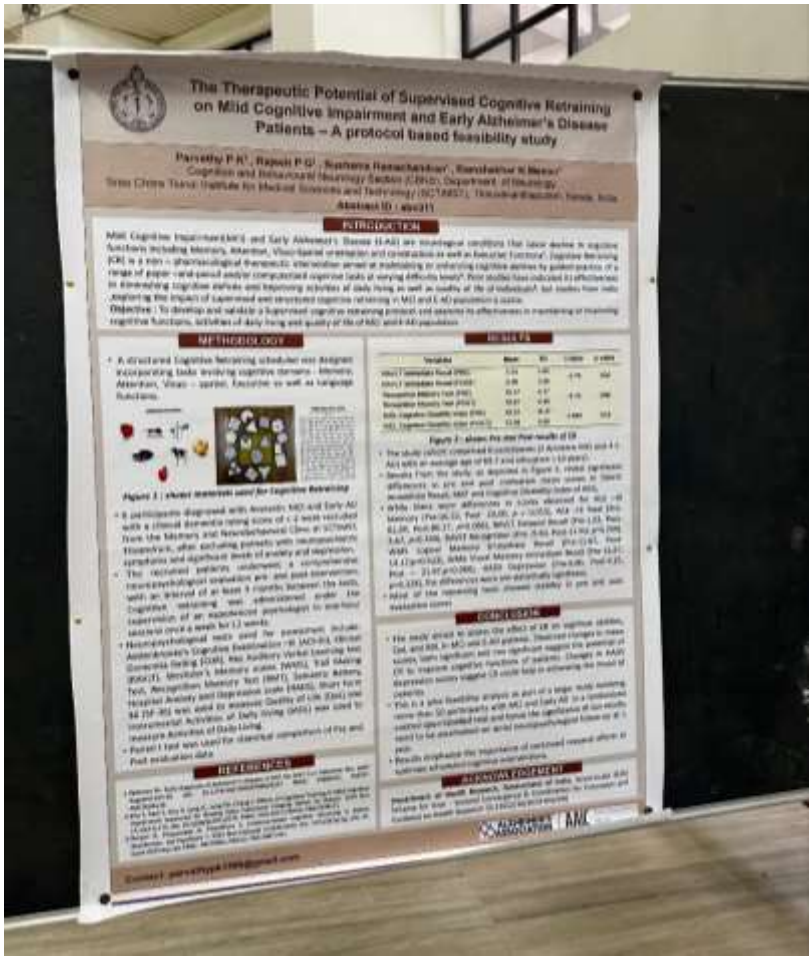


Posters from Poster Making Competition


TIME TO ACT ON DEMENTIA & ALZHEIMERS
WORLD ALZHEIMERS DAY


WORLD ALZHEIMER'S DAY
PREVENTION
TREATMENT
WORLD ALZHEIMER'S DAY
FADING MEMORIES NEED A LOT OF CARE


WORLD ALZHEIMER'S DAY


The Therapeutic Potential of Supervised Cognitive Retraining on Mild Cognitive Impairment and Early Alzheimer's Disease Patients – A protocol based feasibility study
INTRODUCTION
METHODOLOGY
RESULTS
CONCLUSION
REFERENCES
ACKNOWLEDGEMENT