

Self-management group rehab benefits persons with dementia

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(HealthDay)—Self-management group rehabilitation is beneficial for

persons with dementia (PwD) and their spouses, according to a study published online April 5 in the *Journal of the American Geriatrics Society*.

Marja-Liisa Laakkonen, M.D., Ph.D., from Laakso Hospital in Helsinki, Finland, and colleagues conducted a [randomized controlled trial](#) in primary care and memory clinics involving 136 PwD and their 136 spouses. Couples were randomly allocated to receive usual care or eight weekly sessions of self-management group rehabilitation.

The researchers found that the spouse physical component of the RAND-36 improved for those undergoing the [intervention](#) and worsened for controls at three months ($P = 0.006$ after adjustment for age, sex, and baseline value). No between-group differences were seen on the mental component of the RAND-36, the Spousal Sense of Competence Questionnaire, or the 15-dimensional health-related quality of life (HRQoL) of PwD instrument. PwD change in verbal fluency was -0.38 in the [intervention group](#) and -1.60 in the control group at nine months ($P = 0.011$ after adjustment for age, sex, and Mini-Mental State Examination score); similar scores were seen on the Clock Drawing Test. Differences in incremental costs between the groups were -436€ and -896€ per person per year for PwD ($P = 0.35$) and spouses ($P = 0.51$), respectively.

"The intervention had beneficial effects on the HRQoL of [spouses](#) and the cognitive function of PwD without increasing total costs," the authors write.

More information: [Abstract](#)
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