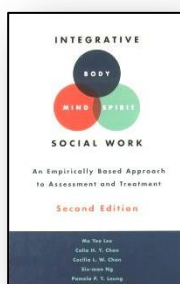
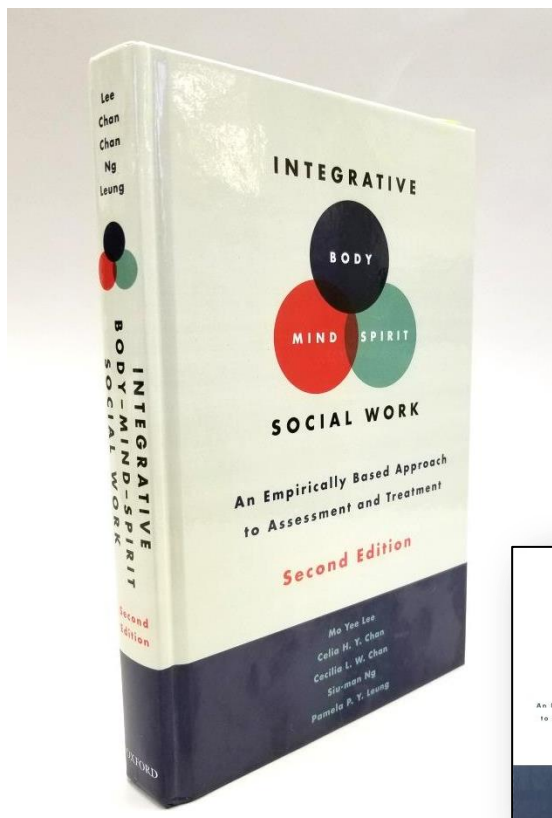


心身機能活性運動療法が、 オックスフォード大学が出版する 香港大学福祉学科の教科書で、 認知症に効果的な療法として 取り上げられました！



参考資料《教科書より一部抜粋》

222 EVIDENCE-INFORMED TRANSLATIONAL PRACTICE

TABLE 11.1 Five Hypotheses Regarding the Benefits of Physical Exercise on Dementia

HYPOTHESES	SYSTEMS INVOLVED	MECHANISMS
Vascular	Circulation system	Exercise improves the health and growth of blood vessels. It also facilitates blood circulation and increases blood flow to the brain.
Neurochemical	Endocrine system	Exercise increases the levels of endorphin and serotonin, which may facilitate the functioning of the central nervous system. The level of beta amyloid, which accumulates in the brain of people with AD, is found to be lower in people who exercise actively.
Cognitive reserve	Brain and neurological system	Exercise enhances brain plasticity and the growth and survival of brain cells as well as the connectivity between brain regions.
Stress	Endocrine	Exercise releases good hormones, such as endorphine, which reduces symptoms of stress, depressive mood and fatigue
Functional	Brain	Exercise develops spatial learning and memory

chance for securing adherence to an exercise program. A standard regular schedule will also help, while undertaking an exercise program as a group activity has the added advantage of providing a social network that may reduce the sense of isolation.

PRACTICE: NONPHARMACOLOGICAL MULTIMODAL INTERVENTIONS FOR PEOPLE WITH DEMENTIA

Consistent with the literature review, a structured nonpharmacological multimodal intervention comprising physical exercises, cognitive simulations, and enjoyable social activities was developed for people with dementia.

心身機能活性運動療法

Physical and Mental Activated Therapy

(小川) 眞誠

Physical and mental activated therapy (PMA) was developed by Shinsai (the third author) in Japan. Initiated in 1983, PMA emphasizes the balance of brain, heart, and body. With specially designed equipment, a number of exercises are carried out to achieve the goal of balancing these three

Intervention for People With Dementia 223

TABLE 11.2 Core Components of Physical and Mental Activated Therapy for People With Dementia

ACTIVITIES	SPECIALLY DESIGNED EQUIPMENT	DESCRIPTION OF ACTIVITIES
Warmth therapy 活性温熱療法	Far-infrared thermal mat with special stones	While covering different body parts (hands, shoulders, neck, knees, and feet) of patients with the mat, the caregiver taps the patient. At the same time, caregivers also count with patients.
Physical and mental warm-up exercise 心身体操	Nil	Patients are guided to perform a four-step strength exercise.
Finger sports フィンガースポーツ	Silicon finger straps	The straps are used to guide patients in performing some hand-stretching exercises. The straps are also used for massaging patients' hand muscles.
Hula hands exercise フラハンド	Plastic balance ring	Patients are asked to keep the ring spinning rhythmically.
Gagol games ゲーゴルゲーム	Mat with score, club, and balls	This is either an individual or group game combining gate ball and golf, with simple arithmetic. Using a golf club, patients have to form strategy and push those balls to the designated regions and scores. The highest score wins.
Ring toss game ビンゴ輪投げ	Plastic rings, mattress with pegs labeled with scores	Similar to the Gagol games, patients have to throw the rings onto pegs with different designated scores.
Reminiscence exercise 回想療法	Storyboard	Patients are facilitated to tell a story with the aid of the storyboard.

components. Table 11.2 shows the core activities of PMA therapy for people with dementia.

The Revitalization Model

P. Chow, the second author, utilized the PMA model to develop the revitalization model (RM) for elders with dementia in Hong Kong. Most of the activities in RM are borrowed from PMA, except the storyboard for reminiscing is replaced by other culturally sensitive materials such as photographs and toys of the past. All the activities are scheduled into a fixed routine to maintain a sense of regularity and stability. Table 11.3 shows the timetable and expected impact in body, mind, and spirit perspectives.