

The effects of physical exercise on executive function in community dwelling older adults living with Alzheimer's-type dementia: A systematic review



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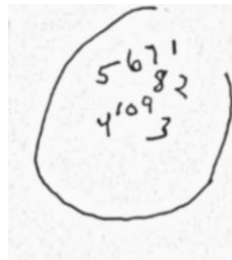
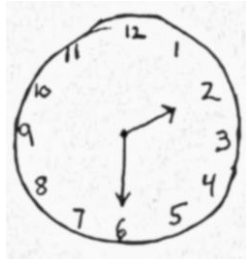
The University of Western Ontario

CPA Forum 2019 Maximizing Potential: Promoting Health Aging



What is “Executive Function”?

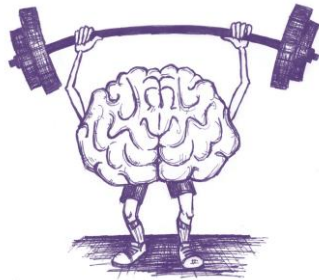
Why should I care?



- Functions involved in complex cognition
 - Solving novel problems
 - Modifying behaviour in light of new information
 - Purposive, goal-directed behaviours (Elliot, 2003; Luria, 1966)
- Accounts for 47% of the variance in scores on Instrumental Activities of Daily Living scales (IADLs) (Wattmo et al., 2016)
- Deficits in executive functioning can be detected a decade before a clinical dementia diagnosis (Pérès et al., 2008)
 - Clock-Drawing Test

Alzheimer's-type Dementia

- Alzheimer's-type dementia is a common form of dementia (Laver et al., 2016)
- The number of Canadians living with AD is expected to double over the next 15 years (Alzheimer's Society of Canada, 2017)
- Nonpharmacological approaches have been recommended as the first step (National Institute of Health and Clinical Excellence, 2011)
- Physical exercise improves IADL scores and functional ability (Cahn-Weiner et al., 2002)
 - 28% lower chance of developing dementia
 - 45% lower chance of developing Alzheimer's-type (Deslades et al., 2009)



Our Question:

Do physical exercise interventions improve scores on measures of executive functioning in community-dwelling older adults living with Alzheimer's-type Dementia?

Come to the Pope Ballroom at 10:15am to find out!

Participants Needed!

A survey of physiotherapists' knowledge and use of executive functioning assessments in clinical practice

Three ways to access the survey:

1

Copy this **survey link** to access more information:

bit.ly/2GoOLPo

2

See your **CPA National Rounds** Newsletter (**February 2019**) to access the survey link

3

Visit my poster and scan our **QR Code**



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