Background:
- Prevalence of dementia is on the rise globally and is projected to rise significantly by 2050.
- Studies have shown that Cognitive Stimulation Therapy (CST) is effective in improving cognitive function and quality of life in dementia patients.
- There is limited research on the long-term effects of CST on cognitive function and quality of life.

Aim:
To determine the effectiveness of extended cognitive stimulation therapy on cognitive function and quality of life for individuals with mild to moderate dementia.

Methods:
- Inclusion criteria: Maintenance cognitive stimulation therapy (long-term CST) for people with dementia.
- Procedure: 75 articles identified through database search, 4 through hand-search.
- Quality of life included as a key goal for persons with dementia (PwD).

Results:
- Overall, mCST showed mixed results for QOL in PwD.
- These secondary outcomes can be considered as contributing factors for improvement of QOL for PwD.
- While QOL was not improved, it also did not decrease which, with this in mind, can be seen as positive results, as there is no presence of decline.

Implications to OT:
- In conclusion, this review has demonstrated that cognitive function and quality of life may be maintained, albeit not improved. Maintaining both cognitive function and quality of life can be seen as positive results, as there is no presence of decline.

Conclusion:
- Inclusion, this review has demonstrated that cognitive function and quality of life may be maintained, although not improved. Maintaining both cognitive function and quality of life can be seen as positive results, as there is no presence of decline.

References:

Discussion:
- A review of the studies concluded that extended CST did not show improvements in cognition; however, the majority of the studies found that, through extended CST, individuals were able to maintain their cognitive levels. While these results were not the desired outcomes, the ability to maintain cognitive levels is still a benefit to individuals with dementia.
- While QOL was not improved, it also did not decrease; which, with this in mind, can be seen as positive results. It should also be noted that QOL can be difficult to measure accurately.
- Although occupational therapists did not administer the mCST or long-term programs, they are well-suited to work with this population and these types of interventions.

Conclusions:
- Occupational therapists are well-suited to work with this population and work closely with caregivers and family members educating them on home treatment programs.
- Occupational therapists should use cognitive stimulation to help maintain cognitive function of PwD and consider it’s positive effect when mCST is coupled with drugs.
- The structure of the mCST program themes and concepts are familiar with OT practices and should be implemented in OT practice.