



Cognitive Stimulation Therapy program integration into a specialized geriatric services memory clinic

Introduction

Cognitive Simulation Therapy (CST) is an evidence-based program for individuals with mild to moderate dementia (Spector et al., 2003). There is limited evaluation of the feasibility of Cognitive Stimulation Therapy implementation in Canada despite international recommendations for offering such programming to individuals with dementia. The purpose of this quality improvement initiative is to expand upon the 2019-2021 feasibility study completed at our clinic (Collins et al., 2022).

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Conclusions

Results

From July 1, 2021- July 1, 2022, 11% of memory clinic patients were referred to the CST program. Of the 55 referred, 40 have completed programming, 12 are on the waitlist to begin this fall, and 3 were not admitted. Iterations of the implementation included PDSA cycle 1: OT led 14 sessions offered once weekly with varying levels of cognitive impairment mixed within groups. PDSA cycle 2: Student OT led 14 sessions offered twice weekly with groups selected based on comparable level of cognitive impairment. Program evaluation scales provided feedback for iterative changes to session content based on the facilitator's subjective feedback on participant communication, interest and enjoyment.

References

Collins, K., Hanna, M., Makarski, J., & Kastner, M. (2022). Occupational Therapist Led Cognitive Stimulation Therapy: Feasibility of Implementation. *Canadian Journal of Occupational Therapy*.

Spector, A., Thorgrimsen, L., Woods, B., Royan, L., Davies, S., Butterworth, M. & Orrell, M. (2003). Efficacy of an evidence based cognitive stimulation therapy programme for people with dementia. *The British Journal of Psychiatry* 183, 248– 54.

Acknowledgements

Funding to support this quality improvement project was provided by the Exploration Funds at North York General Hospital.