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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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

Thank you!