

ABSTRACT

Salsabila (2022). Application of brain gym therapy to improve cognitive function in the elderly by dementia in the region of The Medical Center Sidomulyo Outpatient. Descriptive Case Study, Riau Nursing Diploma Program, Department of Nursing, Ministry of Health Polytechnic Health of Riau. Supervisor (I) Ns. Erni Forwaty, M.Kep, (II) Melly, SST., M.Kes.

Dementia is a progressive intellectual or memory disorder and is generally irreverent to interfere with social and occupational activities. The most effective treatment for improving a patient's cognitive function with dementia is creative activities such as exercise. Exercise can enhance memory and thought processes, and it affects the health of cells and blood vessels in the brain. The brain gym itself is designed to maintain a balance between the left and the right brain, a light exercise through arm and foot exercises can excite the brain. The purpose of the case study is to describe the cognitive function before and after braingym. this type of research is descriptive by using the method of approach case studies and was held on May 18-24, 2022. The subject in this study is two dementia patients with cooperative cognitive and cognitive score criteria. The results of the study are obtained before the intervention, the score 17-19 points after the treatment of the 19-21 point score on 2 respondents. This suggests that brain gyms affect the cognitive function of dementia. Based on the results of research, it is recommended to the institution where the study can be considered asa program of activities that both individual and group adults can perform asa preventive precaution for deductions in cognitive function.

Key words: dementia, cognitive function, brain gymnastics