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DELIRIUM SCREENING IN EMERGENCY DEPARTMENT ADMISSION: A COMPARISON WITH NICE GUIDELINES

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The study aimed to assess compliance of delirium screening against NICE guidelines and look at simple interventions to improve it. The study was a prospective case note study involving 100 patients. After case note review staff members were given teaching on current NICE guidance and the process repeated. The study showed improvement in compliance with increased knowledge.

CAN FUNCTIONAL TASK EXERCISE IMPROVE COGNITION AND FUNCTIONAL STATUS IN OLDER ADULTS WITH MILD COGNITIVE IMPAIRMENT?

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Regular exercise and participation in mentally stimulating and socially engaging activities are commonly recommended to help sustain brain functions, particularly for older adults with mild cognitive impairment (MCI). Previous studies have demonstrated combined cognitive and physical activities can induce a greater increase in neurogenesis, and may have additional effects in promoting cognitive functions. Daily functional tasks are innately cognitive-demanding and involve components of stretching, strengthening, balance and endurance as seen in a traditional exercise program. Functional task exercise, with an exercise component incorporated into everyday tasks may be more meaningful and practical for individuals with cognitive impairment. This presentation will illustrate this point using the results of a randomized controlled study investigated the potential benefits of a combined cognitive and exercise program, with functional tasks as intervention, on cognitive functions and functional status in 83 older adults with MCI. Significant differences have shown between the Functional Task Exercise group and the conventional cognitive training group in memory, executive function, and functional status ($p < 0.05$). Important contributing factors and future directions of intervention for person with MCI will be discussed.