

研究業績 英文表記

和文	
表題	デイケアでのコグニサイズの導入 ～身体機能・認知機能に与える影響についての検討～
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英文	
Title	Introduction of Cognicise at Day Care —Study On The Influence On Physical Function / Cognitive Function—
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Abstract	<p>Population aging is continuing rapidly in Japan. So, it is important that an elderly person can live in the area that lived so long till the last of the life. Therefore a program is developed that helps cognitive function and body function. For example, the effect inspection of Cognicise advances. Cognicise is exercises to perform aerobic exercise and cognitive task at the same time. In this study, we examined the influence of Cognicise on physical function and cognitive function for persons requiring support who are using outpatient rehabilitation.</p> <p>Periodically evaluated the physical function and cognitive function of eleven elderly supporting elderly who participated for more than 12 consecutive months in January 2017 to September 2018 in Cognysize outpatient rehabilitation. As a result, the results of grip, 5 m walking, functional reach, and single leg standing did not show any change, and the results of the rod drop test were improving trends. There was no significant change in cognitive function evaluated with HDS-R.</p> <p>Cognysize can be implemented in groups, it is easy to continue while enjoying. Therefore, it seems that it is useful as one of the programs targeting elderly support requiring support using outpatient rehabilitation.</p>
keyword	Day Care, Cogny size, Physical function, Cognitive function

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