

Evaluation and intervention in a case of mild cognitive impairment, amnesic subtype

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Abstract

Mild Cognitive Impairment (MCI) is considered one of the main predictive factors for the development of dementia and Alzheimer disease. Given its progressive nature, early and preventive intervention is crucial to slowing cognitive decline and delaying the onset of neurodegenerative disorders. Memory impairment is among the first symptoms of MCI, making it essential to conduct a comprehensive assessment of different memory subtypes

to better understand the specific deficits of each patient. This study aimed to evaluate distinct memory subtypes: autobiographical memory, prospective memory, working memory, and both verbal and visual long-term memory to develop a targeted and individualized intervention plan.

A single-case observational design was implemented, with pre and post-intervention assessments conducted to measure cognitive changes over time. The intervention spanned six weeks and was designed to stimulate and rehabilitate memory functions through

structured cognitive exercises and personalized strategies. The results demonstrated noticeable improvements in various memory subtypes following the intervention, suggesting that individualized cognitive training may enhance memory performance in individuals with MCI. These findings underscore the importance of tailored therapeutic

approaches in mitigating memory decline and highlight the potential benefits of early cognitive intervention in slowing the progression toward dementia. Future research should further explore the long-term effects of personalized cognitive rehabilitation programs in diverse patient populations.

Keywords

Mild Cognitive Impairment, memory, strategies.

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