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Abstracts from Hebrew

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## **Occupation-Based Group Intervention for Individuals with Memory Complaints: Extreme Case Analyses**

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**Key Words:** Geriatrics, Memory, Metamemory, Group Treatment

Memory complaints are common among elderly, as well as changes in executive functions and in memory, knowledge and beliefs. This profile was found to be associated with emotional and functional decline, confirming the need for occupational therapy intervention. Previous interventions studies that combined psycho-education with cognitive remediation confirmed the ability of elderly with memory complaints to learn and apply cognitive strategies. This article presents an in-depth case analysis designed to identify the factors that influenced outcomes of an occupation-based group intervention for this elderly population. **Participants:** Three independent elderly persons that participated in the group treatment, and represent extreme cases according to the severity of memory complaints, were selected for analysis. **Outcome Measures:** Outcome measures included a measure for metamemory and measures for occupational performance and participation. The measures for analyzing the factors that impacted the outcomes included a qualitative interview and measures of cognition. **Intervention:** The treatment was centered on an occupational axis and included experiential learning regarding memory and memory strategies and mediation for the transfer of this learning to the participants daily life. **Results:** The three participants achieved most of the occupational goals (75%-83%) they set during the intervention. The two participants that reported high frequencies of memory mistakes before the intervention reported a decline in the frequency of their memory mistakes, an improvement in their memory abilities and a decline in the frequency of strategy use after the intervention. The participant who reported low frequency of memory mistakes before the intervention reported an increase in the frequency of mistakes in daily life, a decrease in her satisfaction from her memory abilities, and an increase in the frequency of strategy use after the intervention. **Discussion:** The change mechanisms that may have contributed to the occupational goal attainment were experiential learning of memory strategies, increased awareness of the functional implications of memory problems, and executive and/or emotional support for goal attainment. An increase in the frequency of reported strategy use was not found to be a necessary condition for functional gains.

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### **Examination of the Validity and Reliability of the Hebrew Version of the Modified Mini Mental State Examination - 3MS in Geriatric Rehabilitation**

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**Key Words:** Screening tests, 3MS, MMSE, Cognition, Geriatric Rehabilitation

Cognitive assessment contributes to the prediction of the functional potential of patients in geriatric rehabilitation. It is accomplished through the use of brief neuropsychological tests such as the Mini Mental State Examination (MMSE). The Modified Mini Mental State Examination (3MS) was developed to overcome specific shortcomings of the MMSE, on which it was based. **The main objectives** of this study were to assess the reliability and validity of the 3MS Hebrew version in geriatric rehabilitation. **The sample** included 106 elderly patients (40 men and 66 women; average age 81.3 years). Seventy nine percent of the participants had undergone orthopedic surgery, 12% suffered from strokes and 9% were diagnosed with functional decline. **Research tools:** Included the 3MS and MMSE, a demographic/medical questionnaire, the Clock Completion Test (CCT), The Middlesex Elderly Assessment of Mental State (MEAMS) and The Functional Independence Measure (FIM). **Main Results:** Significant correlations were revealed for the following: Intra-reliability/inter-reliability (values over 0.98); concurrent validity between the 3MS and the other cognitive tools (from  $r = -.40$  to  $r = .74$ ); predictive validity was found between 3MS at admission and the cognitive section of the FIM at admission and at

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discharge (from  $r = .59$  to  $r = .62$ ); the 3MS's components at admission were found to predict the FIM summary score at discharge (Beta values from  $-.28$  to  $.26$ ); the components of the 3MS at admission were found to predict the 3MS summary score at admission and at discharge (Beta values from  $-.22$  to  $1.49$ ). The study findings demonstrate the reliability and validity of the 3MS. This tool appears to be a superior alternative to the MMSE, in predicting the rehabilitation potential of elderly patients. It is recommended to examine the use of the 3MS with elderly in the community as well.

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## **The Role of Occupational Therapy in Palliative treatment for the Elderly**

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**Key Words:** Palliative Care, Occupational Therapy, Elderly, End-of-Life Care

With advances in medicine, there has been a dramatic increase in life expectancy in Israel, as in the entire Western world. This increase in life expectancy has been accompanied by a significant increase in the percentage of elderly in Israel. Today, many seniors in their later years are faced with a variety of chronic, long lasting, progressive diseases that are considered to be more common in the elderly. These diseases result in a wide variety of physical, functional,

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physiological and mental impairments that intensify in their final stages towards the end of life. This period of the end of life is often accompanied by suffering, pain, a feeling of isolation and of being a burden on the family. As of the 1960's there developed an understanding that elderly patients with life threatening diseases should be treated using a unique treatment approach appropriate to their situation. This approach is referred to as palliative treatment. Palliative care is a holistic treatment approach that provides an answer to ongoing progressive diseases, which takes into account the limitations and suffering in the period before death. Occupational therapist treatment based on the principles of palliative intervention has a number of objectives, including: improving the perception of quality of life, increasing participation, strengthening the sense of hope and finding occupations that are meaningful to a person at the end of his/her life. Occupational therapy treatment based on the principles of palliative care is a developing field world-wide and in Israel and therefore, there is a need to explore and expand the existing knowledge in this field. This article will present the palliative care approach in general, and specifically in geriatrics, and will review the role of occupational therapy within this approach. In addition, the article will present recommendations and future implications for integrating palliative occupational therapy intervention in Israel.

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