

# Evaluating Gait and balance in 17 Greek amnestic- Mild Cognitive Impairment (a-MCI) patients.

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## Introduction

Mild Cognitive Impairment (MCI) syndrome is conceptualized as a transition state between normal cognition and dementia, including impairments not only in cognitive domains but also, in balance and gait function. Gait dysfunction in a-MCI patients, is represented with worse rhythm, pace and variability scores but is purely correlated with balance in many researches.

Early recognition of disturbance among the latter, may help prevent further deterioration and functional disability.

## Methods

A research protocol was conducted, in order to evaluate gait and balance in Greek a- MCI patients.

The participants (n=17, age 75+/-3.2 ages), were diagnosed in the outpatient clinic of the Department of Neurology of the Democritus University of Thrace.

Two sensitives tests were performed from the occupational therapist of the clinic: Mini Mental state examination (MMSE) that determined the cognitive status of the patients and Tinetti Test, which evaluated the topic: "Gait" and " Balance".

Data was collected and analyzed using IBM SPSS software.

## Results

A Pearson (r) correlation coefficient was conducted from the analysis. There was evidence to accept the null hypothesis between the parameters: Tinetti score (M=18,47, SD=5,591) & MMSE: (M=25,29 SD= 1,359)  $r=.129$ ,  $p=.622$ , MMSE & Gait score: (M=8,65, SD= 2,178)  $r=.143$ ,  $p=.292$ , MMSE & Balance score: (M=9,88, SD=3,806)  $r=.116$ ,  $p=.658$ . On the other hand, we found a strong negative association between Tinetti score & Age in patients with MCI (M=77,12 , SD=7,705)  $r=-.486$ ,  $p<.05$  .

## Conclusion

Higher age was associated with lower level of gait and balance skills in Mild Cognitive Impairment patients.

The results, however, are not conclusive and further research is needed to be implemented in larger Greek MCI patients groups.