

Target Area: Communication, Language, Speech Disorders

<p>Friedman and Tappen (1991). <i>The Effect of Planned Walking on Communication in Alzheimer's Disease</i>. Journal of the American Geriatric Society 39(7): 650-654</p>	<p>PEDro score - 5/10</p>
<p>Method/Results</p> <p>Design: Y Studytype: RCT. Y Population: n=30 people with probable Alzheimer's Disease. Y Groups: 1. Walking. 2. Non walking. Y Setting: Nursing home.</p> <p>Primary outcome measure/s: Y The Communication Observation Scale (COS) developed to measure verbal and non-verbal communication in the cognitively impaired population.</p> <p>Secondary outcome measure/s: Y The Communication Assessment for the Cognitively Impaired Scale (CAS).</p> <p>Result: Communication performance improved significantly in the planned walking group over the conversation only group.</p>	<p>Rehabilitation Program</p> <p>Aim: To evaluate whether a walking program would facilitate communication in people with probably Alzheimer's disease.</p> <p>Materials: Topics for discussion during walking and during conversation condition with the control group were determined in collaboration with the participants' families.</p> <p>Treatment plan/procedure Y Duration: Therapy lasted for 10 weeks. Y Procedure: Each session was 30 minutes and occurred 3 times a week. Y Content:</p> <ul style="list-style-type: none"> • Participants in the walking group were walked individually for 30 minutes, 3 times a week for 10 weeks. During the walk conversation consisted of topics that had had relevance for the participants at some point in their lives. • The control group engaged in conversation for a similar amount of time each week in the same location as the planned walking intervention, however they were not walked.