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| 5F6-6 | 31 Mar | 15:00-15:15 | Eng 英 |
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| Title of presentation演講題目 |  |
| Abstract / ppt摘要 / 幻燈 | *Abstract ONLY**Title: A comparative performance study of Chinese Traditional Mind-Body Intervention (MBI)and Relaxation Technique (RT) with Neuro-biofeedback through wearable brain device in visual impaired older adults (Six months Study)\***Background:**It is common for elderly to have worries or anxiety issue while there were few studies addressed the effectiveness of current occupational therapy relaxation intervention in visual impaired older adults. Apart from relaxation technique such as pursed lip breathing and progressive muscle relaxation, Chinese traditional mind-body intervention may have an advantage in adopting by Chinese older adults due to cultural reason.**Objective:**To investigate the treatment effectiveness of relaxation training(RT) and traditional mind-body intervention(MBI) in community occupational therapy service.* *Methods:* *10 clients\* in Kowloon Home for the Aged Blind were evaluated. -Geriatric Depression Scale(GDS-15), Generalized Anxiety Disorder (GAD-7), Pittsburgh Sleep Quality Index (PQSI) and Mini-Mental State Examination( MMSE) were done. Daily participation in rehab activity and sleep data including sleep duration and frequency of wake up were collected.**Five groups of two clients receiving 20 sessions of different relaxational training. Two client receiving pursed lip breathing , two clients receiving progressive muscle relaxation , two clients receiving relaxation music intervention, two client receiving baduanjin exercise and the rest of them were receiving dejian mind-body intervention.* *The effectiveness of each relaxational technique were monitored the change of Theta wave and Alpha wave by EEG feedback through wearable brain device. Blood pressure was monitored before and after each session of intervention. Ongoing monitoring of heart rate, SpO2 and surface EMG were done during each session.* *Apart from the sessional data we will collect sleep data from random night thru out. Please refer to the following* *Results and conclusion:* |