



COGNITIVE STIMULATION THERAPY (CST)

NON PHARMACOLOGY DEMENTIA INTERVENTION FOR LMIC

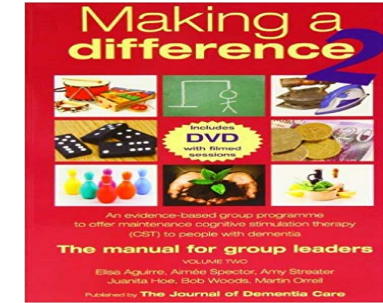


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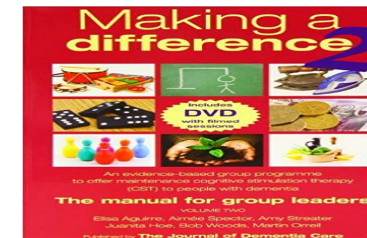
Introduction



- **Cognitive Stimulation Therapy (CST)** is a programme of themed activities, usually carried out over several weeks in small groups, led by a trained nurse, an Occupational Therapist or a carer.
- Each session covers a different topic and is designed to improve the mental abilities and memory of someone with dementia



What does CST do?



Aims

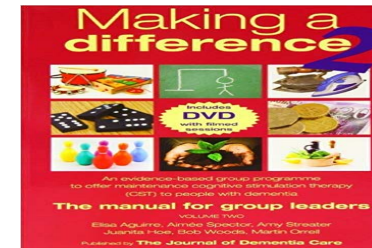
- To be mentally stimulating, yet for people to feel empowered rather than de-skilled
- Always encouraging new ideas / new thoughts / new associations.

Stimulate memory through:

- Using reminiscence as an aid to the here and now.
- Providing triggers to aid recall, e.g. multi-sensory cues, board
- Continuity and consistency between sessions helps support memory
- Implicit (rather than explicit) recall
- Using orientation, but sensitively and implicitly
- Opinion rather than facts (which supports idea of validation)



What does CST do?



Stimulates language through:

- Naming of people and objects (e.g. in categorisation) done in implicit way
- Thinking about word construction and word association

Stimulates executive functioning through:

- Discussion of similarities and differences
- Planning and executing stages of a task (e.g. making a cake)
- Word association, categorising objects



The CST intervention: Sessions



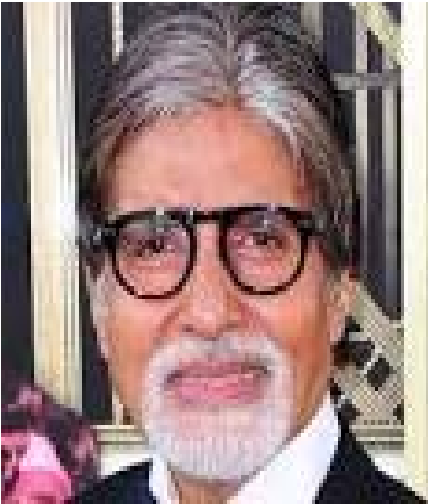
1. Physical games
2. Sound
3. Childhood
4. Food
5. Current affairs
6. Faces / scenes
7. Word association
8. Being creative
9. Categorising objects
10. Orientation
11. Using money
12. Number games
13. Word games
14. Team quiz



