(S133) COMPUTER-ASSISTED COGNITIVE REHABILITATION FOR MULTIPLE SCLEROSIS: UPDATED FINDINGS
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Background: Preliminary data from our clinic have been presented that were encouraging for the cognitive rehabilitation of people with multiple sclerosis (MS). Since then, we have recruited additional participants, and the data lend conclusive evidence to our hypotheses. Objectives: Cognitive deficits are common in individuals with MS, with a prevalence of 50% to 60%. Currently, options for treatment are limited. Therefore, we are evaluating the effectiveness of a computer-assisted cognitive rehabilitation (CACR) program. This intervention has been shown to improve neuropsychological processes in individuals with cognitive deficits unrelated to MS, thus showing promise for this study. Methods: Twenty-two individuals with MS demonstrating mild-to-moderate cognitive deficits on formal neuropsychological testing were recruited to participate in a 30-week study. Subjects completed 1 hour of CACR 5 days a week at home, and their progress was monitored using a log and recorded data. Patients completed pre and post MicroCog neuropsychological assessment. Results: Pre/post MicroCog t-test analyses demonstrated statistically significant changes in general cognitive functioning and proficiency, attention and mental control, memory, reasoning, spatial processing, and reaction time. In addition, information processing speed and accuracy approached significance. Conclusions: In general, these preliminary results suggest that participating in this online cognitive rehabilitation program produced improvements in cognitive functioning.

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