

Can cognitive rehabilitation improve everyday functioning for people suffering from mild to moderate dementia?

Clinical Question	How safe and effective is cognitive rehabilitation (CR) when used to improve everyday functioning and other outcomes for people with mild-to-moderate dementia?
Bottom Line	<p>There were consistent large positive effects of CR relative to control (usual care) in all measures of the primary outcome, which was functional ability in relation to the activities directly targeted in the intervention. These results indicated with high certainty that people with mild or moderate dementia can make reliable improvements in functioning in relation to their personal rehabilitation goals, as rated by themselves and by the care partner or other informant.</p> <p>Regarding participants with dementia at the end of treatment, there was high-certainty evidence for a small positive effect of CR on participants' self-efficacy and immediate recall. There was also moderate-certainty evidence indicating negligible effects on participants' anxiety, quality of life, and sustained attention, and low-certainty evidence indicating negligible effects on general functional ability, memory, and delayed recall.</p>
Caveat	The majority of participants in the studies that reported dementia types had a diagnosis of Alzheimer's disease and so the review findings may not be equally applicable to all dementia types.
Context	Cognitive impairments affect functional ability in people with dementia. CR is a personalised, solution-focused approach that aims to enable people with mild-to-moderate dementia to manage everyday activities and maintain as much independence as possible. It consists of one-to-one sessions with a practitioner, usually in their own home.
Cochrane Systematic Review	Kudlicka A, Martyr A, Bahar-Fuchs A, Sabates J, Woods B, Clare L. Cognitive rehabilitation for people with mild to moderate dementia. Cochrane Database of Systematic Reviews 2023, Issue 6. Art. No.: CD013388. DOI: 10.1002/14651858.CD013388.pub2. This review contains 6 trials with a total of 1,702 participants.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013388.pub2/full>