

4137012 NSPS/M : MAJOR : MENTAL HEALTH AND PSYCHIATRIC NURSING :
M.N.S. (MENTAL HEALTH AND PSYCHIATRIC NURSING)

KEY WORD : MEMORY TRAINING PROGRAM/ MEMORY/ ELDERLY
WITH MILD DEMENTIA

EK-UMA WICHEANTONG : THE EFFECT OF MEMORY TRAINING
PROGRAM ON MEMORY FUNCTION IN THE ELDERLY WITH MILD DEMENTIA.
THESIS ADVISOR: TASSANA BOONTONG, Ed.D., WASANA CHALAMKET, M.Ed,
CHOMCHUEN SOMPRASERT, Ph.D. 105 P. ISBN 974-665-163-3

Dementia is a symptom most often found in the elderly. The World Health Organization predicted that within the next 2 decades dementia will be the second greatest health problem following ischemic heart disease. The first and most apparent symptom of dementia is loss of memory. In order to prevent or delay dementia, memory training should be practiced regularly. This is one strategy to improve memory and delay dementia.

This research was a quasi-experimental research. Sample groups were 40 elderly with mild dementia in Bangkae home for the aged and Bangkae home for the aged 2, selected by the purposive sampling method with set qualifications. They were divided into an experimental and a control group with 20 elderly in each group. The control group participated in Bangkae home for the aged's regular activities. The experimental group participated in the memory training program for 12 sessions with 60-90 minute session each day. There were memory tests before/after the experiment in both sample groups and 15 days after the experiment in the experimental group. The data were analyzed by testing the differences in the mean of memory scores using t-test. The assigned statistical significance level was 0.05.

The result were as follows :

1. The memory scores of the experimental group after participating in the memory training program were higher than those of the control group.
2. The memory scores of the experimental group after participating in the memory training program were higher than before participating in the memory training program.
3. The memory scores of the experimental group right after participating in the memory training program and 15 days after participating in the memory training program were not different.

This research concluded the following suggestions :

The memory training program can help the elderly with mild dementia for improved memory. Thus, this program should be regularly applied and tested with different groups. Furthermore, the nurses, psychiatric nurses in particular, should be trained in applying the memory training program as they are close to the elderly as a choice of nursing intervention for the elderly.