Non-pharmacological management of Alzheimer's disease in Mauritius, a quantitative study

[1]Dorkhy Geeta Devi[*], [2]Goorah Smita[**], [3]Sorefan Ameenah[***]

[1] M.B.B.S, Master of Public Health, University of Mauritius
Faculty member, Department of Biochemistry, SSR Medical College, Belle Rive, Mauritius
Vice President Alzheimer's Association Mauritius
[*]Corresponding author,
Address: Highlands Phoenix, Mauritius
Email: dorkhyg@yahoo.com
Telephone number: (230) 5904 8969/ 5989 5736
Fax number: (230) 696 7235

[2]Associate Professor, Department of Medicine and Faculty of Science,
University of Mauritius, Mauritius
[**] Co- author,
Address: Curepipe, Mauritius
Email: sm.goorah@uom.ac.mu
Telephone number: (230) 5761 5481
Fax number: NA

[3]Consultant in Psychiatry, Mauritius
President Alzheimer's Association, Belle Rose, Mauritius
Committee member, Alzheimer Disease International
[***]Co- author,
Address: Quatre Bornes, Mauritius
Email: sorefameen63@yahoo.com
Telephone number: (230) 5422 0356
Fax number: NA

Abstract

Background: In Mauritius it was estimated that around 14,000 persons had Alzheimer's disease (AD), in 2018 and it is on the rise. Non-pharmacological treatment (NPT) which can influence cognitive performance such as cognitive training, occupational therapy, reminiscence therapy, is of high interest and it is being highly investigated.

Aim and objective: To determine the outcome(s) on cognitive and functional abilities due to NPT.

Materials and methods: Quantitative data was collected from persons with AD. Validated tools were the MMSE, ADL and IADL. The demographic data, the cognition and the higher functions of the brain were analyzed using SPSS.

Results: Data showed no correlation between the demographics (age, gender, occupation, smoking and alcohol) with respect to cognition and function. However, a statistical decline in cognition result in a decline in higher functional states.

Conclusion: NPT is crucial to prolong the active aging, to maintain quality of life and reduce dependency in seniors.

Dorkhy Geeta Devi

Biography

Dorkhy Geeta Devi has completed her M.B.B.S at S.S.R Medical College, Mauritius in year 2010-2015, followed by an 18 months internship at Victoria Hospital. She worked as private medical practitioner and as the faculty member in the Department of Biochemistry at S.S.R Medical College from year 2017. She has completed her Master of Public Health at the University of Mauritius in 2020. Currently, she is working as Medical Practitioner for the Ministry of Social Security and National Solidarity. Her interest in Alzheimer's disease lead her to publish her articles and become an active member of the Alzheimer's Association Mauritius as the Vice President. She made her first publication in Dec 2020 and she has been presenting her work on Alzheimer's disease at Alzheimer's Association International Conference virtual platform.

Presenter name: Dorkhy Geeta Devi
Type of presentation: Speaker for 14th World Congress on Dementia and Alzheimer's disease," on Dec 08-09, 2021 in Dubai, UAE
Contact number: 230 5904 8969/ 2305 989 5736
Address: Highlands Phoenix, Mauritius
Email: **dorkhyg@yahoo.com**

