

## Sigma's 30th International Nursing Research Congress

### Applying Tai Chi for Older Adults With High Risk for Dementia

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#### **Introduction:**

Tai Chi as a mind-body exercise has been introduced to those with various health problems, and getting more attention from health professionals for its health benefits. An adapted form of Tai Chi can be applied to those with impaired cognitive function, focusing on physical and cognitive functioning and quality of life.

#### **Purpose:**

The purpose of this study was to explore the feasibility of Tai Chi based health promotion program specifically developed for older adults with high risk for dementia for 3 months, and to examine its effects on mobility, balance, cognitive function, and quality of life.

#### **Methods:**

After the study was approved by the institutional review board, the potential subjects were invited to Tai Chi based community health promotion program from two community health centers located in rural area of South Korea. The inclusion criteria were (1) 75 years or older, (2) referred by community health centers for mild cognitive impairment or high risk for dementia, (3) willing to participate in the program twice a week for one hour each session for 12 weeks.

The outcome variables were cognitive function assessed by the Korean version of Montreal Cognitive Assessment, mobility by Timed up and go test, balance by one legged stand with eyes closed, depression by short form of Geriatric Depression Scale-Korean version, and quality of life scale-Korean version.

#### **Results:**

Total of 35 older adults with high risk for dementia completed both pretest and posttest measures with attendance rate of 78% in average. Mobility was significantly improved from 9.89 (SD 5.59) to 7.64 (SD 3.46), as well as mental component of quality of life from 47.2 (SD 11.5) to 50.5 (SD 10.3). Balance and cognitive function was also slightly improved during the 12-week period, but didn't reach statistical significance.

#### **Conclusion:**

Tai Chi has been safely applied to older adults with high risk for dementia for 12 weeks with no adverse effects and well received by the participants. The study findings revealed the potential for Tai Chi as community health promotion program to improve physical and cognitive functioning and their quality of life. Further studies are warranted to examine the health benefits of Tai Chi in this population with randomized clinical trial and longer study period.

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**Title:**

Applying Tai Chi for Older Adults With High Risk for Dementia

**Preferred Presentation Format:**

Poster

**Applicable category:**

Clinical, Students, Researchers

**Keywords:**

Health promotion, Impaired cognitive function and Tai Chi

**References:**

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**Abstract Summary:**

This study aimed to explore the feasibility of Tai Chi, developed for older adults with high risk for dementia. Tai Chi has been safely applied for 12 weeks without adverse effects and revealed the potential benefits to improve physical and cognitive functioning and the quality of life in this population.

**Content Outline:****I . Introduction**

Tai Chi as a mind body exercise is getting more attention from health professionals for its health benefits. An adapted Tai Chi can be applied to those with impaired cognitive function.

## **II . Body**

### **1) Purpose**

This study aimed to explore the feasibility of Tai Chi, developed for older adults with high risk for dementia.

### **2) Methods**

- The inclusion criteria were (1) 75 years or older, (2) referred by community health centers for mild cognitive impairment or high risk for dementia.
- The program was applied twice a week for one hour each session for 12 weeks.
- The outcome variables were cognitive function, mobility, balance, depression, and quality of life.

### **3) Results**

- Total of 35 older adults attended the program and average attendance rate was 78%.
- Mobility and quality of life were significantly improved after participating in the Tai Chi program for 12weeks.
- Balance and cognitive function showed the tendency to improve but it was not statistical significant.

## **III. Conclusion**

Tai Chi has been safely applied for 12 weeks without adverse effects and revealed the potential benefits to improve physical and cognitive functioning and the quality of life in this population.