

P-458 - THERAPEUTICALLY STRATEGIES AND OUTCOME IN MILD COGNITIVE IMPAIRMENT

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Introduction: Mild cognitive impairment(MCI) is considered to be a potential transitional stage between normal cognitive function and dementia.

Objective: To determine comparatively the outcome of patients treated with different therapies.

Methods: There were included 193subjects with MCI, aged over65. They were evaluated after 6months, 1year and 2years of treatment using MiniMentalStateExamination (MMSE) and clock test.

- Group A -43patients treated with piracetamum(daily dose:1600 mg).
- Group B that comprises 44patients diagnosed with MCI treated with rhodiola rosea, 2 capsules/day.
- Group C -41patients which were treated with antioxidant agents(vitaminE 800ui/day).
- Group D -36subjects treated with piracetamum associated with rhodiola rosea and vitamin E.
- Group E -29patients without treatment.

Results: Mean of MMSEscore at inclusion was 24,49 (SD=2,1). After 6months of treatment MMSEscore improve in groups treated with 1,35points in group A, 1,41 for group B, 1,12points for group C, 1,18points in group D and in group E we observed an impairment with 0,52points. In groups A, B, C and D after 1year of treatment the improvement is with 2,07; 2,03, 2,68 and 3,03points comparing with the impairment in group E of 1,69 points. Evaluation after 2years of treatment show a better improvement for group D (3,3points), followed by group C (2,63points), group B (2,43points) and group A (2,23points) and a greater impairment in groupE (2,49points).

Conclusion: MCI has a better evolution in group treated with a combined therapy comparing with groups treated with monotherapy and in group E the patients present an impairment of cognitive function.