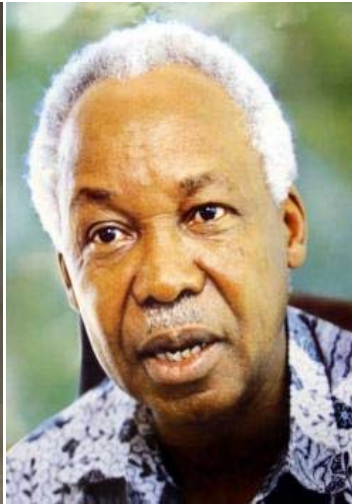
Example – Famous Faces



NELSON MANDELA



AMITABH BACHCHAM



JULIUS NYERERE



MICHELLE YEOH



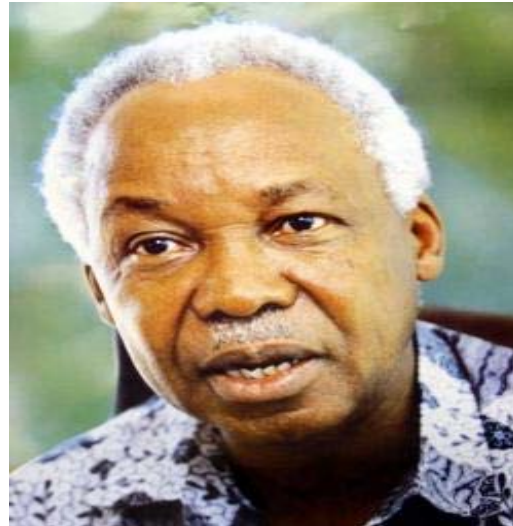
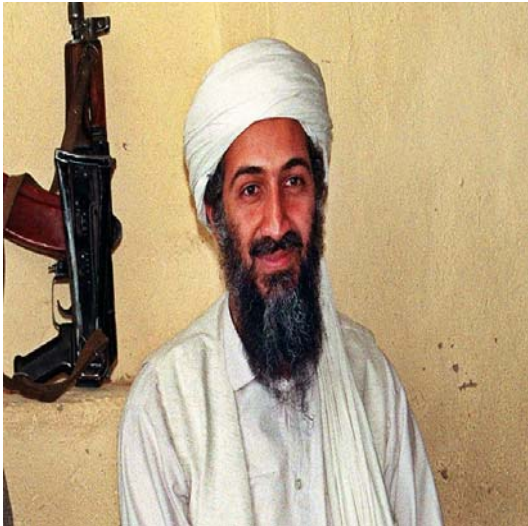
PRINCESS DIANA



Opinion rather than facts



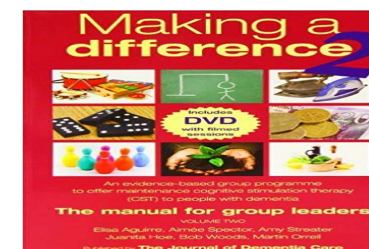
- Who is the odd one out? Why?
- What are similarities?



- What do these people have in common?
- Whom would you like to be? Why?



CST key principles



Mental Stimulation

New ideas, thought and associations

Using orientation, but sensitively and implicitly

Opinions rather than facts

Using reminiscence, and as an aid to the here and now

Providing triggers to aid recall

Continuity and consistency between sessions

Implicit learning

Stimulating language

Stimulating executive functioning

Person centred

Respect

Involvement

Inclusion

Choice

Fun

Maximising potential

Building /strengthening relationships

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Sarah Mkenda Tanzania



Adaptation of CST Manual for sub-Saharan Africa and other LMIC



- Research nurses (Tanzania and Nigeria)
- Occupational therapist (Tanzania- later Nigeria)
- Social scientist (Tanzania)
- Medical doctors and psychiatrist (UK and Nigeria)
- One month training programme in dementia and CST in the UK.
- Adapted manual produced – taking into account cultural and practical issues.
- Approved by authors of original manual.



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The CST intervention



- The CST programme modified into 14 session programme, twice a week for 7 weeks
- 45 minute group sessions (5-8 per group)
- Within broad themes there were flexibility activities to cater for group's needs and abilities



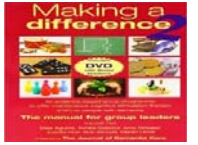
THE PROCESS OF CST MANUAL ADAPTATION



General principles

- The adaptation of the manual was done specifically for use in sub-Saharan Africa and other LMICs taking into consideration cultural differences, availability of resources, practical problems likely to be encountered in the settings and the need to accommodate persons who may be illiterate or may have never received formal education.
- When adapting the activities we considered the populations that we are familiar with in rural Tanzania and Nigeria, but we hope that these may be useful in other similar settings.

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- We attempted to retain the structure and principles of the original manual and to deliver sessions with similar content in order to deliver the same intervention to the persons in our groups.
- We attempted to use materials which were locally available and familiar to the group, but tried to include articles which were new and unfamiliar to stimulate discussion.
- We considered cultural issues pertinent to our settings in that we adapted questions to be culturally sensitive and considered how much information the group would be comfortable in sharing



Selection and criterion of the group



- Prior to selection of the group, facilitators and supervisors met and discuss potential group members and group dynamics in order to create a suitable group.
- Each group was considered to have 6 or 8 people.
- Gender mixture and age were considered.
- Only participants with mild to moderate dementia were included.



