EFFECTS OF A PROTOCOL OF MOTOR INTERVENTION ON FRONTAL COGNITIVE FUNCTION


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Introduction: Alzheimer’s disease (AD) patients show more difficulty in performing dual task than healthy individuals. The clinical path of AD is assessed by progressive impairment at baseline to recent events, and subsequently affect another cognitive functions such as attention and executive functions. This fact can be associated with an increased risk of falls in patients with dementia. A motor intervention program that also works with executive functions, particularly attention, could help reduce the high rate of falls in elderly people with AD.

Aims: To analyze the effects of a systematic program of motor intervention on frontal cognitive function in patients with AD.

Methods: Thirty patients with clinical diagnosis of AD were recruited. Of these, 14 took part in the intervention group (IG), who participated in an intervention protocol dual motor task, specifically designed for patients with AD, and the another 16, were part of the control group (CG), which did not participate in any regular motor intervention protocol. The assessments of the cognitive functions were: Mini-Mental State Examination (MMSE) and Frontal Assessment Battery (FAB). The protocol of motor intervention lasted four months, three times a week, 60-min sessions.

Results: Statistical analysis was used MANOVA. The results showed a significant interaction in FAB (p< .001) and MMSE (p< .001).

Conclusion: The protocol of systematic motor intervention showed benefits in cognitive functions, including the frontal cognitive function.