

Effect of neurobic exercise program on memory rehabilitation in the elderly with mild cognitive impairment

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Neurobic exercise program helps memory, thinking and improves mood and sleep and reduces stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment. The objective of this quasi-experimental research was to examine the effect of neurobic exercise program on the memory rehabilitation in the elderly with mild cognitive impairment. Twenty two (22) female elderly with mild cognitive impairment, who were residing at Chai Nat Province in Thailand, were purposively selected to participate in this research. Selected participants were involved in neurobic exercise program on every 2 days per week, continuously for 6 weeks. The instruments consisted of the Mini-Mental State Examination-Thai 2002 and the neurobic exercise program. The reliability of the Mini-Mental State Examination-Thai 2002 using Kuder-Richadson-20 was 80. Data were analyzed using descriptive statistics and paired t-test. The results that the average memory scores of the experimental group after receiving the neurobic exercise program were statistically and significantly higher than before receiving the neurobic exercise program at a level of $p < 0.05$. This study could be used as guidelines by health care providers in enhancing the memory retention of the elderly with mild cognitive impairment and delaying the deterioration of the brain.

Biography

Jaruwan Kansri is a Nursing Lecturer at Boromarajonani College of Nursing, Chai Nat province, Thailand and has more than 12 years of experience in nursing education and nursing practice. As a Nursing Teacher in Boromarajonani College of Nursing, she has supervised student nurses and managed the care of the psychiatric patients of the medical wards in the psychiatric hospital as well as alongside the psychiatric patients living in communities.

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