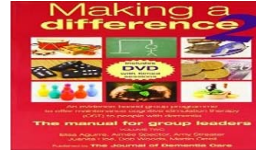
Information for participants and carers



- Prior to attending the group, participants and their carers were provided with verbal and written information about CST.
- They had opportunity to ask any questions they might have.
- Potential participants give informed consent or assent by their carers in cases of incapacity.
- The importance of attending all of the sessions was emphasized because of regularity and consistency of the sessions as part of the treatment.



Group Setting



- A neutral setting was selected to ensure comfortability of participants.
- There should be a room with a table large enough for everyone to sit around and chairs which old people would be comfortable sitting on. There should also be a bathroom within a suitable distance.
- A consistence and regularity of running the sessions was strictly followed.
- Sessions were evenly spaced (twice weekly) with an equal interval eg Monday & Wednesday, Tuesday & Thursday, Wednesday & Friday
- The village enumerators or a local driver were involved in bringing the participants to the venue
- An observation of social public events was done.



Recording of sessions and reflection



- The session were recorded.
- This should be done with both facilitators together.
- This does not need to be lengthy, but it is important to record these details so that the group performance, participation and engagement can be evaluated



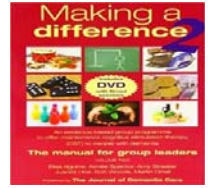
Materials



We attempted to utilize materials which were inexpensive and easily available in our setting for the sessions.

Recommended materials required for all sessions were:

- Flipchart stand
- Flipchart paper
- Marker pens
- CD music player – this should be battery powered and ideally rechargeable using solar power.
- CD with chosen song.
- Flask for tea and cups for drinking.
- Access to place where tea can be prepared as well as tea leaves, milk and sugar.
- Plastic identity badges for all participants.
- Soft, easy to throw ball.
- Access to a laminating machine (ideally) as well as appropriate pictures to illustrate the name of the group, the season, the weather and current cultivation activities which will be used for orientation in every session.
- Method of attaching or sticking pictures to the flipchart.
- As above, there must be appropriate chairs and a table to sit around if possible etc



The first session

- The first session: the group should be encouraged to choose a group name and a group song.
- In some cases the group might wish to start the group with a prayer depending on their faith/believe.
- Once the name was chosen, the facilitators ensured that they bring a large picture associated with the chosen name to all subsequent sessions.
- A CD recording of the chosen song should also be brought along to subsequent sessions.



Session structure



- Every session should be run consistently to maintain the basic structure in all sessions.

Introduction to session

- Welcome everyone
- Remind everyone of the name of the group
- Sing the group song together supported by a CD recording.
- Ensure that ID badge labels are visible on the participants.
- Explanation of reasons for attending the group
- Explanation should be the same every week.
- Complete warm up exercise by passing the ball from person to person and saying their names



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Current affairs - five minutes



- Use of local events eg. recent or upcoming weddings or burials, when the next market day is, what is being planted or harvested at present or stole a chicken etc.
- Remind everyone of the day of the week, the month and the season.
- Then draw attention to local and national affairs if any.



The main activity theme



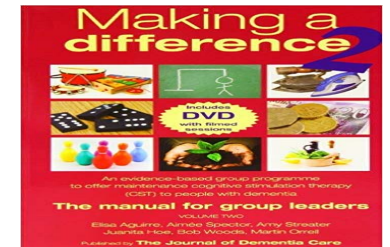
- Main activity – 25 minutes

Closing the session

- Repeat the group song.
- Remind everyone of the time and day of the next meeting.
- Encourage them to continue to be active at home and gather any events which might happen in their settings to bring to the next meeting.
- Thank everyone for coming
- Offer refreshments - groups preferred soda (fizzy drinks) to tea
- Transport home.



CARER TRAINING



- 22 Cares involved
- Awareness about dementia
- How to cope with challenging behavior
- Change of attitude

Example of CST group in HAI, Tanzania



**THANK
YOU**